

SUMMER 2025 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern Mid North



**AGE
CONCERN
MID-NORTH**

He Manaakitanga
Kaumātua Aotearoa



Cover picture by
Judy Soutar

For advertising phone Sharyn 027 224 0049 or email sales@kiwipublications.nz

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Contact Information

Phone: (09) 407 4474

Fax: (09) 407 4458

Email: info@acmn.org.nz

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



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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.

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*

From the Managers Desk

Welcome to our Summer Newsletter. Not only summer but our Christmas and holiday issue. This is my opportunity to thank all of the Board Members' and Volunteers who are Age Concern Mid North.

First off, I do hope to see you at the AGM, you will not get this newsletter before the AGM. The Age Concern Mid North Inc. Board Members for the 2025 – 2026 Financial Year are, Wanda Connon (President), Shirley Rawiri, Valerie Dickson, Kathy Jones, Graham Day, Jo Tapsell, Robyn Glavin and Jan Flowers. All members are standing for a second term. The Board have had a year of working on activities that profile Age Concern Mid North, such as Graham completing our Constitution, Robyn facilitating the book club, Jo doing Strength and Balance Kerikeri, Shirley doing Strength and Balance Kaikohe and Jan Flowers with all the lovely food she made and donated for our Meet and Greet. The BBQ's at Bunnings, where staff member Jean organised a team to sell and prepare, these have been very successful profiling ACMN and raising funds. Thank you to you all.

Tech for Seniors Tutor Steven, who volunteers his time and expertise to those that register with us to be more capable in managing their phone, laptop or tablet. In the last year Steven spent 80+ hours helping members to use their devices with confidence and safety. We so appreciate him and cannot reward and thank him enough.

Members attending our Strength and Balance classes have adjusted to having to pay for each session. I cannot thank these members enough for their positive attitude and willingness to contribute. Kingston House really buzzes on a Tuesday with the Strength and Balance Classes and on Thursday Young at Heart, Move to Heal and Mindfulness (Art +).

Please book for our Christmas Dinner, this is at Kingston House and catered for by Neat Eats.

Subscriptions for the 2025-2026 year are \$25 single and \$30 double now due.

Have the Best Christmas and New Year.

CHRISTMAS DINNER 2025

This year we are having our Christmas Dinner at Kingston House catered by Neat Eats.

Date: 28th November 2025

Time: 11.30am – 1.30pm

Cost: \$38

Please register early, thank you.



LAW NORTH
LAWYERS
www.lawnorth.co.nz

Ph: 09 407 7099
93 Kerikeri Rd, Kerikeri
(above Paganì)
info@lawnorth.co.nz

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Caring for our Community



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 safe 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



Kaikohe Strength and Balance

Age Concern Mid North CALENDAR OF EVENTS

Tech for Seniors: Appointments required phone 09 407 4474.

Strength & Balance: Kerikeri every Monday 9.45am-10.45am 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.

Home Support North Charitable Trust Enabling independence in your home



**Home
Support
North**

Care + Connection + Community

Since 1994, Home Support North has been Northland's trusted provider of quality support services, helping people live

independently and comfortably in their own homes.

We believe in care, connection, and community—supporting individuals to thrive in their homes and local environments. Our trained Support Workers offer a wide range of essential services, including personal care, household tasks, respite care, shopping assistance, meal preparation, medication and safety checks, companionship, transportation and much more!

Every client receives a personalised support plan, developed and regularly reviewed to ensure it meets evolving needs. We offer flexible funding options, including government-funded support (where eligible) and private packages that allow you to combine services to suit your lifestyle.

Home Support North is an approved provider of home support services, funded by the Ministry of Health, Te Whatu Ora, and sub-contracted to provide ACC support. As a non-profit, community-based organisation, we are committed to making a meaningful difference in people's lives.

We aim to create an environment where our clients experience high levels of care, compassion, and connection. Whether you need short-term assistance or ongoing support, our experienced team is here to help.

Call Home Support North today to begin building your personalised support plan! **0800 83 23 83**



**Home
Support
North**

Your Local Service

Care + Connection + Community

We've been providing trusted, quality support to enable independence at home since 1994. Choosing us gets you:

- ✓ Visits from Nurse Coordinators
- ✓ Trained Support Workers
- ✓ Free support where eligible

More Info: **0800 83 23 83**
www.homesupport.co.nz



How Daily Living Aids Can Help Make Life Easier for Active Seniors

Remaining independent is a top priority for many seniors. Staying active, whether through hobbies, volunteering, travel, or family time, contributes to a sense of purpose and wellbeing. Yet everyday tasks can gradually become more challenging due to reduced strength, flexibility, soreness or balance. This is where daily living aids make a significant difference. These tools are designed not only to help with specific tasks but also to support safety, conserve energy, and enhance overall quality of life.



Practical Support for Everyday Tasks

Daily living aids cover a wide spectrum of simple yet effective solutions. These items help with routine tasks and reduce the risk of strain or injury. For example:

- Ergonomic larger handled utensils making eating and food preparation easier.
- Jar and bottle openers minimise hand and wrist strain.
- Non-slip mats provide stability on counters and tables.
- Lightweight reachers allow access to items on the floor or high shelves without awkward bending or climbing. They're even handy to reach over a sofa to close curtains!

Mobility and Safety

For many active seniors, mobility is central to independence. Walking aids and home safety products provide the reassurance needed to move with confidence:

- Walking aids such as canes, walkers, and walking poles reduce fatigue and extend outings.

- Grab rails in bathrooms and kitchens give extra stability where it's needed most.
- Raised toilet seats and shower chairs reduce strain and prevent falls.
- Non-slip flooring and mats create safer living spaces.

Conserving Energy for the Things That Matter

By making everyday tasks less physically demanding, seniors can conserve energy and minimize pain for the activities they enjoy most. Consider:

- Reachers and trolleys to minimise bending or lifting.
- Bathroom and kitchen aids to ease grooming, cooking, and cleaning.
- Supportive seating to reduce fatigue during longer activities.
- Minimizing discomfort by having aids reduce the strain and improve comfort while doing activities.

Promoting Independence, Not Dependence

Far from signalling dependence, daily living aids enhance independence. They:

- Reduce reliance on others.
- Build confidence in daily routines.
- Provide reassurance that life can be managed comfortably and safely.

Conclusion

Daily living aids are not just conveniences; they are enablers of independence, safety, and dignity. For active seniors, they represent the difference between struggling with daily routines and thriving with confidence. By integrating these simple yet powerful tools, seniors can maintain the freedom to live fully, actively, and independently.

Sidebar Feature:

Top 10 Daily Living Aids for Active Seniors

(Find these and more at mobilitycentre.co.nz)

1. Ergonomic kitchen utensils
2. Jar and bottle openers
3. Non-slip mats
4. Reachers and grabbers
5. Walking sticks and poles
6. Car transfer aids – car bar handle and/or swivel seat
7. Grab rails for bathroom and hallways
8. Raised toilet seats
9. Shower chairs and stools
10. Supportive seating cushions

SAUSAGE SIZZLE NEWS

Cloudy, sunny, no... cloudy...our last Fund raising BBQ had mixed weather but the results were spectacular! No rain and good turn over of food!

On 12 October Bunnings hosted us again (a big thank you) and with our loyal support staff who volunteer in two hour shifts, we raised a considerable amount. This was also in part due to the generosity of 4 SQUARE in Waipapa who provided us with sausages, enough for one more fund raiser! Thank you to Josie and Gordon McIvor! When you are next shopping there mention how pleased we were for their help.

As you will be aware, Age Concern is a registered charity and although we get a small amount from the Health Board and from Age Concern Head Office, like everything this year, we have had reductions, so our fund raising efforts mean we can provide the activities you enjoy. We do the Kingston House hire and make applications to charitable funds and this helps, but each fund-raising effort means we can pay for the hall for our classes and subsidise these for members.



Bunnings provide all the BBQ resources ...including boots if you turn up with open toed sandals. It is health and safety!

To all involved-A GREAT EFFORT!

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.

Hint.co.nz

Let's make it easier to live at home longer

WHAT DO YOU NEED DONE TODAY?

I'm Karen and I offer experience in home help, personal care, admin/temp work, cleaning, cooking, groceries, fetching/shopper, just a pair of extra hands when you need them. Police vetted. Personal experience with grief, stroke survivor and can assist with recommending services for physio or tradies to try and solve your problems.

**I can work in with WINZ, NDHB, ACC. One off or regular work.
Minimum 2 hours + costs. \$32ph + travel of \$1/km**

**Phone 02111 4 22 88 | or text and Karen will phone you back
karen@hint.co.nz | www.hint.co.nz NZBN # 9429049936308**

Book Club



The bookclub has been meeting for several months now.

There is no prescribed reading for this bookclub. Each person comes along with a book, or a few books, they have read recently, or are reading. The books are described and thoughtfully discussed by the reader with the other members. This means members can share their own genre, author and topics of reading, while others get exposure to books they may have never come across nor have thought to read. I myself have discovered writers I have never heard of, yet have been excited to learn about and share the reading experience of. It is a chance to gain a new appreciation of literature and storytelling.

The books discussed also lead us to share many other interesting and often meaningful stories of our lives and experiences.

It is an enjoyable way to meet new people, and to spend time and socialise with others. And if you have not read a book recently that is okay too. Through listening we can also be a part of the bookclub.

**We meet every 3 weeks
on a Thursday at
1:30pm
at Kingston House**

Come along and see if you are interested

Robyn | 0272493503

PEOPLE ARE PUTTING SECOND-HAND BOOKS IN THE FREEZER— AND THE REASON WHY IS GENIUS

By Lauren Bengtson

This surprisingly smart practice can save your second hand reads from pests, germs, and mould.

Buying from Op-shops and anything second hand has become very popular particularly for those who love books. But there could be something more than words hiding in the pages of that novel: bugs, larvae, and they can all be living happily ever after in the middle of that leather-bound hardback.

Eliminate Insects (and Their Eggs!)

Used books can contain unwelcome pests like booklice, silverfish, and beetle larvae, which feed on mould, glue, and paper. Freezing books for at least 48 hours in sealed plastic bags can effectively kill these insects and their eggs. Freezing is a non-toxic, chemical-free way to kill pests at all life stages (eggs, larvae, and adults), by causing ice crystals to form inside insect cells, which ruptures them and kills the insect.

In fact, museums and archival institutions sometimes use deep freezing techniques (often for a week or longer at very low temps) to disinfect historical documents and rare books without using harsh chemicals.

Stop Mold Growth

Even if no pests are visible, freezing also halts mould growth, which is often what attracts bugs like booklice. So, it's a two-for-one benefit: pest control and mould inhibition. Mould thrives in warm, humid environments and can be super damaging. Books are especially susceptible, as the paper is organic and porous, and the glue and bindings can provide more nutrients for mould to grow and spread. Common signs of mouldy books include a musty or earthy smell, discoloration (especially black, white, green, or orange spots), soft or fuzzy patches on the cover or pages, and warped or wavy pages due to moisture.

So how does freezing solve the problem? Mold spores become dormant at temperatures below freezing. Freezing also stops mould from producing enzymes and spreading across the pages or bindings. Like museums, Freezing is a non-invasive, preservation-friendly option used by libraries and archives to stabilize mouldy books until they can be properly cleaned.

How to Freeze Books Safely and there's a right way to do it.

First, place the books in a zip-lock bag to prevent moisture from entering, and to keep everything (pages and pests) contained. Put the book in the freezer and keep it sealed for at least 48 hours, but preferably a week. When you're ready to take it out, let it thaw slowly. Allow the book to come back to room temperature while still sealed to prevent condensation.



EV Bikes gone wide

I travelled to china in 2007, loved the trip saw and walked on the Great Wall of China, Tiananmen Square, temples, and many palaces

I saw the way they lived and travelled every day, buses, truck, cars, motor bike and push bikes. 12 years later on my next visit to China there seemed to be a scene of wealth and prosperity in the country never seen before, new upper end vehicles everywhere, no one sleeping on the streets anymore, new motorways and hundreds of people on these electric bikes. I saw 2 push bikes and hundreds of electric bikes while I was there. The economy had definitely changed. We could see the future of transportation there, electric vehicles, truck, car, passenger vehicles and bikes.



I saw no push bike stores but plenty of electric bike stores, competition was fierce, this is good for us.

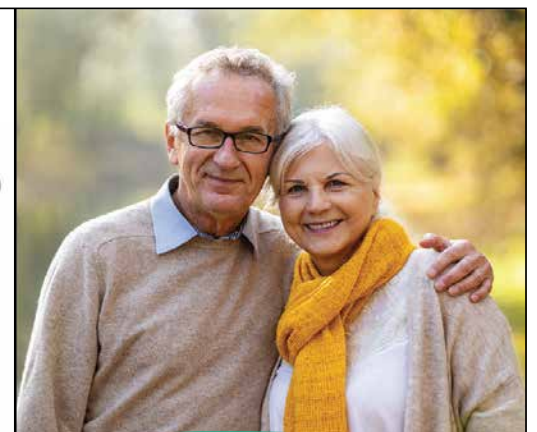
After visiting dozens of electric bike stores and negotiating with many manufactures we chose TailG to lead the way in NZ. TailG are in the top 3 manufactures in China and are leading the way in energy efficient electric bikes.

Retaining your independence.

The TM7 with the 'All Weather Canopy' is here to protect you from the elements. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair and local parts from EV Bikes. Order yours today and get your very own TM7 Trike for only \$6,500 tested and delivered right to your door. Buy online or call us and retain your independence today!

★★★★★
CALL US
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★★★★★
BUY ONLINE
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EVBIKES

EV Bikes NZ, 448 Kairanga
Bunnythorpe Road, Palmerston North



above: Meet the Candidates

below: Bald Angel's Teresa presenting at our Meet and Greet



SWEET POTATO BROWNIES

Why eat brownies when you can eat sweet potato brownies?
Bump up the fibre, nutrition and the yum factor!

Serves 16, Takes 45 mins

INGREDIENTS

- 100g reduced-fat spread
- 200g dark chocolate chips
- 200g baked sweet potato/kumara, mashed (orange flesh is best, baked at 180°C for 30) mins, will yield 200g cooked
- 400g chopped raw sweet potato,
- 1 cup soft brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- ¾ cup flour
- ¼ teaspoon baking powder
- 100g hazelnuts (or other nuts), chopped
- 2 teaspoons icing sugar, sifted (optional)

INSTRUCTIONS

1. Preheat oven to 180°C. Lightly grease a square loose-based cake tin and line with baking paper.



2. In a microwave-proof bowl place spread and ¾ of the chocolate chips. Heat until spread is completely melted. Stir to melt chocolate completely.
3. In a separate mixing bowl combine sweet potato and sugar. Mix until smooth. Stir in chocolate mixture, then add eggs and vanilla. Beat until thick.
4. Stir in flour, baking powder, nuts and the remaining chocolate. Pour into prepared tin and bake for 30 minutes or until firm to touch but still slightly moist. Cool completely in the tin.
5. Cut into 16 even-sized squares and sprinkle with icing sugar, if using.

Variations

Make it gluten free: Use gluten-free flour and baking powder and check chocolate chips and icing sugar are gluten free.

I'M HERE TO HELP.

Grant McCallum

MP for Northland

Northland@parliament.govt.nz

09 407 7219



Authorised by G McCallum, Parliament Buildings, Wgtn.

IF ONLY HUMANS COULD BE MORE LIKE HER!

You may need a box of tissues!

In 2003, police in Warwickshire, England, opened a garden shed and found a whimpering, cowering dog that had been locked in abandoned and was dirty, malnourished and had clearly been abused.

In an act of kindness, the police took the dog, which was a Greyhound female, to the nearby Wildlife Sanctuary, run by Geoff, a man known to run a haven for abandoned, orphaned or animals in need. Staff went to work with two aims, to restore the dog to full health, and win her trust. It took several weeks, but eventually both goals were achieved. They named her Jasmine and started thinking about finding her a new home.

But Jasmine had other ideas. No-one remembers now how it began, but she started welcoming all animal arrivals at the sanctuary. It didn't matter if it was a puppy, a fox cub, a rabbit or, any other lost or hurt animal, Jasmine would peer into the box or cage and where possible, deliver a welcoming lick.



Geoff relates one of the early incidents. "We had two puppies that had been abandoned by a nearby railway line. They were tiny when they arrived at the centre and Jasmine approached them and grabbed one by the scruff of the neck in her mouth and put him on the settee. Then she fetched the other one and sat down with them, cuddling them."

"But she is like that with all our animals, even the rabbits. She takes all the stress out of them, and it helps them to not only feel close to her but to settle into their new surroundings. "She has done the same with fox and badger cubs, she licks the rabbits and guinea pigs and even lets birds perch on the bridge of her nose."

Jasmine, the timid, abused, deserted waif, became the animal sanctuary's resident surrogate mother, a role for which she might have been born. The list of orphaned and abandoned youngsters she has cared for comprises five fox cubs, four badger cubs, 15 chicks, eight guineapigs, two stray puppies and 15 rabbits.

And one roe deer fawn, tiny Bramble, 11 weeks old, was found semi-conscious in a field. Upon arrival at the sanctuary, Jasmine cuddled up to her to keep her warm and then went into the full foster mum role. Jasmine the greyhound showers Bramble the Roe deer with affection and makes sure nothing is matted. "They are inseparable," says Geoff "Bramble walks between her legs and they keep kissing each other. They walk together round the sanctuary. It's a real treat to see them."

Jasmine will continue to care for Bramble until she is old enough to be returned to woodland life. When that happens, Jasmine will not be lonely. She will be too busy showering love and affection on the next orphan or victim of abuse.



When a kid says "daddy, I want mommy" that's the kid version of "I'd like to speak to your supervisor" 😬😂😂

COST OF LIVING SURVIVAL GUIDE: IDEAS THAT ACTUALLY WORK



OPINION

Groceries, power bills, rates, insurance - many of the necessities of life are becoming more expensive by the day. Official stats say inflation is under control, but it doesn't feel like it when mince is suddenly 13% more expensive, butter is up 51.2% in a year, and cheese has rocketed 30.1%.

1. Master the art of substitutes

When even basic mince is going up, it's time to get creative. Use grated apple or flax seeds instead of eggs, oil instead of butter, and coconut milk instead of cream.

Pad out mince with dried lentils so you can halve the meat cost without even noticing. It takes a bit of experimentation, but building a mental toolkit of substitutes makes it easier to adapt recipes on the fly when prices spike.

2. Use AI to rescue leftovers

Common AI tools like ChatGPT can be repurposed to stop food waste. Tell it what you've got left from the week and see if it can give you a recipe that works. Taylor says she's tried it and found it useful for turning odds and ends into something edible without another trip to the supermarket.

It can also be used for substitutions, if you run into a recipe you want to try, but want to skip the pricey butter. AI can now suggest those swaps instantly, giving people a starter toolkit for adapting recipes. It won't always be perfect, but if it gets you cooking cheaply with what you already have, that's still a success.

3. Switch big bills to annual payments

You can often save by simply changing how you pay. Insurance, rates, and some utilities charge more if you pay monthly. Paying annually avoids those admin fees. Even subscriptions like Disney+ are often cheaper when you pay yearly, instead of monthly. If covering a full year in one hit sounds impossible, set up your own mini-instalments: drip-feed a little each month into a separate account so when the bill comes, you're ready to pay it in one go.

4. Create a staple pantry

Taylor compared her pantry to a capsule wardrobe. Instead of buying endless ingredients for one-off recipes, she keeps a small set of staples she knows she'll use.

That means three carbs (bread in the freezer, pasta, rice), one or two proteins (she likes drumsticks as the cheapest cut of chicken), and a couple of core spices.

Everything else can be mixed and matched with whatever's on special at the supermarket that week.

It's a way to avoid the trap of expensive, glossy recipes that demand niche that you'll use once and then watch gather dust.

5. Mildly bully your bank

There's nothing wrong with a bit of gentle bullying when it comes to your bank. If you have a mortgage, you not only want to be hunting down the best interest rate, but also the best mortgage structure.

An interest rate change could save you several thousand, so a change in structure could knock off even more. A mortgage adviser can help you work out offsets, revolving credit, and loan splits tailored to your lifestyle. Even better, a mortgage adviser is usually paid by the banks, not you, so this could be a change that costs you nothing.

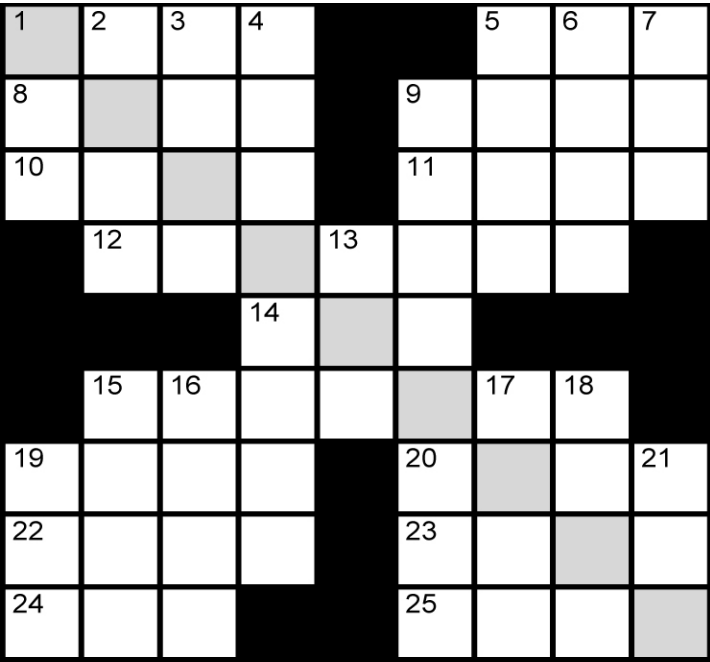
6. Test your subscriptions

A clever trick for handling bills like streaming services and subscriptions. Put them on a prepaid card or a credit card you know will expire. When it eventually runs out, and the payment bounces, see how you feel about it. If you don't even notice it's gone, time to cut it and save yourself one more monthly bill. If you do miss it, then you can choose to renew. It's a simple prompt to remind yourself to cut digital clutter.

NB: You need to give change time to stick, otherwise you're likely to hit overwhelm and give up entirely. Ideas won't get rid of a cost-of-living crisis, but they can give you back some control and maybe ease the pressure.

Ref: Frances Cook is a journalist who writes about personal finance.

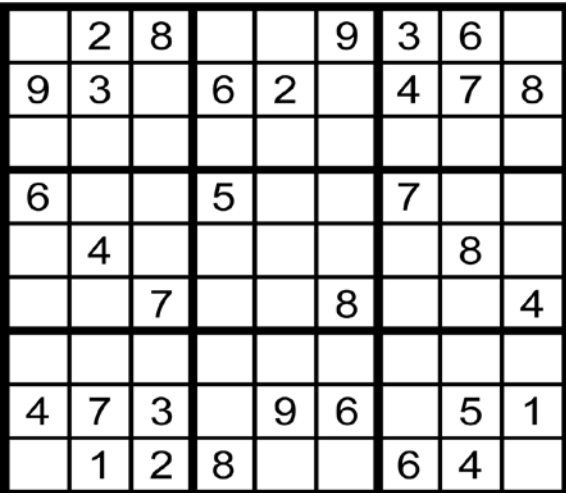
Cozy Blaze



- Across
- 1. Blacken
 - 5. Cooking meas.
 - 8. Charades, e.g.
 - 9. Quiet
 - 10. Doctrines
- Down
- 11. Condo, e.g.
 - 12. Funny song from Wicked
 - 14. Lizard, old-style
 - 15. Wordnik
 - 19. Balance sheet item
 - 20. Get ready, for short

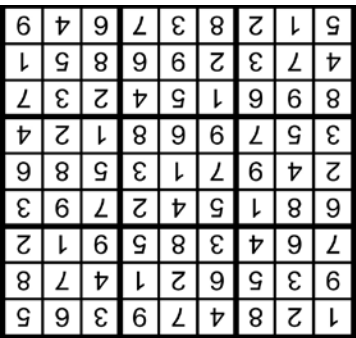
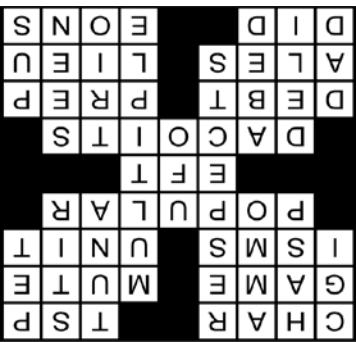
- AD HOC
- ALMA MATER
- CARPE DIEM
- CAVEAT EMPTOR
- DE FACTO
- E.G.
- ET CETERA
- ET TU BRUTE
- EX NIHILO
- IN MEDIAS RES
- IN VINO VERITAS
- IPSO FACTO
- MAGNUM OPUS
- NON SEQUITUR
- PER CAPITA
- PER SE
- POST MORTEM
- PRIMA FACIE
- PRO BONO
- QUID PRO QUO
- STATUS QUO

SUDOKU



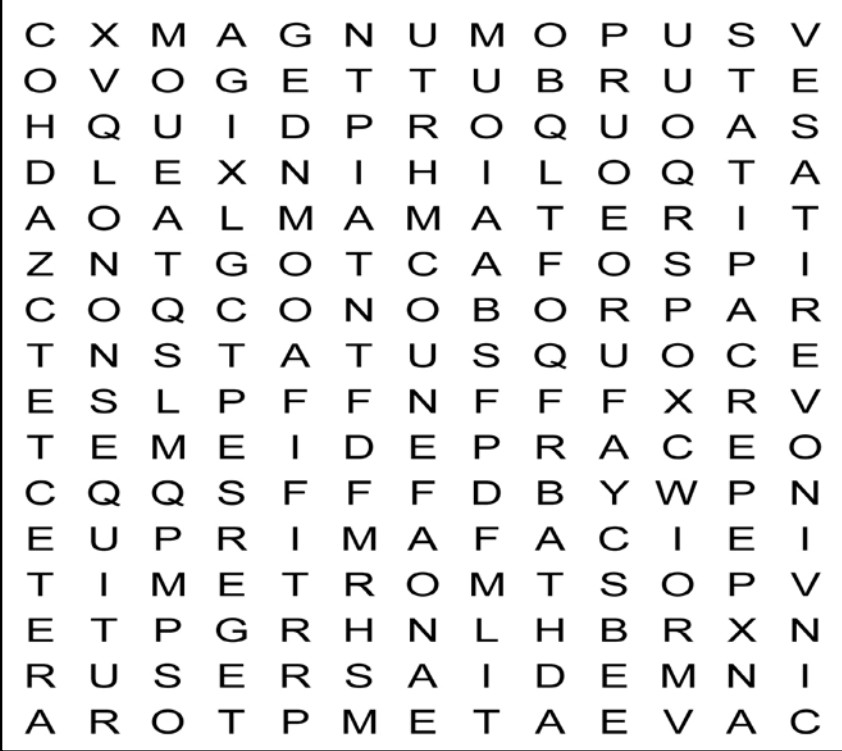
- 22. Brews
- 23. In place of
- 24. "___ not!"
- 25. A long, long time

- Down
- 1. Special effects letters
 - 2. Door fastener
 - 3. BBs, e.g.
 - 4. Shows consideration and high regard.
 - 5. Charlie, for one
 - 6. Mix
 - 7. Darling
 - 9. Number divisible by another number.
 - 13. Amateur video subject, maybe
 - 15. Kosher ___
 - 16. Lying, maybe
 - 17. Beethoven's "Archduke ___"
 - 18. Caught in the act
 - 19. "Dear old" guy
 - 21. Sign of infections



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

Latin Lingo



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!

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LOOKING OUT FOR LOVED ONES: UNDERSTANDING THE PPPRA



If someone becomes unable to manage their own affairs due to age, illness, or disability, and they do not have an Enduring Power of Attorney (EPOA) document in place, their family or a trusted person can apply to the Family Court for orders under the Protection of Personal and Property Rights Act 1988.

There are different types of orders, depending on the person's needs. These include appointing a welfare guardian (to make personal and health decisions) or a property manager (to handle financial matters). The application must include medical evidence showing that the person lacks the capacity to make these decisions themselves.

A lawyer is usually involved to help prepare the forms and guide the process, and the person concerned will also be appointed their own lawyer to ensure their rights are protected.

While it may seem like a big step, these orders are designed to support and protect vulnerable individuals with care and dignity. Unfortunately this can be a costly process for relatives, however there is a way to protect your own family from having to take this action by making sure you have an EPOA in place. Setting up an EPOA document eliminates the need for your family to apply to the court for orders which saves a lot of stress during times that may already be emotionally difficult.

**If you would like more advice on applying for PPPRA orders
or for setting up your own EPOA contact Law North on 09 407 7099**

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

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