

SUMMER 2020 QUARTERLY NEWSLETTER

Phone (09) 489 4975 | www.ageconcernauckland.org.nz



Age Concern Auckland North Shore Edition

Serving the needs of older people

AGE MATTERS



Please give generously to our Annual Christmas Appeal so lonely older people in our community can feel special this Christmas - see inside for details.

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OFFICE HOURS

9.00am - 4.00pm Monday to Friday

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Residential Care Subsidy Changes

On 1 July 2020, some key annual changes to the Residential Care Subsidy came into effect.

If you need long-term residential care in a rest home, you may now qualify for the Residential Care Subsidy.

The asset thresholds have increased to:

- \$236,336 for a single person
- \$236,336 for a couple where both partners are in long-term residential care
- \$236,336 for a couple where one person is in long-term residential care, including the value of their house and car
- \$129,423 for a couple where one partner is in long-term residential care, not including the combined value of their house and car (the house is only exempt when it is the main place where your partner who is not in care, or a dependent child, lives).

The income-from-assets exemptions have increased to:

- \$1,027 for a single person
- \$2,054 for a couple who are both in long-term residential care
- \$3,081 for a couple where one partner is in long-term residential care.

Your assets and income will be assessed by Work and Income. All other eligibility is assessed by the Ministry of Health.

To find out if you are eligible, go to the Work and Income website at www.workandincome.govt.nz or call them on 0800 999 727

Skills Bank

Could you please update the following:

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Gem Mobile Salon, Takapuna

Phone: 021 255 4647

Email: gemsmobilehairdresser@gmail.com



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

We wish you a Merry Christmas

Ho Ho Ho what a year we've had. I think we all deserve something special for being so well behaved and there is nothing better to give, or to wish for, than a Driving Miss Daisy Gift Voucher.

A Driving Miss Daisy Gift Voucher can be purchased directly from your local Daisy and whether receiving or giving, it makes such a thoughtful gift.

But you don't have to wait for Santa; there is plenty to do with Driving Miss Daisy to fully enjoy the festive season:

- Christmas lights tours
- Festive coffee mornings with friends
- Christmas carol services

Then there are the Christmas chores that Driving Miss Daisy can take care of with you:

- Christmas Shopping and don't forget they will do the posting
- Shopping for that special Christmas Day outfit
- Airport Transfers
- A companion to end of year functions and events

But you really don't need a reason to call on Driving Miss Daisy, as just getting out and about and enjoying the company of your Daisy driver is good for the soul by simply having a good time, creating positive memories. So, don't sit inside lonely while the world buzzes along, there are very few reasons not to have a little fun. If needed many of our vehicles are fully equipped with wheelchair access, to assist with walkers and wheelchairs.

Remember, Driving Miss Daisy accepts the Total Mobility Scheme cards ("half price taxi chits"), providing driving discounts on trips.

To end I wish you all a very Merry Christmas after what has been a most challenging year for all of us. So please help us, help you, by considering buying a Driving Miss Daisy **Gift Voucher** or dropping the hint to family that it would be an ideal gift for yourself. It's as easy as calling your local Driving Miss Daisy Franchise owner.

Looking forward to taking care of you in 2021.

Melanie | Co- Founder

editorial supplied by Driving Miss Daisy

Get out and about with Driving Miss Daisy



Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and accompany you to:

- Medical and personal appointments
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CEO UPDATE

It's hard to believe that I am writing the last of my CEO updates for the year. For so many of us here in New Zealand, 2020 has been an unprecedented year and while it has been difficult across Aotearoa and particularly here in Auckland, we must spare a thought for the many people around the world who don't have the freedom and safety that we have here and are facing another round of lockdowns.



While we are still able to enjoy the freedom of movement within New Zealand, for many of us coming into Christmas, we will be aware of the family and friends we have overseas that we don't know when we will see again. My own father living on the West Coast of Wales has now been in and out of lockdown for the last eight months. Heaven knows when I'll be able to visit him again. For me, this separation has been made that much easier because I've been able to stay connected digitally, but I recognise that this is simply not possible for many older people.

2020 has been a difficult year for many charities, as many of our traditional funders have effectively shut-up-shop or have seen their available funds dwindle. We have been very encouraged by the efforts the Government has made to support organisations such as Age Concern but, as with many, we look forward to 2021 with both hope and foreboding. Hope that a vaccine will become available and we will see the back of the uncertainty and a return to normality.

Foreboding that we may not yet be fully in the clear and that we may see our funding continue to fall. During these tough times, we are so grateful for the continued support of our members and donors. Each donation is vital to deliver our services and very gratefully received. At this time of year, we are asking that, if you can, you help us once again with our Annual Christmas Appeal. Funds raised will directly help an older person, over the holidays and with much needed support during the year.

Interestingly, as I write this, the new Minister for Seniors has just been announced, the Hon Dr Ayesha Verrall. I would like to congratulate her on being

appointed to this role and I look forward to working with her in the future. Her role is not an easy one, there are many challenges and issues facing older people across New Zealand and we wish her well in her efforts to improve things.

There have also been changes to two of our offices recently. The North Shore office was closed for two weeks, with staff working from home, while the first stage of a refurbishment project updating the office was started. We hope that the next stage will be undertaken early next year. We also brightened up our office in Avondale, with an intergenerational mural on the outside, you can read more about this in the newsletter.

Finally, I would like to take this opportunity as the year comes to an end to thank our dedicated and hard-working staff and volunteers for continuing to provide such a high level of service. It has been a challenging year for everyone, but over this year, through the collective efforts of all involved, we have continued to deliver services and support to all those who need it and have further enhanced Age Concern Auckland's well-deserved reputation for quality service.

I hope that you all have a wonderful holiday period and can enjoy the longer, warmer days of summer. And let's hope that 2021 is a little less unpredictable.

Regards,

Kevin Lamb CEO Age Concern Auckland

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Grant Haworth
North Shore
021 194 40 95
g.haworth@barfoot.co.nz



Debbie le Roux
Rodney District
021 94 1973
d.leroux@barfoot.co.nz



Sue Allan
West Auckland
021 388 021
s.allan@barfoot.co.nz



Dee Brennan
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d.brennan@barfoot.co.nz



Tania Brown
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t.brown@barfoot.co.nz



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021 730 377
s.young@barfoot.co.nz

Chair's report

Happy holidays and summer days to you all.

As I write, not only am I waiting to see which septuagenarian will win the White House but I'm also looking at the pouring rain. It's looking like a warm summer according to all of the predictions I've read. Warm dry weather is good news for our well-being and our health. Not so good for our water dam levels but a wonderful time to enjoy our region and support our local businesses, who like us all have done it tough this year.

An end of a year is a time for reflection. There will be plenty said about COVID-19, which despite its name will still be with us in 2021. One positive for me from 2020 is the noticeable rise of a positive community spirit. I am seeing acts of kindness more often than ever before. I have seen the wonderful work of Age Concern, and how we responded to the pandemic. And I've also seen a broader community movement to be kinder to one another.

The other positive I've noted, among some terrible lows, is we've almost eliminated influenza this year. This I imagine is a side effect of us staying home when ill, staying put if we're vulnerable and basic tasks like washing our hands more frequently and wearing face masks when out and about.

I spoke to my Mother often during the two lockdowns and asked her how she found it. Having lived in London during the second world war I was quite confident she would be taking COVID in her stride. And I was right. She went from coffee at the local café to creating a café type set up at home. We did online quizzes three times each week via Zoom and she really got into supermarket home delivery.

I'm lucky she could easily do these things. However, there were others who needed more support than my parents. And this is where Age Concern (and others) stepped in. I can't tell you how delighted I was with how we mobilised our support. How our staff responded and how quickly we were seen by Government and those we serve to be providing such a vital service in times of stress.

If you relied on us this year, I hope you got what you



needed? If you supported us I hope you know how important you are to our ongoing work? If you are one of Age Concern Auckland's staff or volunteers, thank you, thank you, thank you. You are a dedicated and superbly professional team.

This year has shown us the strength and tenacity of New Zealand's people. As a nation we have come together and pushed back on COVID. There's been much talk of protecting our older people against the pandemic too, reflecting the respect and value we place on them. Our older generations are treasured and help guide us, and we constantly benefit from their experience, resilience and counsel.

To all our supporters, volunteers, staff, Board Members and partners I wish you a safe and restful holiday season and a happy New Year.

Victoria Walker Chair, Age Concern Auckland.

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Age Concern's Opening Hours Over Christmas

**Our office will close at 12 noon
Wednesday 23rd December and reopen
9.00am, Tuesday 5th January 2021.**

For Elder Abuse emergencies during this period, please phone the North Shore Policing Centre on 477 5000 or the Elder Abuse response Service Helpline 0800 32 668 65.

For help on holidays and weekends:

North Shore Hospital	488 8900
ShoreCare	488 7777
Glenfield Urgent Care	444 4244
Need to Talk	Freephone or text 1737

REMEMBER

**For an emergency call 111
For a non emergency phone 105**



Farewell Maureen



Many of our members will have had contact over the years with our long serving front of office staff member, Maureen Andrews. She started working for Age Concern 29 years ago, first joining as a volunteer and later becoming a paid employee.

Maureen is now enjoying a very well deserved retirement and we will miss her presence in the office greatly – as both a friend and colleague. Her knowledge of the sector was extensive and she also provided a wisdom and listening ear to members and colleagues alike. We sincerely thank Maureen for her years of dedicated service to Age Concern and to older people on the North Shore.

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Intergenerational Art Project Connects Young & Old

The new artwork on the side of the Age Concern Auckland office on Rosebank Road, is the final stage of an 18-month intergenerational community art project coordinated by West Auckland artist Ekarasa Doblancovic in partnership with Age Concern Auckland. The artwork is comprised of individual clay tiles that were handmade and painted by Avondale Intermediate students and residents from Cosmopolitan and Rosedale Retirement Villages during 10 workshops in mid-2019. The paint used on the tiles is mixed from local clays and soils from the Whau area, connecting the participants to their local area. The project was designed as a meaningful way to bring together young and old members of the community using the medium of art.



Our special thanks to Whau Arts, Whau Local Board and Whau Arts Festival for their funding; to Ekarasa for her creativity, passion and talent and the students, residents and members of the community who made tiles for the mural.

The art project is just one of the ways that Age Concern provides community connectedness for isolated and lonely older people through our Social Connections Service. Contact your local office if you want to know more about activities in your area.



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Make Connections

Summer is coming and the warm months will give us more opportunities to be active, enjoy life, appreciate nature and revive tired spirits!

- **Introduce daily rituals to help anchor yourself.** A cup of coffee or tea while reading inspirational works from a favourite book, a few stretches while taking in deep breaths, a walk along a picturesque avenue – what do you enjoy?
- **Let go of judgement.** You may feel that you somehow ‘deserve’ to be lonely because of deficits in your personality. Curb any hurtful self-talk and take care of yourself the way you would a friend.
- **Be present.** Accept the emotions you are currently feeling. Then take note of your daily actions and connect them to a greater purpose, making sure to include those that may feel minor. eg the act of washing your hands regularly can potentially save lives.
- **Embrace small talk.** A growing body of research suggests that even trivial interactions with strangers, like chatting to supermarket cashiers or stopping to ask for directions, may strengthen feelings of connectedness to others. Set small challenges, like saying hello to everyone you pass in the street on a given day or asking your neighbour if they need any help.
- **Get to know yourself.** In order to have meaningful connections with others, you have to understand what is important to you, which in turn will help you make conscious choices about how you want to live.
- **Give yourself a hug.** ‘Havening’, a self-soothing technique, can help reduce anxiety and depression by realising oxytocin, a hormone which can help calm you. Wrap your arms around yourself and squeeze until you feel a sense of calmness.
- **Channel yourself into creative activities, such as cooking, gardening, or a house project.** Creativity has elements of both planning and living in the moment. Seeing something take shape, whether it’s a loaf of bread or a Lego city, lessens feelings of helplessness and brings satisfaction and peace.
- **Actively listen.** Good listeners provide a safe environment for those who are speaking, who in turn will tend to respond by opening up more. Listen to understand.

- **Spend more time with people who are good listeners and less with ‘vampires’ who deplete your energy by only talking about themselves.** It’s nice to be thought of and cared about at the moment!
- **Connect with others online.** There are many benefits to hanging out (even if it’s virtually) with family, friends and like-minded people. You can play games, join an exercise group, chat about common interests and give or receive advice. It’s wise to seek out platforms which have a strong moderator presence and policies which align with your own moral compass. Or keep it simple – host video chats with family members. Have a theme – you could have a movie night, or Happy Hour.
- **Spend money on experiences.** When you’re down, it can be tempting to splurge on cake, a new outfit, or a luxury item to get that instant feel-good hit. However, investing in an experience will give you long-lasting satisfaction and the opportunity to meet others. Enrol in a woodworking course, join a knitters group – see our Calendar of Activities for more ideas.
- **Find an online pen pal.** If you’re learning a foreign language and want someone to practise it with or are seeking a cultural exchange, Interpals might be your thing. It’s free to join – www.interpals.net.
- **Hang out with yourself.** Go on mini adventures to new places and get dressed up for the occasion

Source: Family Care New Zealand Issue 43

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NORTH SHORE BASED

Social Connections Service Update

Dominic, one of our new volunteer visitors sent us this photo and feedback, “Sam, who I visit each week, has shown an interest in anything that flies and we discussed going for a walk in Onehunga near to where the Police helicopter lands once the COVID level dropped down to Level 1. I thought I would surprise him, I was able to meet with the Police Sergeant at the Onehunga Helicopter station and arranged a visit for Sam to take a close look at the helicopters there. We spent a fantastic 40 mins being shown around the station and getting to see the helicopters up close”. Dominic, what a great idea for an outing with Sam. Thanks to the Police Sergeant for taking the time to show Dominic and Sam around, you made their day!



Two of our Visiting Service clients have celebrated milestone birthdays in the last couple of months, these are the birthdays that end with a ‘0’ or a ‘5’. Through the generosity of the volunteers at Good Bitches Baking (GBB), we have acknowledged these special birthdays with a birthday cake. Thank you GBB for helping us make the day one to remember for our clients.



pictured far left: Patricia Williams turned 95. Patricia is visited by Judy and Maria/Walter on separate days. Patricia says her AVS visitors are essential to her life and she gets great pleasure from their visits each week. Patricia is very well read and gets great pleasure from intellectual conversation.

pictured immediately left: Lola turned 85 and is pictured with her volunteer visitor Angela.

Coffee Groups

Our Coffee Groups meet fortnightly for an hour of conversation and friendship and love welcoming new members to join them. Some of these groups will continue to run over the holiday period.

Currently we have groups that meet in Glenfield on a Tuesday at 10.30am; Northcote on a Wednesday at 10.00am, Takapuna on a Thursday at 10.30am and Milford on a Friday at 1.30pm.

Our Browns Bay Group that meets on a Monday at 11am, will be restarting in 2021 and we are looking

for expressions of interest in joining it.

If you would like more information on the Coffee Groups or you know of anyone who would like to have a Volunteer Visitor please give us a call.



Delia – 929 2307; email: deliam@acns.co.nz
Amanda – 929 2310; email: amandap@acns.co.nz



Need a hand? Services we offer:

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

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Reporting suspected side effects



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FIVE Questions to ask about your medications when you see your Doctor, Nurse or Pharmacist

- 1. CHANGES?**
Have any medications been added, stopped or changed and why?
- 2. CONTINUE?**
What medications do I need to keep taking and why?
- 3. PROPER USE?**
How do I take my medications and for how long?
- 4. MONITOR?**
How will I know if my medication is working and what side effects do I watch for?
- 5. FOLLOW-UP?**
Do I need any tests and when do I book my next visit?

Keep your medication record up to date – remember to include:

- ✓ Drug allergies
- ✓ Vitamins and minerals
- ✓ Herbal/natural products
- ✓ All medications including non-prescription products

You need to let your healthcare professional know if you believe you've had an adverse reaction to a medicine so they can report it.



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LILLE Healthcare

**BOOST YOUR CONFIDENCE
THIS FESTIVE SEASON**

The festive season is nearly upon us and with that brings much cheer, but unfortunately for some it can also bring up some uncomfortable feelings. When we think of parties and get together, some people tend to shy away from the festivities due to fears around bladder weakness or incontinence. Despite these fears, it is important for us to remember that these symptoms are more common than we think – 1 in 5 people experience some form of continence struggles in their lifetime. With these statistics, we need to ask ourselves why we are feeling shy, embarrassed or uncomfortable, and strive to be more confident in who we are. To help with these struggles, here are a few tips to help manage these discomforts during this festive season and live a life in full view!

1. Keep Hydrated | Some people believe that by reducing fluid intake, they won't have to go to the toilet as often. Well this is what really happens: your urine becomes concentrated (a dark yellow colour) and this irritates the inside of the bladder. Your bladder then wants to squeeze itself to remove the urine making you have to go to the toilet more often. Even worse, some drinks also have this effect on your bladder – drinks that have caffeine in them such as coffee, tea, soft drinks, energy drinks and alcohol should be reduced to help us maintain a healthy bladder.

So how much fluid should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth your water needs depend on many factors; including your health, how active you are and where you live. Consequently, try to drink when you are thirsty but keep in mind that you should be having around 6-8 glasses of 250 ml of fluids per day. Just remember that water will always be your best choice of fluid!

2. Try to keep alcohol intake in check | To promote a healthy bladder, it is recommended to have at least 2 alcohol free days a week – however the more the better! Both men and women should consume no more than 2 standard drinks on any day (which may be hard during the festivities) where one standard drink is equivalent to:

- One 375ml can or stubbie of mid-strength beer
- 100ml wine (13.5% alcohol)
- 30ml nip spirits
- One 250ml can of full strength pre-mix spirits (5% alcohol)

3. Eat plenty of unprocessed, fresh foods | I could prattle on for hours about eating well, however it all boils down to this simple rule. Processed foods (biscuits, cakes, takeaways, soft-drinks etc.) are all laden with sugar, salt and bad fats – so fresh is best! Don't think of it as a 'diet', think of it as 'eating well'. Don't forget it's also a good idea to eat more fibre, which can be found in vegetables, fruits and whole grains. This helps prevent constipation – a cause of urinary incontinence.

4. Toilet Visits | Teach your bladder good habits! Try not to go to the toilet 'just in case'. This can result in a lazy bladder that gets into the habit of believing it needs to be emptied regularly. Try to go to the toilet only when your bladder is full, and you really need to go. Also, whilst you are out and about, to help you be better prepared find a toilet close by for you in advance.

5. Get moving! | Honestly, we all know that we sit on our butts way too much, but we make lots of excuses as to why we can't exercise. Let's change our mindset and decide that it isn't exercise that we are going to do, but just moving. By 'moving' 30 minutes at least a day, you will be doing your body (and its future) a huge favour. This will help by keeping your bowels regular and assist you in losing any extra weight that may be putting strain on your bladder and its supporting muscles. There are lots of different ways to get moving but the trick is to find something that suits you. Try parking the car further away from your destination and walk the extra distance instead. That will be a great start!

6. Use the right protection | Make sure you are using the correct size and absorbency for your continence products. If you are not using the correct product, you may find that the performance will not provide the results you require and you may feel uncomfortable. If you are unsure if you have the right product for your needs, Lille Healthcare NZ can send you a few samples to try before you buy.

7. Personal Hygiene | Good personal hygiene is very important in managing incontinence. If you wear an absorbent product it is always a good idea to have a pack of wet wipes or wet wash gloves on hand for your personal hygiene and wellbeing so that you can refresh when needed.

Please remember, if you have any questions surrounding your bladder discomforts or continence troubles, you can reach out to the Continence NZ Helpline 0800 650 659.

Ref: <https://www.ontexhealthcare.com.au/articles/boost-your-confidence-this-festive-season/> December 12, 2018

Editorial supplied by Lille Healthcare New Zealand

**Slip, Slop, Slap and Wrap
Four Ways to be Safe
in the Sun**

You can be SunSmart and still enjoy the great outdoors. Being SunSmart is about protecting yourself from too much ultraviolet (UV) radiation from the sun.

**Slip**

- Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
- Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.

Slop

- Slop on plenty of broad-spectrum, water resistant sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- The average sized adult should apply at least ½ teaspoon to each arm and to the face (including

the ears and neck) and at least a teaspoon to each leg, the front of body and back of body.

- Sunscreen should not be used as a way to stay out in the sun longer. Instead, use it as a way to reduce the risk of damage to the skin when exposure to the summer sun is unavoidable.
- Keep sunscreen in handy places where people are most likely to be reminded or need to use sunscreen e.g. by the door at home or work, or in your swim bag, sports bag or handbag.

Slap

- Slap on a hat with a wide brim or a cap with flaps. More people get sunburnt on the face and neck than any other part of the body.

Wrap

- Wrap on a pair of sunglasses. Choose close fitting, wrap-around glasses that cover your eye area and protect the sensitive skin around them.

Sun Exposure

It is still important for your general health and wellbeing to continue to get some sun exposure even during the hottest months (September to April). This should be a walk (or some other form of outdoor physical activity) 5-6 days a week, planned for the early morning (before 10.00am) or late afternoon (after 4.00pm).

Be SunSmart at any time of the year when you are outside in the mountains or near reflective surfaces such as snow, ice and water.

Source: Sunsmart.org.nz

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Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at www.lillehealthcare.co.nz

Do Not Tear Along The Dotted Line

My total disregard for fine print
 Has been known to cause small ructions,
 When I rush full-tilt to open things
 Without first reading the instructions,
 But I do wish folk would understand
 And try to fully comprehend,
 When I see "Tear along the dotted line"
 I Like to cut the other end!

When I am picking up prescriptions,
 If I am feeling rather sick,
 I take twice the dose in half the time
 Convinced I'll get better double-quick,
 When special offers come by mail,
 It really niggles me somehow,
 To have an envelope instructing me
 "Please open this right away NOW",
 If tags attached to garden shrubs
 Read "Please plant me in full sun",
 They often end up on the shady side
 When my gardening stint is done,
 I prefer my mind on higher planes,
 There's much more in life that's urgent
 Than reading stipulated measures
 On cardboard packets of detergent,
 And if I want to squeeze and wring,
 I don't feel I should comply
 With little labels stitched on collars,
 Which say "This article's drip-dry",
 My mind is most contrary
 If I spot the words "Dry clean"
 I get an almost fiendish pleasure
 Seeing it thrashing round my machine,
 And those dinky freezer meat packs
 All carefully labelled "Barbeque"
 Often wind up in casseroles,
 Or a Shepherd's pie and stew,
 I'm fed up with all instructions,
 And just want to damn the consequence,
 I'm quite content to bungle through
 Enjoying the feeling of suspense,
 So please don't give me guidelines,
 I know it could land me in hot water,
 But I'm phasing out a life-long bane
 Of "Should's and Must's and Oughta's."

Margaret England

New Services from Funeral Home

Just Funerals have recently finished renovations at their Penrose Funeral Home to enable families to hold small, intimate services in their chapel with year-round comfort of Air Conditioning for the warmer months and heating in the winter.

They have upgraded the IT systems to allow music and videos to be played at the service and configured the arrangement room with a system that will soon be able to have 'overflow' seating and allow people to view the service through a camera.

A new reception area has been created with full wheel chair and ramp access and the carpark has been re-configured to allow for up to 7 car parks for family and friends and a hearse. There is extra parking around the back.

For small groups this is an ideal location as they are central to both the Southern and South Western motorways.



Please feel welcome to call in for a chat or call ahead to make an appointment.

editorial supplied by Just Funerals

PHONE
0800 804 663



Auckland's Affordable Funeral Home Proudly Family Owned and Operated

Private Service with Cremation

Transfers within Auckland | Temporary Preparation | Eco Coffin Option (*upgrades available*) | Transfer to your Funeral Venue (*via hearse*) | A hand tied bouquet of current seasonal flowers | Cremation (*Just Funerals Preferred Crematorium*) | 1 Death Certificate **now \$3550****

Chapel Service with Cremation

Transfers within Auckland | Preparation or Embalming | Eco Coffin Option (*upgrades available*) | Transport to Funeral Service via Hearse | 1 Hour gathering at Just Funerals preferred Chapel (*including hearse transfer*) Other Chapels or Venues available** | Celebrant or Minister Donation | 30 Colour Service Sheets | Music of your Choice | Cremation (*Just Funerals Preferred Crematorium*) | Registering the death with the Department of Internal Affairs | 1 Death Certificate | Returning the Ashes in person **now \$4650** North Shore Memorial Park \$4900** Purewa \$4900****

Family Burial Service

Transfers within Auckland | Preparation or Embalming | Standard Size Wood Grain MDF Flat Lid Casket | Dressing at Funeral Home | Transfer Home 1 Death Certificate | Temporary Grave Marker **now \$2900** + Burial Plot**

Non-Service, Simple Cremation

Transfer within Auckland | Simple Casket | Cremation | 1 Death Certificate **now \$2125****

** There can be extra costs depending on unique circumstances.

Please call for an appointment to visit with us at 14 Bassant Avenue, Penrose, Auckland



Nestled in tranquillity against a quiet bush reserve is Romaleigh Chapel where stories are shared and meaningful goodbyes take place.

Steeped in history, Romaleigh has long been part of the social fabric of this community – initially, as many locals would remember, as a popular reception venue to celebrate weddings.

Today, Romaleigh Chapel is the home of H Morris Funeral Directors where we help bring together those special moments, creating a beautiful, personalised ceremony to celebrate the life of someone loved.

Romaleigh Chapel provides the perfect setting for an intimate gathering, where stories of loved one’s lives are brought together and shared. There’s the fascinating story of Mavis and her wee secret - she had been a young, brave, quietly spoken WW2 spy. Her extended family never knew. And we will never forget Frank’s service. Frank fathered 12 children, who each in turn had 10 plus children. The grandchildren gloriously commemorated Grandad with a tearful 100 strong family choir that resonated so emotionally through the walls of the chapel. It is these stories and more that we treasure and are truly humbled to be a part of.

At H Morris we are privileged to create heart-warming funerals and wonderful memories for our families. Let us help you to celebrate the life of your loved one.

H MORRIS
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Creating
Treasured
Memories

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editorial supplied by H Morris Funeral Services

Asian Services Update

Our specialised Asian Services team working in partnership with A Better Chance Charitable Trust have introduced some new activities. One of these involves, inviting older Chinese people living alone to come to a dumpling making class. While they are making dumplings, we deliver a talk on positive ageing. We are also delivering weekly activities through rest homes in partnership with



A Better Chance Charitable Trust. The games and activities are designed to encourage the residents to interact with each other and to stimulate their cognitive thinking.

The residents love having our new team member Mandy facilitate the activities and they look forward to her visits.



Age Concern Rodney and West Auckland Community to Hospital Shuttle Service



What is this service?

- **This is an ON-DEMAND SERVICE for Outpatient Appointments Only**

Who can use this service?

- West Auckland residents attending Outpatient appointments at North Shore and Auckland Hospitals, and Greenlane Clinical Centre.
- North Shore Residents that have Outpatient appointments at Auckland and Waitakere Hospitals and Greenlane Clinical Centre.
- Rodney - Hibiscus Coast residents attending Outpatient appointments at North Shore, Auckland and Waitakere Hospitals, and Greenlane Clinical Centre.
- **NOTE: The Shuttle does not pick-up from homes on the North Shore. North Shore Hospital is the pick-up and drop off point.**

Pre-Booking Service:

- It is recommended that booking a seat on the shuttle should be made when you receive your Outpatient appointment letter. You must pre-book a seat a minimum of 3 working days before the appointment.

The Shuttle service will arrange pick-up times with passengers so that they can get to appointments during the times in the table below.

West Auckland Shuttle Fares:

- West Auckland – North Shore and Auckland Hospitals, and Greenlane Clinical Centre \$12 Return or \$6 one way
- North Shore Hospital pick up to Waitakere Hospital \$12 Return or \$6 one way

Rodney Shuttle Fares: (No one way fares)

- Rodney – North Shore Hospital \$15 Return
- Rodney – Auckland and Waitakere Hospitals, and Greenlane Clinical Centre \$30 Return
- North Shore Hospital pick up to Auckland Hospital and Greenlane Clinical Centre \$12 Return

Shuttle office hours Mon- Friday 9.30am – 4pm
Phone 09 426 0918 or 0800 809342 (press 5)

Xmas Shuttle Hours

The Rodney and Waitakere hospital Shuttle last day of operating for the year is Wednesday 23rd December 2020. The shuttle will resume operating on the 5th January 2021. Bookings will also recommence from the 5th January 2021.

Age Concern Auckland Annual Christmas Appeal



Spread the joy of Christmas and help a lonely older person feel special this Christmas

I/we would like to support the Age Concern Auckland's Christmas appeal:

- I would like to make a donation of \$ _____
Donations \$5.00 and over are tax deductible.
Charities Registration Number CC25023
- I have enclosed a cheque (Made payable to Age Concern Auckland)
- I have organised payment by Debit/Credit Card or Online by ringing the office on 489 4975
- I have made a payment at www.ageconcernauckland.org.nz/donate (please used code Appeal in comments)

Please send to: Age Concern Auckland, 177B Shakespeare Road, Milford Auckland 0620

Name: _____

Address: _____

Postcode: _____ Phone: _____

Email: _____

Thank you for your generosity to ensure that older people living in our community have a wonderful Christmas

Age Concern Christmas Appeal

"To all the staff of Age Concern, thank you so much for the caring way you have always looked after my Mum who is now 94 years old. You have been outstanding in every way and thank you for the beautiful Xmas gift bag you sent Mum", Tony

With the amazing support of you and other individuals and organisations, last year we had a very successful Christmas Appeal that saw us deliver over 70 Christmas Caring gift bags to older people on the North Shore. The bags made and donated by Boomerang Bags, contained an array of special treats to help lonely isolated older people experience some much-needed Christmas joy.



Many older people live alone and will spend Christmas Day alone. By supporting our Christmas Appeal, you are helping bring joy at this often lonely and stressful time of year.

"Your kindness will help me get through Christmas because I have three adult children that I haven't seen for 15 years".

Delia Middleton, Coordinator of the appeal says, "it is wonderful to brighten up the day, or in some cases the year, of the older recipients of the Christmas gift bags. The recipients are touched to know that other people care and are thinking of them."

While Age Concern takes the lead in organising the bags and delivering these, we rely on the support of the wider community to reach as many older people as possible. Two local schools, Milford Primary and Torbay Primary have for many years contributed



gorgeous handmade cards and treats. Our thanks to them for their kindness and generosity.

But even with the support of organisations that donate goods we rely on the goodness of individuals to help us by donating money that can be used to buy items to add to the hampers. Delia says, "the number of older people we can reach depends on the donations we receive".

Thank you in advance for helping us with this crucial work. Donations can be made by:

- filling out the donation form, online at www.ageconcernauckland.org.nz/donate
- phoning the office on 489 4975 to make a donation by credit card or bank deposit
- dropping your donation into us at the office.

Funds may also be used throughout the year to support older people who find themselves in need.

This is a wonderful chance to spread the Christmas spirit of goodwill and make a difference to an isolated and lonely older person. Please also get in touch, if you know of an older person who is lonely and isolated over Christmas.

Computing and Much More at SeniorNet North Shore!

Providing affordable opportunities for those over 50 to learn many things associated with computing in a fun and relaxed environment. Visit www.seniornetns.com and view the Schedule for information, or phone Patricia on 413 6322.

Heartbeats - 'Heartbeats' Cardiac and Heart Event Survivors Support Group, meets first Thursday of every month, 10.00am-11.00am, at the Mary Thomas Centre, 3 Gibbons Road, Takapuna. Meet and learn from others and listen to a variety of guest speakers. Partners, family and whanau welcome

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amc.manager@annemaree.co.nz
www.annemareeresthome.co.nz

Are your affairs in order?

Wills, family agreements, enduring powers of attorney, buying into a retirement village, advising on family trusts, estate administration, PPPR applications, resolving family disputes - these are services that we deliver to our valued clients.

Let us guide you through your options so you can make decisions on the best way to organise your personal and property affairs for now and in the future.

Please telephone Lois Black to arrange a no-obligation, free-of-charge 30 minute meeting for new clients.

Pasta Peas and Parmesan

Serves 1 | 25 minutes

This pasta dinner has peas, scrambled egg, wholemeal pasta and Parmesan cheese. This is a quick, easy and cheap dinner with only five ingredients. Tasty too.



Ingredients

- 1 cup uncooked wholemeal pasta shells
- 1/3 cup frozen peas
- 2 eggs, beaten
- 2 tablespoons Parmesan cheese, grated
- 1/4 teaspoon ground black pepper
- 1 teaspoon Parmesan cheese, grated

Directions

Preparation:10min › Cook:15min › Ready in:25min

1. Fill a saucepan with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta then return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through but is still firm to the bite, about 10 minutes. Stir in the frozen peas then cook for 1 more minute; drain well in a colander set in the sink. Return the pasta and peas to the saucepan.
2. Mix in the eggs, 2 tablespoons of Parmesan cheese and black pepper; cook over low heat, stirring constantly until the eggs are cooked through, 2 to 3 minutes. Serve sprinkled with 1 teaspoon of Parmesan cheese.

Recipe from: <http://allrecipes.com.au/>



Thanks to our wonderful supporters

Age Concern Auckland works with thousands of older people, their families/whanau and organisations across the Auckland region, from Counties Manukau to Dairy Flat – from those simply seeking advice and guidance to our most vulnerable elderly who are living in our communities.

It costs us \$2.4 million dollars every year to deliver these crucial services to our community. We only receive about fifty percent of the necessary funding to provide these services from the Government. This means that we rely on the generosity of our local community to raise the remaining 50 per cent.

We're dedicated to helping everyone make the most of getting older and we simply couldn't do that without help from our supporters.

On behalf of the Board and Staff of Age Concern Auckland, we would like to thank all those who have supported us over the last year:

- Anstiss-Garland Charitable Trust
- Auckland Council
- Auckland District Health Board
- Combined Rotary Clubs of the North Shore
- COGS
- Community Awareness and Preparedness Grant Fund
- Counties Manukau District Health Board
- Dragon Community Trust
- Ethnic Communities Development Fund
- Estate of Ernest Hyam Davis
- Foundation North
- Four Winds Foundation
- Howick Local Board
- JM Butland Charitable Trust
- Jogia Charitable Trust
- Lion Foundation
- Lister Presbyterian Health Trust
- Mangere-Otahuhu Local Board
- Manurewa Local Board
- Margaret Olive Russell Charitable Trust
- Maurice Paykel Charitable Trust
- Ministry of Health
- Ministry of Social Development
- NZ Lottery Grants Board
- Otara-Papatoetoe Local Board
- Papakura Local Board
- St Joan's Charitable Trust
- Tax Management New Zealand
- Ted & Mollie Carr Endowment Fund
- The Trusts Community Foundation
- Transdev Auckland
- Your West Support Fund
- Working Together More Fund
- Z Good in the Hood

All our individual supporters who gave us donations
All our wonderful volunteers, who collectively give more than 550 hours every single week.

Health Promotion Update

Would you like us to come and present to your Seniors Group or Organisation?

Our interactive presentations are available to Seniors Groups/Organisations and we allow plenty of time during the presentation for discussion and questions. Printed supporting notes will be provided to take home.

Steady Steps

(an introduction to falls prevention)

This Presentation introduces facts about slips, trips and falls, their likely causes and provides information on easy strategies to reduce the risk of falling.

Nutrition in a Nutshell

This Presentation provides information on the importance of nutrition as we age and our changing nutritional needs. Includes a look at food groups, their importance and recommended daily intake, the importance of protein, fibre, fluids, strong bones Vitamin D and smart snacking.

Scam Alert! (Beware! Be wise!)

This Presentation looks at what is a scam, who can be scammed, the ways you can be scammed and how to protect yourself.

Supports for Super Seniors

This Presentation provides an overview of the variety of agencies and organisations that are available to give advice and support to older people and includes information about online and telephone resources.

If you would like us to present please contact us on ageconns@acns.co.nz or call us on 489 4875 to discuss.

A koha towards expenses is appreciated.

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www.timeagain.co.nz

Become a Member Supporter

For just **\$20.00** per year you can become a member of Age Concern Auckland and be part of an organisation working to empower older people in the Auckland community.

As a member you will receive:

- A copy of the quarterly newsletter
- Invitations to events
- Copy of the Skills Bank list of tradespeople and the annual Calendar of Activities
- Access to information and resources available at our office

Sign me up to be a new member

I am an existing member

Mr Mrs Ms Dr Other

Name:

Address:

Postcode:

Phone:

Email:

Method of payment:

Cheque
(Made payable to Age Concern Auckland)

Payment by Debit/Credit Card
(Please ring the office on 489 4975 to arrange)

I/We would like to include a donation of \$_____

(Donations of \$5.00 or more are tax deductible)
Charities Commission Number CC25023

If you would like information on making a donation or bequest to Age Concern Auckland phone 820 0184.

If you are unsure if you are a member, or if you have already renewed your membership, please phone the office on 489 4975

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Highgrove Village offers independent living in a boutique village set amongst beautiful grounds and gardens. Family owned and operated, Highgrove offers continued care in Patrick Ferry House, our on-site hospital.

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