

**AUTUMN 2019 QUARTERLY NEWSLETTER**

Phone (09) 279 4331 | [www.accm.org.nz](http://www.accm.org.nz)



# Age Concern Counties Manukau

*Serving the needs of older people*



For advertising phone Dave 027 652 5220 or email [dave@pukekoprint.co.nz](mailto:dave@pukekoprint.co.nz)

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**Postal Address:** PO Box 53 155,  
Auckland Airport, Auckland 2150

Please **DO NOT** post to our physical address,  
as mail is not delivered to Cambria Park,  
please send all mail to our **PO Box 53155**  
**Auckland Airport 2150.**

### OFFICE HOURS

9.00am - 4.00pm Monday to Thursday

9.00am - 1.00pm Friday

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

## Message from Wendy - our CEO



Another year has begun, I hope it has started well for you. The lovely photo on the front cover was taken at Maraetai on Waitangi Day. It was an early high tide and the sun was shining. It was great to see so many people of different ages enjoying our lovely public places. Families were set up for the day with

gazebos and barbecues; young people with their music; groups with beach games; older couples and individuals; and lots of intergenerational families, all sizes, shapes, ages; and a diverse mix of cultures. Wonderful. We need to make the most of our parks, beaches, bush walks, and facilities!

I had a lovely holiday enjoying being a grandparent and parent, enjoying the fantastic weather and reading lots of novels. The staff have all had a break too and returned rested and recharged looking forward to continuing to provide you with health promotion programmes, elder abuse prevention education, counselling services, social work, handyman fieldworker support, Accredited Visiting Service, Community Strength and Balance and fantastic bargains at our charity shop – The Vintage Store.

As you know we had a special general meeting to vote on merging with Age Concern Auckland and Age Concern North Shore and this was passed. The transition from three separate organisations into one will now be a managed project over the next six months and we will provide more details in our winter newsletter.

Have you heard of Marie Kondo – the internet sensation? She is encouraging people to declutter if they don't find

joy in their possessions and also giving YouTube tips on how to fold items for effective use of space. Maybe you've joined the trend or you usually declutter at the start of a year. Remember, The Vintage Store at 3/154 Kolmar Road would love you to donate your good quality, saleable items. If items are not saleable, however, if they are worn, damaged or broken they become a burden for charity shops who then have to pay to dispose of them. So, yes, please give us your treasures but please take your trash to the dump.

What's in a word? Old – some people think that by saying someone is 60 years young it's a compliment but it's just perpetuating the negative stereotypes attached to the word 'old'. There is nothing wrong with saying someone is old – it's just a term to reflect the time you've lived, it's the other things we wrongly associate with that word 'old' that's the problem. We need to change the narrative. Old is living, loving, learning, sharing, caring, giving, working, volunteering, mentoring, discovering, teaching, showing, knowing, experiencing – yes there are some things about ageing that mean our bodies get a little worn but that doesn't diminish their value it just increases it. Don't buy into the youth worship, yes youthfulness is fabulous but let's treasure all our days not just those that are youthful. Let's value our lived experiences and those around us who have had more days to learn. Let's not dismiss each other because of some strange ageist view of the young or the old but let's see each other as people first without ages, genders, ethnicities or adjectives in front. Then we can discover the other as they are as a whole person and also see how much we can each learn from each other.

We lost one of our treasures this month, the lovely Ernie Kofoed, a past board member. There is a small article about Ernie later in the newsletter. Another huge loss was Malisa (Ng) and Bernard Williams who were both tragically killed in a motor vehicle accident late January. Malisa has demonstrated and spoken about the benefits of tai chi at a number of our events over the past 10 years and they both made a big contribution to our community. They held many classes throughout Auckland including Howick and Ōtāhuhu. They were passionate about increasing fitness and flexibility; improving balance and coordination; and by so doing preventing falls. One of the entries in the condolence book on the NZ Herald site says it all: "Malisa was a wonderful teacher. She was generous and patient with the knowledge she shared, and had made going deeply into tai chi her life's work. We will never forget the debt we owe to her. She and Bernard opened their home to all of us on the many occasions we went to classes there. They created a calm space to help us explore tai chi. It is a tragedy that their lives were cut so short." Derek Ward, Grey Lynn class, Auckland.

It's important we connect with others and make the most of our humanness. Neighbours Day is a great opportunity to do this and there are tips in the newsletter on how you can connect with your neighbours.

*Wendy Bremner*

# Loneliness and Social Isolation

Loneliness is indiscriminate. There is an abundance of research on this subject in New Zealand currently and young people are just as likely to feel lonely as older generations. It is known that levels of loneliness in this country are escalating and as anyone who has ever experienced it will agree, the feeling can seem insurmountable once it settles in our tummies and our lives.

The importance of being aware of and talking about loneliness and lack of social relationships has been proven to be as bad for health as smoking.

There can be many reasons for being lonely, such as health, mobility impairment, sensory loss, changes to driving ability and bereavement. There are all sorts of things happening as we age which can make getting out of the house increasingly difficult and so social isolation can cause loneliness.

When people are no longer able to drive, that's where Driving Miss Daisy comes in! Driving Miss Daisy is the connection from home to the community. They make it their priority to ensure each and every journey is filled with laughter, kindness and positivity.

Driving Miss Daisy clients can have the same driver every time which is great for building relationships. The drivers also love to catch up with the clients and will do everything possible to make the journey enjoyable. That can be as simple as a trip to the supermarket or regular hairdresser appointments. Sometimes, it can be more adventurous and include trips further afield; outings to the beach for a breath of fresh air or coffee with friends; anywhere the heart desires.

Driving Miss Daisy is committed to helping clients get out and about, so every client can live life to the full and enjoy every moment.

*Editorial supplied by Driving Miss Daisy*

## Driving Miss Daisy – more than just a driving service



**Driving Miss Daisy is your safe, friendly and reliable companion driving service.**

Perfect for:

- Transporting you to your appointments
- Grocery shopping
- Airport pick-ups
- Companion outings
- Taking children to outings
- Or even transporting your pet!

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Bookings are essential – call today and make your next outing a pleasure!

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Pakuranga	Ph: (09) 537 1452
Botany	Ph: (09) 534 7712
Mangere Bridge	Ph: (09) 820 0433
Manukau	Ph: (09) 263 0912
Papakura	Ph: (09) 266 2709
Pukekohe	Ph: (09) 239 1377



Driving Miss Daisy®

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

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 Wendy Bremner > **Chief Executive Officer**

**We welcome Claire to our administration team** at Cambria Park Homestead, taking over the Friday front-line duties from the 22nd February.

Claire originally hails from Canterbury. She has a background in frontline customer service including reception roles in the fields of recruitment and animal welfare.

She has been volunteering in the community for most of her adult life and currently volunteers as a Shop Assistant at The Vintage Store. She is also a tutor. Claire has volunteered at the Vintage Store for over a year which she enjoys immensely and is looking forward to further contributing to Age Concern.



[www.neighboursday.org.nz](http://www.neighboursday.org.nz)  
 Check out our 10 little ways to get involved in neighbours day. (listed throughout the newsletter)

**1. Volunteer**

There are so many ways to volunteer in your local neighbourhood – you could join a Neighbourhood Support Group, get your green thumb engaged at the local community garden, see what’s happening at your local community centre, or check out Volunteering Auckland for volunteer opportunities in your area.

**2. Join Neighbourly**

You can use: <https://www.neighbourly.co.nz/> to get more involved in your neighbourhood. Neighbourly Leads help make Neighbourly a great resource for their local community. They help Neighbourly grow and run smoothly in their suburb. <https://www.neighbourly.co.nz/community/lead>



Quality Care In Your Home

Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



[auckland@careoncall.co.nz](mailto:auckland@careoncall.co.nz)

**0800 99 00 11**  
**[www.careoncall.co.nz](http://www.careoncall.co.nz)**



# The Ryman Difference

## What is the Ryman difference?

It's the difference we can make to the daily lives of our residents.

### Fair terms that make a difference,



including a fixed weekly fee for life, guaranteed\* and the security of knowing that there are no hidden costs, such as waitlist fees, surprise move-in costs or administration fees. There are no marketing and on-sale costs when you leave, as this is covered by the standard deferred management fee. This is one of the lowest in the retirement sector at 20% for the entire time you live at the village.

### Dedicated to making a difference,



through resident-focused innovations such as Ryman Delicious menus offering choice, freshness and flair; myRyman electronic care programme that has enabled care staff to spend more quality time with residents; and the installation of emergency power

generators in every Ryman village, keeping residents safe and warm even if the lights go out.

### Caring to make a difference,



by providing care options that suit every need, from independent living, assisted living in a serviced apartment, resthome care; and in the majority of villages, hospital and specialist dementia care. Ryman invest more in building full care facilities under one village roof because it's important to our residents to have priority access to care when they need it.

**Putting our residents first is what makes a real difference to their lives. It's a simple formula, but it's been a winning one for Ryman for over 30 years.**



To find out more about our Bruce McLaren Retirement Village phone Rose on 09 535 0225  
[www.bruemclarenvillage.co.nz](http://www.bruemclarenvillage.co.nz)



## Retirement Villages

Almost every time I open a newspaper these days a glossy brochure for a retirement village seems to fall out of it. This is understandable as an increasing majority of newspaper readers are older people.

Quite often inducements are offered such as afternoon teas, free presentations, and so on.

However, it is timely to dig below the gloss and to look at the nature of the legal aspect of living in a retirement village.

The first point is that unlike someone owning their home (with a few exceptions) the legal relationship is through what is termed an Occupation Rights Agreement ('ORA'). They used to be and still are quite often called 'Licences to Occupy' but that is a somewhat different legal concept.

The ORA is a contract between the owner operator of the village on the one hand and the occupiers on the other. In exchange for payment of a capital sum which reflects the market value of the unit to be occupied, the occupiers receive the right to reside in the accommodation provided indefinitely. They also have the use of the facilities the village offers. They are required to pay a minimum regular charge – generally either weekly or monthly – that equates to payments for rates, insurance, maintenance and upkeep. If they should require additional services from the operator, where available, such as provision of meals, laundry, additional medical services and so on then these are paid as well. In some cases the operator may cap the basic weekly charge but generally, in the majority of situations, this is subject to an annual increase.

The occupiers are entitled to live in the accommodation as they would any other home whether they own it or rent it as otherwise is the case. There are restrictions. For example, they cannot have anyone else to live with them as a rule. They may have family and friends to stay but that is for a maximum period sometimes of only a couple of weeks. Should anyone require to stay with the occupier for a longer period then it is necessary to get the permission of the occupier. Boarders and sub-letting are generally not permitted.

The other major aspect of the ORA is when it terminates. Firstly, the occupiers cannot sell their interest in the open market but it must be

transferred back to the owner/operator. The standard arrangement is that when this occurs the amount to be paid back to the occupiers (or very often their estates because they have died) is based on the original payment less a sum that is defined in different ways. For example, it has been called a management fee for the period of the occupancy. This is on a percentage basis. It accrues extremely quickly from when the occupiers take up residence. In my experience the longest period before the full deduction takes effect is five years – quite often less. So what this means is that if someone has been in occupation of an accommodation unit in a retirement village for say 20 years, during which time almost inevitably the capital value of what they are occupying has increased, they receive none of that. In fact the original payment takes a hit of up to between 25% and 30%.

Having said that many older people still like the concept of the retirement village to live in. Basically, they are happy to get for their payment the certainty of being looked after and not having to commit to such things as rates, insurance, maintenance and upkeep. A number like the retirement village atmosphere with others of their age group as their neighbours and immediate community. However, there are others that would prefer to live out in the community where in their street and immediate neighbourhood they can mix with all kinds and age groups.

My advice for anyone considering selling their home and going into a retirement village is to make up a list of factors in favour and those against. Some when they realise financially how the occupancy works may decide against committing what is generally their only major investment of a lifetime from a home into a retirement village. There are retirement villages where one can own outright their accommodation and can sell it on the open market thereby benefiting from any capital gain during the time of their residency. So in my view if you are considering this form of residence for your later years it pays to check out everything that is available. I also advise you to consult with your family before going ahead with entering a retirement village. If you proceed you will be required by the owner operator to consult a lawyer.

ALISTAIRE HALL | *Chairperson*

## HEALTH PROMOTION CALENDAR OF EVENTS AUTUMN 2019

Ring the office on 279 4331 ext 800 or email [reception@accm.org.nz](mailto:reception@accm.org.nz)  
to register your interest in any of the programmes below.

It's a very busy switchboard so you are likely to get the answer phone. Please leave a message with your name, contact number and the name and date of the course you are interested in attending. Registrations are essential for catering purposes and to ensure we have enough resources for participants.

**Free entry but donations appreciated!**

Our office hours are Monday – Thursday 9am – 4pm and Friday 9am – 1pm

Remember – give us a call, if you would like a staff member as a guest speaker for your group in 2019.

Limited availability – book early so your group doesn't miss out!

(We don't charge a speaker fee but a donation towards travel costs and staff time would be appreciated.)

Day and Date	Suburb	Course	Time	Venue
<b>Wednesday</b> 6 March	Papakura	<b>My Home, My Choices</b>	10am – 12.30pm	Harvest Christian Church 3 Beach Road
<b>Wednesday</b> 27 March	Pukekohe	<b>My Home, My Choices</b>	10am – 12.30pm	Reformed Church 2 Victoria Street
<b>Thursday</b> 28 March	Howick	<b>Staying Safe</b> <i>(Lunch included)</i>	9.30am – 2.30pm	Howick Presbyterian Church 11 Vincent Street
<b>Thursday</b> 4 April	Manurewa	<b>Staying Safe</b> <i>(Lunch included)</i>	9.30am – 2.30pm	Manurewa Baptist Church 9 Lupton Road
<b>Tuesday</b> 16 April	Highland Park	<b>Staying Safe</b> <i>(Lunch included)</i>	9.30am – 2.30pm	Highland Park Community House, 47 Aviemore Drive
<b>Tuesday</b> 23 April	Highland Park	<b>My Home, My Choices</b>	10am – 12.30pm	Highland Park Community House, 47 Aviemore Drive
<b>Wednesday</b> 1 May	Papakura	<b>Staying Safe</b> <i>(Lunch included)</i>	9.30am – 2.30pm	Harvest Christian Church 3 Beach Road
<b>Thursday</b> 23 May	Howick	<b>My Home, My Choices</b>	10am – 12.30pm	Howick Presbyterian Church 11 Vincent Street
<b>Wednesday</b> 29 May	Papatoetoe	<b>Staying Safe</b> <i>(Lunch included)</i>	9.30am – 2.30pm	St Johns Community Centre 120 Great South Road
<b>Thursday</b> 30 May	Howick	<b>My Home, My Choices</b>	10am – 12.30pm	Manurewa Baptist Church 9 Lupton Road
<b>Thursday</b> 13 June	Pukekohe	<b>Staying Safe</b> <i>(Lunch included)</i>	9.30am – 2.30pm	Reformed Church 2 Victoria Street
<b>Wednesday</b> 26 June	Papatoetoe	<b>My Home, My Choices</b>	10am – 12.30pm	St Johns Community Centre 120 Great South Road

### MY HOME, MY CHOICES

This workshop gives older people the opportunity to use a research-based decision support tool to help them think about their homes and what will work for them into the future. Stay where I am or move? The pros and cons of both, the options and things to consider. (The tool has been developed for owner-occupiers.) **Registration strictly limited due to the number of toolkits available.**

## Older Drivers

After reading a few reports in the newspaper of Prince Philip's crash. An issue has been raised as to whether older drivers should be required to take an annual eye test?

I discovered this when doing the total mobility/half price taxi card. A gentleman came in very reluctantly, sat down with a heavy sigh and said, "I suppose I have to do this not that I want to." He mentioned that he had been driving for sixty-five years. As he sat in front of me I saw his eyes light up as he told me the story of how his father came home one day driving a Nissan Bluebird. He was fourteen years old and the family was so excited they all ran out to see the car and dad took him and his two sisters for a ride. They named the car Bluey. After that ride he could not wait to drive Bluey. Every day he would ask his father when he could drive Bluey. On his fifteenth birthday dad said today I will take you on your first driving lesson. He remembered how excited he was and the butterflies in his tummy, he just could not contain his excitement. After his first lesson dad said one more lesson and you will be ready.

I could see that in that moment he was reliving all the memories as he looked at me he said "and that was where it all began". "Dad eventually passed Bluey on to me, me and my mates took a road trip up the coast and had a ball of a time. I met my wife, who has sadly passed away, we have so many memories of holidays and trips that we took in Bluey. Then our kids came along, and we created some more memories in Bluey. When our fourth child was born Bluey started

getting tired and old." He describes Bluey as an aged gentleman. He then bought another car and would take a drive up to the Karikari Peninsula, Bay of Plenty, The Coromandel and spend some time in all these different places making new friends. "It was the best time ever," he says.

As he sat there he lowered his head and said, "The doctor said I cannot drive any longer because of my eye sight. Everything has been taken away from me," he said, "my wife passed away a couple of years ago, my children are all overseas and I don't get to see them, my health is not in the best state, part of my dignity has been taken away from me as I have to wear pull-ups for health reasons, I have had to move into a rest home."

The one thing that brings me joy is driving to Cockle Bay every Friday evening, buying fish and chips and chatting to people on the beach. Sadly, this too has been taken away," and as he sat there tears streamed down his face. "What am I going to do now?" he said. I assured him that he could still have his outing every Friday he just had to think about it differently. "Its like calling your chauffeur and telling him where to drop you off," I said, "and what time he can pick you up. At the end you give a tip."

### All is not lost. We all need hope.

*Lynn Cicero*

## MOBILITY SCOOTERS MANUKAU

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or PHONE GRAEME on

**0800 433 133**

[graeme@mobilityscootersmanukau.co.nz](mailto:graeme@mobilityscootersmanukau.co.nz)

### 3. Join Neighbourhood Support

Join Neighbourhood Support: Neighbourhood Support groups are all over the country, and are a great way to meet neighbours and get involved in your neighbourhood. Find your local Neighbourhood Support group at: <https://neighbourhoodsupport.co.nz/about-us/district/> If there's none in your 'hood', why not start one yourself.

### 4. Seed swap

Whether you have a great big garden, or a small planter box on your window – sharing seeds or plants is a great way to connect with your neighbours. Your bok choy might be growing faster than you can eat, or perhaps you're coveting your neighbour's basil – why not offer a seed or plant swap?

### 5. Picnic potluck

Why not organise a potluck get together in your building or local park? Simply let people know when and where, and get people to bring a plate to share. Easy as.

## Total Mobility is a nationwide scheme designed to help people with impairments to access appropriate transport.

Eligible clients receive a 50% discount (up to a maximum subsidy of \$40 in Auckland) on fares charged by contracted transport providers.

### Eligibility

Your impairment must prevent you from travelling unaccompanied on a bus, train or ferry in a safe and dignified manner. You will not be able to do one or more of the following:

- getting to the place from where the transport departs (approx. 500m)
- getting on the transport
- riding securely
- getting off the transport
- getting to the destination.

Your impairment may be physical, sensory, neurological, intellectual, psychiatric or psychological and be expected to last at least six months.

It must be your impairment which prevents you from using conventional public transport.

The following are situations that may qualify for a TM Card:

- Inability to walk or wheel 500m or get on/off a bus, train or ferry due to physical impairments (e.g. chronic pain, respiratory condition, reliance on crutches/walking sticks/walking frame/wheelchair).
- Inability to independently find one's way due to sensory, neurological or intellectual impairments (e.g. loss of sight, loss of hearing, dementia).
- Inability to independently interact with a bus driver, ticket seller or other passengers due to intellectual, psychiatric or psychological impairments (e.g. inability to handle money, lack of social skills, schizophrenia, phobia).

### Where to from here?

To apply, please phone our office today. Our friendly team will explain the process, how much it will cost and arrange for an Assessment Facilitator to carry out an assessment.

# HOME CATER.

## Ready to Heat & Eat Meals

*"I find the meals 1st Class. These meals are my main meals of the day as I am house bound, and find they are nearest to what my wife would have cooked. Once again 1st class service".*

*Many Thanks George Warman  
(Ranui West Auckland)*

### PLEASE TRY US OUT AND SEE WHAT YOU THINK.

We do receive a rewarding amount of appreciation from our valued customers and we look forward to some from you as well.

Full Roast  
Meals only  
\$7.95



**ORDER INQUIRIES:**  
Phone 0800 30 32 32  
[www.homecater.co.nz](http://www.homecater.co.nz)  
5 Marjorie Jayne Crescent,  
Otahuhu, Auckland

### **New Community Strength and Balance Classes Indian Association Manukau NZ – YOGA**

Yoga aims to improve your quality of life through enhancing flexibility, improving breathing habits, minimising stress, improving muscle tone/strength, improving sleep patterns and promotion of inner wellbeing and relaxation. Participants are seated on or supported by a chair. Routines are designed for persons with mobility limitations, but are suitable for the able-bodied.

Venue: 57 Hillside Road, Papatoetoe  
Time: 8:00am – 9:00am  
Day of week: Sundays  
Cost: \$5 per class

**What to bring:** Comfortable clothing (bring a cardigan or jacket to keep warm after the exercises).  
A bottle of water  
Levels: Level One – limited mobility  
Level Two – reasonable mobility catered for

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### **New Waters Tai Chi beginning in East Auckland**

An enjoyable Tai Chi for Arthritis exercise programme, with a sequence of easy-flowing exercises that are low impact and gentle on joints. These exercises are designed to improve balance and core strength.

Venue: Somerville Intermediate School,  
39 Somerville Road, Howick,  
Auckland

Day(s) of the week: Tuesdays and Thursday  
Time: 6:00pm-7:00pm  
Cost: \$5 per class for those referred

**Level One:** This class is suitable for those people who can stand for a minimum of 30 minutes

**Level Two:** Reasonable mobility class.

Beginning: 26 February 2019

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### **Zest for Life**

A fun, social, low-impact class focused on improving balance, strength and fitness and reinvigorating your Zest for Life!

Venue: Better Health PT Studio  
271 Union Road, Mauku  
Days of week: Monday 10:30am – 11:30am and  
Wednesday – 10:00am-11:00am

Cost: \$7 per class  
Level: Level Two reasonable mobility, does not use a walking aid and/or currently engaging in some physical activity and Level Three full mobility, good level of fitness and wanting to maintain this, and confident in participating catered for.  
What to bring: comfortable clothing and sturdy shoes as well as water bottle.

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### **Franklin Baptist Church - Seated exercise class!**

A fun seated exercise class. Participants are seated on or supported by a chair. Routines are designed for persons with mobility limitations, however is also suitable for the able-bodied.

Venue: 1 28-144 Victoria Street West,  
Pukekohe  
Day of the week: Wednesday

– first Wednesday of the month 10:00am – 11:00am

exercise and a shared morning tea followed by 11:00am chapel service.

- Second, third and fourth Wednesday of the month 9:30am – 10:30am exercise and a shared morning tea followed by guest speaker or bible study.

Ask about the outings available on the fifth Wednesday of a month: Botanic Gardens, etc.  
Cost: \$2. Accessibility: ground level access and plenty of parking available.

**Bookings for all classes listed above are essential.**

**Please use the enrolment form <https://www.ageconcernauckland.org.nz/strengthandbalance> or phone Community Central on 0800 262 368**

**or for more information please phone our Age Concern Counties Manukau office on 09 279 4331**

## Steady as You Go (SAYGO)

- Falls Prevention Programme for men and women 65+.

The gentle exercises used in the programme are based on those proven to reduce falls by Professor John Campbell and Dr Clare Robertson from the University of Otago.

The exercises are designed to improve balance, leg strength, general fitness and wellbeing. Participants warm up in a chair, followed by standing exercises, walking exercises and warm downs in a chair. A range of light ankle weights is used for the leg strengthening exercises and all participants are encouraged to work at their own pace and stop if they feel dizzy or lightheaded.

Venue: Trinity Methodist Church,  
474 Pakuranga Road

Day of week: Wednesday

Time: 9:30am – 10:30am

What to bring: Drinking water bottle

Cost: \$2

Dates: The classes run year-round unless class falls on public holidays

Accessibility: Parking available and ground level access

Level: combination of Level One limited mobility and Level Two reasonable mobility catered for

Venue: All Saints' Community Centre,  
30 Cook Street, Howick

Day of week: Wednesday and Thursday

Time: 1:00pm – 2:00pm

What to bring: Drinking water bottle

Cost: \$2

Dates: The classes run year-round unless class falls on public holidays

Accessibility: Parking available and ground level access

Level: combination of Level One limited mobility and Level Two reasonable mobility catered for

## Enlivening You Strength and Balance

Are you at risk of falls, have you fallen recently, do you want to increase your core strength and balance to prevent the likelihood of falling? Then come and join us.

A fun, circuit-based Strength and Balance class for those aged 65+ years.

Cost: gold coin donation

Class level: Level One and Two catered for

What to bring: comfortable clothing, supportive shoes, and a water bottle.

Preparation: please have breakfast prior to attending and ensure that you have taken any medication that you usually take each morning.

**When/where:** The Lords Church of Auckland,  
38 Mahunga Road, Mangere  
11:00 am on Wednesdays  
**starting on the 13 February 2019.**

Manurewa Leisure Centre,  
Frances Street, Manurewa  
11.30am Thursdays  
**starting on the 7 February 2019.**

Papatoetoe St Martins Church,  
Corner of Wylie and Station Road,  
Papatoetoe  
10:00am Fridays  
**starting 8 February 2019.**

Transport: If you need someone to transport you to and from the group please bring a family member or friend with you, they can attend at no additional cost. Accessibility: ground level access, and plenty of parking.

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Maximising Independence

**LIVE STRONGER  
FOR LONGER**

PREVENT FALLS & FRACTURES

**We look forward to seeing you  
at one of our groups!**

## Community Strength and Balance

We are part of a nationwide movement to reduce falls and fractures and support older people to live stronger for longer. Older people pride themselves on being self-sufficient and maintaining their independence. We're joining forces with our DHB, exercise providers, carers and health professionals throughout our region to support older people to live the lives they want to live, for as long as they can.

### Kia Ora Tai Chi – Film Stars

Sarah Taane from Counties Manukau Health Communications team came to Kia Ora Tai Chi in January to film Strength and Balance student, Frank (pictured below with head instructor Jocelyn Watkin). Photos are on the Kia Ora Tai Chi Facebook page: [www.facebook.com/kiaorataichi/](http://www.facebook.com/kiaorataichi/)

They also had a film crew come the previous week. That team was from Great Southern TV for a medical series called 'The Check Up'. Our Tai Chi for Arthritis will feature in an episode about exercise options for those who have arthritis. The series will screen on TVNZ1 later this year.

**Not a dull moment at present.**

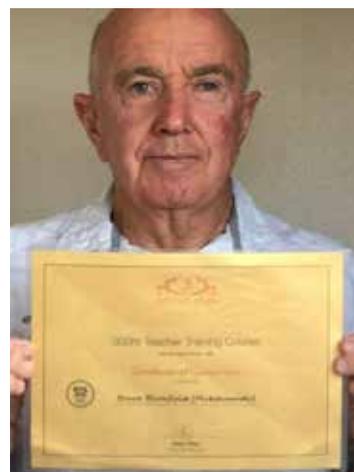


**Tai chi for the summer** in Cornwall Park has now finished. There were so many participants who had attended several sessions over summer, we completed 21 steps of Sun-style Tai Chi for Arthritis. Talented bunch. Thanks to everyone for participating over December and January and to my fellow instructors: Barry, Pat and Sabine. Thanks, too, to Cornwall Park Trust Board for funding these sessions. I've enjoyed teaching you all and I will miss you. However, please come to the park again on Saturday 30 March for a special event called Park Life. The Kia Ora Tai Chi team will be there to teach you more tai chi. **Bring it on!** (Jocelyn)



## Yoga Instructor Training and Development

Bruce Blomfield Chair Yoga and Supple Seniors Instructor spent over a month in the Coromandel Peninsula upskilling his current Yoga qualifications and completed his Level Two and Three Yoga Teacher Training (300hrs). It was a strenuous training starting at 5am every morning for a month, with a two-hour training session followed by a review of the session. This was followed by sessions and guest speakers throughout the day and ending most nights at 8pm. This shows the commitment to Lifelong learning and development of his Yoga teaching. Bruce is an approved Community Strength and Balance provider and provides most of his classes in retirement villages and his local community of Pukekohe.



## Transport forum drives ways to help Howick's seniors

A transport forum and morning tea for Howick's senior citizens held on Friday 30 November proved to be a great success. Hosted by Virtual Village Howick, the event was designed to help seniors understand their transport options if they can't drive now or in the future.

Many locals attended the forum and reported that it was very informative and helped create a real sense of community. Attendees found it particularly helpful to meet transport providers face-to-face rather than having to work out how to use their service online.

Barbara Davis, a member of the Virtual Village Howick establishment group, spoke of life when she was growing up and how people in her neighbourhood surrounded each other with support. "That's the concept behind the Virtual Village," she said. "The aim of the first event was to put this into action – to create a morning of fellowship and support by sharing information on transport options as you age."

Many local providers of senior services attended, including representatives from Driving Miss Daisy, Age

Concern, Freedom Drivers, St John, Citizens Advice Bureau and Independent Living. Charles Miller, who runs Driving Miss Daisy for Howick, spoke of the difference between them and a taxi service. "We aim to provide that little bit of extra help, such as bringing food shopping to the door and ensuring we have space for wheelchairs or walkers."

He stressed that it's a good idea to start using these services gradually – for example, using Driving Miss Daisy for longer, more stressful trips like going to the airport, hospital or if going out at night. That way, you don't lose your independence but keep it ticking over by filling in the gaps.

The Virtual Village Howick is an initiative established by East Health Trust and HBH Senior Living for seniors in Howick. It's designed to support older people in the community to age well by creating a 'virtual neighbourhood' of people who support each other to enjoy life, stay healthy and remain in their own homes for as long as they wish.

To find out more, like our Facebook page at: <https://www.facebook.com/virtualvillagehowick/> or email: [lee.warmington@hbh.org.nz](mailto:lee.warmington@hbh.org.nz).



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# Hydration

## Why is it so Important for Older People?

We are reprinting this blog with permission from expert Dietitian, Kaye Dennison (NZRD) who explains why hydration is such an important issue for older people and shares her tips on how to reduce the risk of dehydration.

### Why do we need hydration?

Water is an essential nutrient which the body loses and cannot produce in the amounts it requires. It accounts for up to 80 per cent of body weight and fills the spaces between cells, supports biochemical reactions and forms structures of large molecules like protein. Water is essential for physiological processes such as digestion, absorption and transportation.

If we do not consume water, or water containing foods or fluids regularly throughout the day, we become dehydrated.

Dehydration occurs in two ways, either the body is short of fluid because of 'low intake' and failure to drink sufficient fluids, or due to increased fluid loss, known as 'volume depletion' caused by diarrhoea, vomiting or excessive bleeding.

### What really happens when we become dehydrated?

Whatever way dehydration occurs, it is serious. In normal healthy adults, thirst is the signal that stimulates us to seek fluids. Thirst is stimulated when osmolality increases or the extracellular volume decreases. Unfortunately, older people often have impaired thirst mechanisms and the signal to seek fluids is defective, which leads to dehydration.

Also, when there is insufficient fluid intake or excessive fluid loss, the kidneys compensate by producing a more concentrated urine to maintain the individual's fluid balance. However, in older people, the kidney's ability to concentrate urine is impaired and dehydration occurs.

### What are the risks of dehydration?

Older people who don't drink enough (or have increased fluid losses) have an increased risk of:

- pressure injuries
- low blood pressure
- dizziness and falls

- cognitive impairment, confusion and delirium
- constipation
- urinary tract infections (UTIs) and acute kidney injury.

### What puts older people at risk of dehydration?

There is a wide range of reasons why older people are at higher risk of dehydration than younger adults, including:

- decreased thirst sensation
- dysphagia – reduced ability to swallow thin fluids without aspirating and not enjoying prescribed thickened fluids
- medication commonly required by older people such as diuretics and laxatives
- hot weather – extreme summer temperatures will increase fluid requirements for some older people
- fever, diarrhoea and vomiting increase fluid losses so more than usual fluid intake is required to make up for these losses
- decreased renal function in older people
- cognitive issues with forgetting to drink or losing the ability to drink independently
- inability to access or communicate the need for drinks
- concerns around continence – older people restrict fluid intake due to the fear of having an accident
- inadequate staffing to meet recommended regular fluid rounds, and assist residents to drink throughout the day, in care facilities.

### Dehydration signs in older people

Simple signs and tests to assess dehydration such as skin turgor (how quickly your skin returns to normal position), urine colour or weight change are not sufficient indicators of 'low intake' dehydration. A blood test (serum osmolality) is the gold standard measure to assess hydration status if necessary. However, all older people living in residential aged care facilities should be considered at risk of low intake dehydration (ESPEN 2018).

### How much fluid do older people need and how do they get it?

It's estimated that 20 per cent of fluid requirements will come from food and 80 per cent of daily fluid needs from drinks.

Minimum Fluid requirements:

- females: 1.6l/day
- males: 2l/day

On average, an intake of 30 mls/kg body weight is required to maintain fluid balance. However, individuals will vary in their requirements.

Fluids are not just limited to water, and for any older people at risk of malnutrition they should contain energy and protein (e.g. yoghurt, custards, ice-cream, ice-blocks sorbets, and smoothies, etc).

Making drinks more exciting by adding colour, flavour and for some people increasing the sweetness, may support increased intake.

### Tips for reducing the risk of dehydration

- Put a reminder on your fridge and bathroom mirror, encouraging you to regularly consume drinks.
- Fill a jug with water and pop it with a glass next to your favourite chair.
- Set your oven timer or alarm clock to every hour to 90 minutes during the day to remind

you to hydrate.

- If you are visiting someone in residential care encourage them to have a drink with you while you are visiting.

### Stay hydrated with smoothies

Smoothies are a great way for older people to get extra fluids. They are delicious and refreshing and many older people enjoy them more than water or tea – especially during the warmer summer months. And as an added bonus, they also contain extra nutrition that many older people need to stay healthy. Knowing how popular and beneficial smoothies are, there are a range of smoothie recipes to help you keep the people you care for hydrated this summer on this link: <https://thepurefoodco.co.nz/search?q=smoothie&type=article>

*Kaye Dennison author – consultant dietitian for The Pure Food Co: 0800 178 733*

## Introducing Counties Manukau new Advance Care Planning team

### What is advance care planning (ACP)?

Advance care planning helps you, the important people in your life and your health care team plan for your end-of-life care.

It helps you understand what the future might hold, and to say what health care you would or would not want. This makes it much easier for everyone to know what you want – especially if you can no longer speak for yourself.

An advance care plan includes what is meaningful to you such as people and pets; your values; and the ways you would like those caring for you to look after your spiritual and emotional needs.

It can also cover what sort of funeral you would like, whether you want to donate your organs, whether you want to be buried or cremated, where your important papers are and whether you have in place an enduring power of attorney or advance directive.

The Advance Care Plan can be shared with your family, doctor and the hospital so that it is easier for you and others to make treatment and care decisions



Joy Burger  
(021 570 228)



Diana Nicholson  
(021 240 0846)

on your behalf, if and when the situation arises.

Joy and Diana are able to assist you to create your ACP. They will be holding ACP clinics at the Manukau Superclinic on Tuesday mornings from 8.30am to 11.00am.

Alternatively we could make arrangements to meet with you to complete your ACP. For an appointment or for more information please phone on the above numbers or email: [AdvanceCarePlanningFacilitator@middlemore.co.nz](mailto:AdvanceCarePlanningFacilitator@middlemore.co.nz)

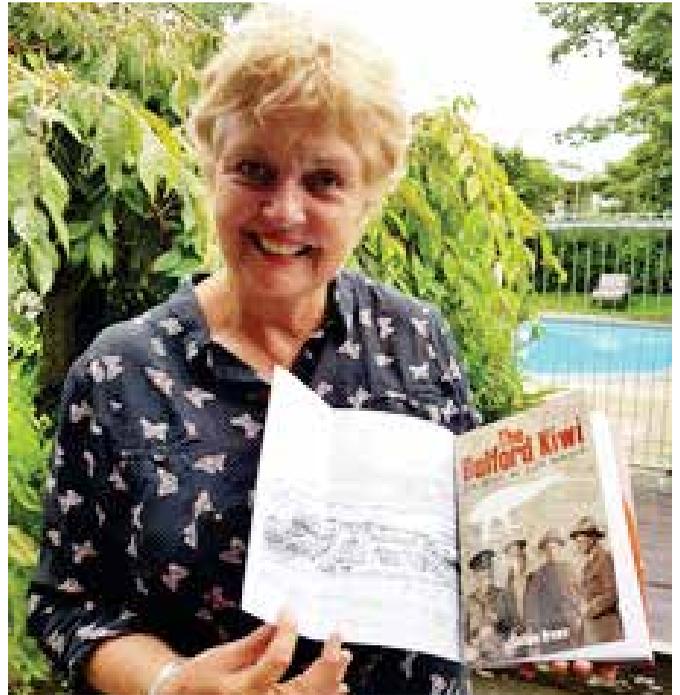
# The Bulford Kiwi.

## The Kiwi we left behind.

By Colleen Brown

Many people think that with the signing of the Armistice on November 11 1918, the Great War was over. For certain the bitter fighting finished. The New Zealand soldiers who were wounded or impaired in some way, were sent home. But for the A-grade, fit troops, they remained in Europe in case Germany recommenced hostilities, whilst the politicians negotiated a final peace agreement in Europe.

My great uncle Bertie was one of those men left waiting to return to New Zealand. Four months after the Armistice, Bertie died of influenza. Many other New Zealand soldiers, who also died of influenza, lie beside Bertie in Tidworth Military Cemetery near to Sling Camp in Southern England where over 100,000 Kiwi troops trained before being sent to the Western Front.



I wrote this book (The Bulford Kiwi pictured above) because for too long we have ignored this part of our history. The story uses the words of the soldiers long gone now, to tell how they felt at the end of the war, how they yearned for home and how they felt when shipping back to New Zealand was delayed again and again.

Eventually in March 1919 a few hundred soldiers rioted in Sling Camp where over 6000 men waited to be repatriated. A great deal of damage was done to the camp. To keep the men busy while they waited for ships to be made available, a plan was developed for the soldiers to cut a huge Kiwi into the chalk hill above their camp. The Kiwi was completed on 28 June 1919, the same day that peace was finally signed.

The upkeep of the Kiwi has been patchy over the last 100 years. At times it was well looked after, at others totally neglected. It is through the efforts of a British Major that it exists today. It is now under the control of the British Army and a scheduled monument in Britain, just the same as the famous Stonehenge a few kilometres up the road.

This isn't just a story about a chalk Kiwi on a hill in Southern England; it is a story about us as a nation. I could piece together the book due to the photos, letters and diaries families have kept as treasures for a hundred years in memory of the men who optimistically went to fight in a war for King and country.



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## 6. Know your nearest

Know your nearest: When neighbours know each other they are more likely to look after one another. This is especially important during and after an emergency. Fill out the form inserted in the newsletter or download here: <http://neighboursday.org.nz/wp-content/uploads/2018/01/contactsheet-bleed.jpg> to have the names and phone numbers of your nearest six neighbours. For more information on connecting with neighbours to build resilience check out: <https://getprepared.nz/my-community/neighbours/>

## 7. Share a sweet treat

Throw-back to the old days when you welcomed a neighbour with a cake – why not bake a cake and share it with a neighbour.

## 8. Random acts of kindness

Random acts of kindness: Do something nice for your neighbour, just because you can! It could be leaving a post-it note on their door telling them something you appreciate about them, mowing their berm, or bringing in their rubbish bin. Let your neighbours know you care by doing a small random act of kindness.

## 9. Introduce yourself

Introduce yourself: Simply wave and say hello next time you pass your neighbour on the street, or head over and knock on their door to introduce yourself. If your neighbour speaks another language, greet them in that language.

## 10. Share a cuppa

Share a cuppa or a cold drink: Sitting down over a cup of tea, coffee or cold drink is a great way to connect.



Vintage Store Group

The New Zealand summer, is once again proving to be a social one. When the sun is out, so is the BBQ and with it comes social gatherings such as outdoor bowls, retirement village activities and extended family get togethers.

Unfortunately it is exactly these kinds of gatherings that are difficult for people who are hard of hearing. The more people that are in the room, or together outside, the harder it is for people with even the slightest hearing loss, to pick up on individual conversation.

The good news is that in most cases there is a solution. It all starts with a hearing test, which A1 Hearing offers for free. This test will help you or your loved one to determine current hearing levels and make a plan for the future.

If something so small could help you or a loved one join in the conversation this summer, then it's worth making a no obligation, completely free appointment. **A1 Hearing has been helping people with hearing loss for more than 20 years**, and the team at A1 Hearing is committed to ensuring that these people **'do not miss a thing'**

**Give A1 Hearing a call on 0800 214 327 to book your free hearing test and make 2019 your Year of Hearing!**



*make sure you catch all the conversation this summer*

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There is now a realization that an increasing percentage of our population are living longer and retirement after 65 may require careful thought and preparation. This sector of our population will encompass all of us and has resulted in the development of a particular area of law generally described as "Elder Law." Elder law is designed to strengthen and secure the legal rights of elders. It has as its aim the planning and advising on problems associated with aging.

**The Code of Health & Disability & Consumers Rights provides that aging consumers have rights and providers have duties as set out below:**

- (1) Every consumer has the rights in this Code
- (2) Every provider is subject to the duties in this Code.
- (3) Every provider must take action to -
  - a. Inform consumers of their rights; and
  - b. Enable consumers to exercise their rights.

*Editorial supplied by James Donovan Solicitors*

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**Ph:** (09) 869 4565 **E:** [leonie@jamesdonovan.co.nz](mailto:leonie@jamesdonovan.co.nz)

There's no doubt that older people are vulnerable to loneliness and social isolation – Age Concern research, amongst others, show that very clearly.

Their vulnerabilities arise from the loss of a spouse, loss of mobility, loss of income, the children have moved away, or perhaps they're all by themselves in a big house and everyone else in the street's out at work.

This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. British research suggests that lonely people are more vulnerable to chronic diseases, eat less well and give up on themselves, are more likely to be smokers, overweight or underweight though poor diets, drink heavily and are less likely to engage in physical activity.

Breaking the cycle of loneliness takes conscious effort. Break the cycle by making a plan – talk to your local barista or call someone rather than sending a text. Volunteering and hobbies are almost certain ways to make new friends. Pets offer a good antidote – it's important to think beyond oneself.

The vulnerabilities above often trigger a move to a village. It's a great opportunity to make new friends in a community of like-minded people. Villages often have a vast array of new activities, events and entertainment designed to pique residents' interests and encourage involvement.

From time to time we survey our residents to see how we're going in meeting their needs and expectations. The last survey asked 1,300 randomly-chosen residents about their life in the village.

66% reported a greater sense of security and confidence, one third said they enjoy better physical health, and a satisfactory 67% said their social life had improved. So we can tick all those boxes!

*Editorial supplied by Retirement Villages Association*

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## In remembrance of Ernie



I am very sorry to let you know our past Deputy Chair Martin Ernest (Ernie) Kofoed died on Saturday 2 February 2019 aged 90.

We remember Ernie very fondly as a lovely man, a diligent board member, a strong supporter of our charity shop The Vintage Store, and someone

who cared for others. He had a passionate interest in sport and an interest in life in general. There are some photos on our Facebook page of Ernie involved with Age Concern if you'd like to have a look.

His brother's daughter Judy and her husband Graham were his next of kin and travelled up from Dunedin just before he passed away. They organised a farewell afternoon tea for him on the Sunday before they returned to Dunedin. Due to the short notice a number of people who knew Ernie would not have had the opportunity to attend and for this they give their apologies.

The following was written by Ernie in 2013 whilst he served on the board:

*I spent all my earlier childhood in the South Island, and in particular Dunedin, where I was educated at Kensington Primary School and King Edward Technical College. During school holidays I helped out in the family's business, a bakery. On leaving school and not wanting to be a baker I worked for two years in the office of stock firm Dalgety and Co.*

*Having saved enough money in 1952 I went by ship to England and Denmark visiting Bornholm Island where my ancestor travelled from, in 1864, to New Zealand. Returning to NZ the family were in the business of running a hotel which they eventually sold and retired to central Otago.*

*During my time at school, etc. I became interested in both tennis and hockey and gained representative honours in both sports. From 1950 I represented Otago and the South Island many times in hockey. In 1957 the family sold the business and being interested in sports I applied for a position as manager of a sports store in South Taranaki where*

*I worked until 1960. At this point I was offered a position with Sports Ply Ltd Auckland which later became known as Dunlop Sports (NZ) Ltd. In 1986 the company ceased manufacturing their sports equipment here in NZ. At this point the manufacturing of sports equipment in NZ was nearly non-existent, to find a full-time position was very hard indeed.*

*By now my aged parents had moved to Auckland from retirement in central Otago. Meanwhile I obtained a part-time job and between times looked after my parents. In the 90s when both parents passed away I searched around for something in the way of community work besides being occupied in the Southern Districts Hockey Club where I had been a member since 1961 and president from 1992-2012, life member 1976 -2005. I became a member of Papatoetoe Men's Probus which I have enjoyed. I have also been a member of their committee until 2010.*

*About this time (2001) I joined Age Concern Counties Manukau (ACCM) as a volunteer. At this time ACCM was a very small organisation of about six or seven part-time staff. (I was elected to the executive board in 2006 – 2014.) Today this organisation has certainly grown to where it looks after many problems of the aged person. I was voted onto the board about seven years ago and have become very proud of this position knowing that what I am doing, in my small way, is helping those less fortunate than me.*

Ernie Kofoed, 2013

### **Glaucoma** By Jenny Jones

Glaucoma – a lot us older generation suffer with it which means – drops in our eyes every day and protecting our eyes from bright sunlight. Good quality sunglasses are a little expensive and the normal sunglasses do not wrap around your face. You either have to buy little clip-ons to put on each side of your sunglasses or you have to purchase the more costly wraparound sunglasses. Good sunglasses for glaucoma suffers can cost anything from \$150 upwards but I have found safety glasses, designed for people who work on road or roof maintenance, are really good and they wrap around your face. Best of all they only cost \$15 to \$20 a pair. Any work safety supplier sells these glasses and they come in a lot of different styles. I usually purchase my sunglasses from Amare Safety shop, 50 Harris Road, East Tamaki, Auckland – they have parking right outside the front door. I hope this may help glaucoma suffers.

## **Inheritance – a right?**

*by Maxine Oakey – Elder Abuse Social Worker*

I was recently listening to 'Talk Back' radio and the topic being discussed was rest home care and how good or bad it was. What really caught my attention was a comment made by one of the callers who stated that 'most of their inheritance had been lost in paying for their mother's rest home care'. It made me ask myself 'when did our children become so entitled that an inheritance has now become an expectation?'

I decided to look up the meaning of inheritance and this is how it is defined in the Collins English Dictionary: An inheritance is money or property which you receive from someone who has died. My understanding of this is that when someone has died, and no longer needs their money then, and only then, it goes to their beneficiaries as an inheritance. Nowhere does it say it is mandatory to leave anything to anyone. It should never be viewed as a right nor should our children expect us to go without in order to leave them an inheritance.

In my role as an Elder Abuse Social Worker I see clients on a weekly basis whose lives have been adversely affected by their children's expectations.

There was the 80-year-old woman who desperately needed to go into rest home care. Some years before she had sold her house and given large sums of money to her adult daughter to enable her to buy a house. Doing this resulted in her being unable to pay for her own care when she needed it and because she had disposed of her assets she did not qualify for the government's residential care subsidy. Her children were unable to financially support her in her time of need and so she could not move into residential care. There was the elderly gentleman who could not afford the medical help he needed because he had loaned his life savings to his son to start a new business, the business failed, and the son refused to pay his father back saying it was a gift not a loan. The father had trusted his son and failed to get legal advice and as a result could not prove that he had expected the money to be repaid.

I regularly come across older people who are living in desperate conditions. They don't put the heat on in winter, they buy cheap, unhealthy food and they don't socialise or attend their doctor regularly. They do these things not because they cannot afford to buy healthy food or heat their homes but because they feel they must not spend too much 'of their children's inheritance'.

As parents of adult children, we need to start educating them about our money. We need to make it clear to them that the money we save for old age is for exactly that, our old age. It is for our enjoyment, it is for our expenses, it is for our care if we need it. What it isn't for is their new car, their overseas holiday or new business venture. If, when we die, they are fortunate enough to receive an inheritance they should be grateful no matter how small it may be. They should rejoice in the fact that their parents were able to live well in their old age and had the means to support themselves and pay for care when they could no longer manage by themselves.

I meet a lot of parents who are struggling to deal with the financial pressures they are under because of supporting their adult children. I realise that a lot of people are supporting adult children who cannot work because they have a disability but most of the people I see are supporting adult children who can help themselves but choose not to. Why would they get a job when mum and dad are paying all their bills? Why look for somewhere to live when they can live rent free with mum and dad?

As parents we need to teach our children to be self-sufficient. By constantly helping our adult children out by clearing their debts and letting them live rent free we are only providing a temporary fix. We are making them dependent rather than independent and we need to stop not only for our own sake but for theirs as well.

I urge all parents out there to have a conversation with their adult children now and explain to them that, while you may help them out occasionally, you will not put your own present or future security at risk to do so. Our children need to be independent and be able stand on their own two feet. They need to be able to manage without 'the bank of mum and dad' as one day that bank will no longer be available to them.

I realise that this will be difficult for many of you as you have spent all your lives looking after your children but please remember that the greatest gift you can give your children is the ability to be independent and manage their own lives.

And, as for you, you have worked hard all your life and now is the time to enjoy a happy and secure retirement. If you or someone you know is experiencing any form of elder abuse, please contact Age Concern Counties Manukau on 09 279 4331 and ask to speak to the Elder Abuse Social Worker.

## The Americans in New Zealand 1942-1944

When the Americans arrived in New Zealand in 1942, they brought with them that exciting touch of Hollywood and glamour to a country bereft of young men who had gone to war for the second time in a generation.

The arrival of these troops was more than a bunch of well-dressed young men with plenty of money to spend, a pocket full of candy and stockings and flowers tucked in behind their backs. In some way the impact of those young American men has had an enduring influence on our lives.

I am researching the 'American Invasion from 1942-1944' for my next book.

As a young girl growing up in Ōtāhuhu I was brought up on stories about what the Americans had built during the war, about the buildings and roads they had constructed; it now seems that many of those stories were exactly that – stories.

I'd like to talk to people who remember those times. I've spoken to women who remember their parents taking in washing for the American troops; of young boys who scoured through the dumps looking for 'American treasures'; and of a little girl who quietly listened as adults discussed what Auntie got up to with the Americans in the park at night. I'd like to talk to more people who lived through those times. South Auckland had many camps where the Americans stayed whilst they recuperated from fighting in the Pacific or waited for their next orders. New Zealanders are renowned for their hospitality and they certainly took many of those young Americans into their homes and their hearts. And the American families didn't forget either.

If you would like to tell me about your memories please contact me:

Email: thebrowns@colbar.co.nz  
Phone: 09 2667925 or 0274 797978

*Thank you, Colleen Brown*

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## WHY CHOOSE A RETIREMENT VILLAGE?



The Retirement Villages Association represents around 96% of all registered retirement villages in New Zealand by unit number – that’s around 380 villages with almost 30,000 dwellings that are home to around 40,000 older New Zealanders.

We know that deciding to live in a retirement village is a big decision for many older people and their families. There are all sorts of reasons to move or not to move and everyone is different, just as every retirement village is different. We have developed a presentation that we are delighted to offer to senior organisations or groups as part of your meeting programme. All you need is a venue, a power source, a screen or wall to project onto and an audience of at least 30 people.

We don’t charge for this so there’s no cost to you. Because we represent the entire spectrum of retirement villages in NZ, the Association doesn’t promote any village over another, other than describing the benefits of choosing an RVA member village. As a result, the 45 minute presentation is ‘brand neutral’ and covers the following:

- An overview of the sector
- Legislated consumer protection in registered villages

- Why people want to move in
- Why people might not want to move in
- The types of tenure available and how they work (e.g. Licences to Occupy, Unit Titles v freehold)
- The continuum of care within a village
- What it costs – a comparison with freehold properties, the weekly fee, other costs
- The impact of equity release on retirees’ income
- Why choose an RVA member village – our audit and accreditation process, disputes process, and Disciplinary Tribunal.

Questions throughout the presentation are welcome and the discussion is always lively!

We will provide a PowerPoint presentation with a computer and projector (if required), along with copies of the presentation and various other handouts about choosing a village. A free DVD is also available on request.



The presenter is the RVA’s Executive Director, John Collyns. John has been the Executive Director since October 2007 and is an experienced and entertaining speaker. He is an expert in retirement village compliance legislation, the differences in types of

villages and their tenure, as well as the benefits of choosing to live in one.

To find out more about the RVA, visit our website: [www.retirementvillages.org.nz](http://www.retirementvillages.org.nz) Contact John at: [john@retirementvillages.org.nz](mailto:john@retirementvillages.org.nz) or on 021 952 945.

## An hour well spent

*By: Nicole Chappell, Counsellor*

Late last year I had the privilege of meeting Irma Arkell, who resides at Lady Elizabeth Rest Home.

I was asked to pop in to the rest home to pick up some blankets Irma had knitted, because she had chosen our organisation to donate them to.

What started off for me as a quick pick up, and a big thank you to Irma, ended up with a longer than anticipated meeting. I felt drawn to Irma’s lively and captivating presence, and I wanted to know more about her. So, Irma and I shared an hour or so together in her



Irma Arkell showcasing one of her blankets

perfectly appointed room, her beautiful blankets laid out on her bed amongst us, me listening intently, whilst Irma shared her memories. I admit my phone was buzzing, work was calling, and emails were needing attention, but I decided to take a break as I enjoyed the trip down memory lane with her.

Irma started knitting at the age of 10, after she was given a set of four knitting needles so she could make a stump sock for her father who had an artificial leg. Many stump socks and other creations later, her career in

knitting began. "I continued knitting for an Australian firm after sending in a sample which had to be thirty stitches wide and ten rows deep. They wrote back to me and said my work was excellent, in the top 15 out of 250 samples received and I was welcome to join. I knitted 179 adult garments and worked for them for 13 years". Irma continued to knit for her parents, children, grandparents, friends and for a knitting club in a Tauranga retirement village making Peggy squares. As Irma continued to share her memories with me, a love story emerged! Irma's face alive and animated, and I captivated by her tale, probably just as her first husband was charmed and mesmerised by her!

Irma was married to Bob for 20 years and this is their story:

"There is such a thing as love at first sight! I saw Bob for the first time when he entered Barton's Grocery Store in Marton, where I was working as a counter hand. Bob was delivering eggs, still dressed in his uniform, because he had just got off the hospital ship the day before and hadn't had a chance to find himself any clothes. My boss, the mayor of Marton, told me to take Bob out the back of the store to put the eggs in the crate. We both had to kneel on the floor where the crates were, and that's where it all began. We couldn't take our eyes off one another, we spent more time studying each other than the eggs. It seemed like forever, down on the floor: Bob, me and the eggs. My boss even mentioned the length of time the task took! Three days later, we had our first movie date, love blossomed and so our lives started."

Bob and Irma enjoyed living in a farm house with beautiful gardens whilst Bob worked as a shepherd. The couple were blessed with three handsome boys (the handsome part is Irma's description! Though they are handsome going from the photo on her wall!) Life was good to them, and love continued to blossom throughout their marriage.

As time went by, Bob started to experience terrible headaches. Bob and Irma were sent to two separate hospitals; however, the doctors were unsuccessful in finding the cause of the debilitating headaches. So, Bob and Irma chartered a plane to attend an appointment with a neurologist. Finally, they had the answers, unfortunately not what they wanted to hear. Bob had a tumour, found at the back of the brain, which had been hidden by shrapnel. (Before they met, Bob had been hit by a sniper, his injuries resulting in the loss of an eye, which was replaced by a glass eye, and

several other injuries. This was the reason why Bob had been on the hospital ship before he met Irma.) Upon recommendation from the neurologist to have an operation, both Bob and Irma hoped for a miracle as this was such a risky operation. Bob underwent the surgery and fell into a coma for six months. All the while his beautiful wife Irma remained at his side, visiting daily, to sit with him holding his hand. Sadly, Bob never recovered and eventually passed away.

Currently as I am writing this, I have the office to myself, the phones are quiet, and I am fortunate to be able to spend a moment reflecting on Bob. So, CPL Robert Henry Emerson (268512), may you know that your love story is being shared, and your spirit lives on through memories, photographs, medals, through your DNA, your children and your grandchildren, and love is the predominant reason that you will be remembered. Irma has many other stories to tell me, but both Irma and I had other pressing things to attend to: lunch for Irma and a counselling session for me. So I escorted Irma to the dining room, and I bid my farewell.

Mrs Irma Arkel, thank you so much for our afternoon together, for sharing your story with me and for allowing me to witness some of your memories. You are a very regal woman, impeccably groomed and a joy to be around. Thank you also for the stunning blankets you have gifted to Age Concern, they are works of art, so intricate and beautifully designed. We have your blankets here, safe in the office, ready to gift on. I hope the people who receive them feel the warmth of love that you have.



Pictured above:

Bob Arkell

Pictured right:

One of the 179 garments Irma knitted. Irma kept photos of most of her work.





# The Acacia Cove Lifestyle

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