

WINTER 2018 QUARTERLY NEWSLETTER
www.ageconcernauckland.org.nz



Age Concern Auckland

Serving the needs of older people



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OFFICE HOURS
 9.00am - 4.00pm Monday to Friday

Council Members

Anuradha (Anu) Abhyankar (Chair), Dick Ayres, Edwina Mistry, Fiona Kirkcaldie, Jinling Lin, Kate Gohar, Margaret Devlin, Pat Williams, Sudhanshu Dandekar, Victoria Walker

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Maureen Craven	820 2712
Asian (Chinese) Coordinators	
Ray Law and Kong	820 0271
Community Development Coordinators	
Amo Ieriko 820 2719 & Rebekah Preston	820 2711

Our Services

Accredited Visiting Service (AVS) - provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.

Elder Abuse and Neglect Prevention (EANP) Service - aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education programmes, advocacy and support.

Field Social Worker - social workers are available to support and assist people aged 65+ with any social needs and health or wellbeing issues.

Ageing Well - delivers a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology and safe driving.

Total Mobility Scheme - assesses and provides Total Mobility Cards to eligible people.

Asian (Chinese) Service - support and assist the Asian community. We give talks to Chinese groups to promote positive aging, help clients when accessing social services and provide language support and cultural advice.

Community Development - looks to promote and develop programmes for the community.

How you can help

Our services are only partially funded by the government. We need your help to raise the rest. Act now! Donation and membership forms are available at the back of this newsletter, or give Karen a call on (09) 820 0184. Alternatively, you can donate on our website: www.ageconcernauckland.org.nz

With the support of our members, donors and supporters, over the last 12 months, we have been able to identify areas for further service development and expansion. As a result we have been able to recruit more social workers to support the most vulnerable older people in our communities. We have also launched an Asian Service that has enabled us to support the older Chinese population in our communities.

Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

Editorial supplied by Driving Miss Daisy

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Eastern Bays	Ph: (09) 528 2044
Blockhouse Bay	Ph: (09) 627 0481
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A word from our Chairperson



On the 15th of June we will recognise World Elder Abuse Awareness Day, a global movement designed to shine a light on the problem of elder abuse and neglect. That we need such a day at all is a slight on us all. Elder abuse is one of the most insidious and disgraceful realities of modern New Zealand society. 10% of all Kiwis over sixty-five will experience it at some point. That's 1-in-10 of all of us who make it to sixty-five have it to look forward to. The message this year is quite clear. Simply that 'it is not okay'.

We spend a lot of time and energy raising awareness of the issue amongst older people themselves and amongst those who care and support them (or at least those who are supposed to care and support them). It is a hard to accept reality that in over 75% of all cases of abuse and neglect, that the alleged perpetrator is a family member. This year the message is designed to have a broader audience, reaching out to the general public. We want the issue to be recognised for what it is, a stain on our communities and something that all of use, no matter our age, have a responsibility to stand up against. We need the younger generations to develop a far greater understanding of the issues and challenges facing older people but, more importantly, we need them to understand the great value that

comes with accumulated wisdom and experience.

Earlier this year we got involved with the Auckland Arts Festival. We were keen for older people to be not just made aware of the festival but to have an opportunity to actively participate. We worked with Festival Team and artist Ekarasa Doblancovic to create artwork that could link both young and old in a single collective artwork. We had the students of Lynfield College and the residents of Donovan Village in Blockhouse Bay combining to produce ceramic pieces reflective of the locality they all lived in. The artwork itself was probably the least important part of the whole project. What was most rewarding was seeing the two disparate generations share stories. At the start both were ignorant of the other, to the point that neither knew of the presence in their community of the other. After the artwork was finished, they were both keen to carry on in some form and maintain the connections.

The sharing of stories is a very powerful tool in forging social connections and we easily overlook its importance. I can remember the staff of Age Concern sharing with me how, whenever we have a 'Technology for Seniors' workshop where we 'buddy-up' an older person with a tech-savvy younger person to help them get the most out of modern smart phones and tablets, that the actual 'teaching' bit only takes up half the time. The rest is almost always a case of sharing stories. I think for some younger people it is all too easy to look past the experience that comes with age. It isn't helped by the media and public portrayal of older people as a group who needs help or who needs entertaining. There isn't enough recognition of the enormous amount of collective wisdom, experience and knowledge that older people have, nor is it widely understood that many older people don't want passive entertainment, they want to participate or they want to entertain.

We should all share our stories and learn from one another. If you are one of our 'older' readers, share your stories with the younger generation. If you are a 'younger' reader, ask questions, listen - you may just learn something. If you want, share your stories with us and we'll share them for you.

Warm regards,

Anuradha (Anu) Abhyankar

Chair, Age Concern Auckland

Manager's Musings

Almost winter already! The seasons do have a habit of just rolling on by. I've already started to crank up the word burning stove of an evening. I'm lucky I have one and, moreover, it's only by good fortune that I'd ordered in a whole load of logs back in February. I first had the fire going when that awful storm seemed to come out of nowhere and took out most of the power to the city in the middle of April.

I live out in the Waitakare Ranges and when the power went down on the Tuesday evening, we lost all light, heat and, because we are on tank water out here, all access to water and sanitation. I did what I always do when the power goes down and reached for my mobile phone to call Vector and report an outage and get an update on when the power was likely to be restored. Unfortunately, the storm had also taken out the phone mast and we had no phone signal nor any data service. I remember thinking 'oh well, it'll be back on soon' and promptly gave up and went to bed. I was therefore slightly surprised getting up the following morning to discover that there was still no power.

Now, although it was an annoyance, I am fortunate. I have a car and I have an Eftpos card. It was just myself and my son Darwin who were at home (and, yes, before you ask, his middle name is Charles!). My daughter was away at university and my wife was overseas in Japan. Incidentally when I managed to get hold of my wife and told her of our predicament her only comment was 'I have a heated toilet seat in my room'. Anyway, Darwin and I could travel to work and school, we could go out for dinner each night or go to the cinema, we could use the shower at work and, of an evening and being men with ease of access to the bush outside, we could 'deal' with other bodily necessities. For many across Auckland it was not so easy. Particularly for some of older residents it was far from easy.

In the aftermath, we began a series of conversation with a range of organisations to see how Age Concern could improve how we respond to such an event and, importantly, how we could help other organisations to respond better. Auckland Council contacted me five days after the power went out offering me a delivery



of water and the offer of a portalo - this was after spending over an hour on the phone to them waiting to get through. Incidentally the promised water never arrived. Vector contacted Age Concern to discuss providing emergency food parcels almost two weeks after the power went out.

When I was sitting in the dark in my house, my thoughts immediately turned to those older people who are isolated and lonely - and we know that is about 20% of all older people. How were they coping? The answer in many cases was, not well. We are talking to Civil Defence, to Vector, to the Red Cross and to a number of other organisations to ensure that in the future, the response in the event of a civil emergency is far, far better when it comes to supporting isolated and lonely older people.

I don't know if you have noticed but it seems that the subject of isolation and loneliness has, at long last, begun to filter into the consciousness of the media. It is about time, I feel I have been banging my head against a brick wall for years shouting about the subject. It is really positive that the subject is

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now being aired and discussed. I am hopeful that government and other agencies will begin to take the issue seriously. There are international studies that illustrate just how high a cost we pay for not addressing the problem and on strictly financial terms they equate the cost to that created by smoking and obesity. In other words, huge.

For our part, we have always tried to address the issues, not least for the past 25-or-so years, we have run our visitor service. However, not being ones to rest on our laurels we continuously look to see how we can do more and you'll see mention of what we're up to in this issue of our Newsletter. Combatting loneliness and isolation is a real focus for us over the foreseeable future and I look forward to sharing with you what we are doing as it happened. Moreover, I hope that in time to come, we can also share with you the news that the propensity for loneliness and isolation amongst older people is falling.

Stay safe and well this winter...and do what you can to prepare for any future civil emergency.

Regards

Kevin Lamb

CEO Age Concern Auckland

Update on Vance - Our Guide Dog Puppy

Its 5 months since Vance our guide dog puppy joined the Team at Age Concern Auckland.

Vance has grown considerably in a short time from an 8 kilo baby in December to a handsome 26 kilo teenager now with a gentle approach to life and everyone he meets.

Vance has attended some of the Ageing Well workshops and presentations and behaved impeccably particularly when interacting with the participants.

It hasn't taken Vance long to learn the office routine, he delights in going office to office each morning to greet the staff and they certainly enjoy saying good morning to him too.

For more information on guide dogs, and to follow their training, you can visit: www.blindfoundation.org.nz/guide-dogs/our-puppies/ or call the Blind Foundation on 0800 243 333.



Follow us on facebook
www.facebook.com/ageconcernauck

Feeling the Cold

We have some brand new wool blankets donated by Kindercare. There is limited stock available for our members who hold a Community Services Card. If you are in need of an extra warm blanket for the winter months ahead, please phone our office on (09) 820 0184.



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Influenza season on its way - get protected

One in four New Zealander's are affected by influenza every year. It takes up to 2 weeks for the flu vaccine to provide protection. The vaccine is free for over 65's. Contact your health professional now for further information.



Community Mobilisation

Age Concern Auckland has recently started a pilot project, titled Community Mobilisation, which aims to facilitate increased engagement of lonely and isolated older adults within their local communities.

Here at Age Concern we recognise that loneliness and isolation can have detrimental effects on the physical and mental wellbeing of people, including Older Adults who are finding it harder to connect and engage with the communities and services around them. Many older adults find it a challenge to maintain their social connections for myriad reasons; financial constraints, mobility, accessibility, confidence in their ability to engage, motivation, or quite simply a lack of awareness of what groups and activities are available, among other things.

The first part of the pilot project is around developing a type of directory, or asset map, that identifies what activities and groups are available for older adults within their communities. Unlike most directories, this one will also include information about the culture and environment of the group: Is it welcoming and open? Do they provide transport options? Is morning/afternoon tea provided? What is the energy level of the group (high and energetic, or low and calm)? What is the skill level of the group (requires high/low levels of mobility or motor skills)? What is the general age/gender/culture of attendees?

We recognise that older adults who are lonely and isolated may feel uncertain or unconfident about attending particular groups depending on the type of group it is and the environment in which the group is run. If we can identify the type of group, based on the information above, we can then match an individual older person to a group or activity that will suit their interests and personality. As part of this data gathering, we will also identify what barriers are preventing older adults from engaging in these activities and groups. Some of this will be challenges identified by the group or activity organisers, while other barriers may be identified through community networks or the older person themselves. This leads to the second aspect of the project: Identifying the lonely and isolated older adult who is not engaged within their community.

The vast majority of older adults are capable of becoming involved in their communities through accessing information on what is happening via the local library, community centre or through noticeboards and newsletters. A certain percentage of our older population struggle to achieve this, and therefore are unable to find out what is happening in their communities, let alone attend and participate. These are the members of our community that this project is aiming to support and empower.

With the above information that is gathered about what groups and activities are available and what barriers are preventing our older people from engaging effectively we hope to then be able to facilitate increased opportunities for lonely and isolated older adults to engage and participate in groups of their choice and interest. We will use this asset map as a reference tool to identify the kinds of groups and activities an individual may be interested in participating in. This would also allow us to alleviate their fears and concerns through providing more information about the environment and culture of the group; thus further supporting and encouraging the older person's participation.

How exactly this will look is yet to be determined, but could include providing a mini-bus transport service, that picks up groups of older adults, drops them off at different groups and activities and then returns them home again. This could also involve a number

of volunteers who are willing to take a few older adults along to a group and assist them in becoming familiar and comfortable with attending, before allowing the older person to organise their own way to the group.

As this is a pilot project, we are starting small and localised - focused within four specific areas of wider Auckland, namely West (Henderson, Ranui, Massey); Central (Blockhouse Bay, Avondale); East (Glen Innes, Panmure); and South (Manurewa, Weymouth). In these areas, our Community Development Coordinators, Amo (Central & West Akld) and Rebekah (East & South Akld) will be canvassing the areas to find out what is happening and available in the community for older adults and then helping to facilitate the connection and engagement of older adults into these groups. If you see us around or have any questions or information, please feel free to contact us.



Rebekah Preston
Community Development
Coordinator
Age Concern Auckland Incorporated
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5535
Email: rebekahp@ageconak.org.nz

A big 'Thank You' to the Lion Foundation for the funding to purchase our two new cars and also grateful thanks to John Andrew Ford for heavily discounting them to support the work Age Concern does.



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In 2006 I was diagnosed with Type 2 Diabetes. Over a period of time my diabetes started to create problems and I started to gain weight, I walked regularly but that wasn't doing anything.

In September 2017 I decided to try the Arena Fitness and Boxing's Gold club. I was embarrassed about going to the gym, but I have never looked back. Since joining the Gold Club, I have lost 7.5 kilos, my blood tests have improved and I have much more energy. I used to struggle mowing the lawns and now I can do this with ease. I wish I started in 2006 as you end up really enjoying it, it's FUN!

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Elder Abuse in New Zealand

As many as one in ten older people in New Zealand will experience some kind of elder abuse. The majority of cases will go unreported.

Elder abuse is not specific to any one gender, religion, ethnicity, or income group. It may happen at home, in residential care, or in hospitals. Most of the time family members are the abusers.

Understanding elder abuse

Any act that causes harm to an older person is elder abuse. At its most extreme, abuse may be criminal, but it can also be more subtle.

The abuse

There is no single 'type' of elder abuse. It can be psychological, financial, physical or sexual. More often than not, people experience more than one type of abuse.

- Psychological abuse includes threats, humiliation or harassment. This creates distress, shame, or stress, which often leads to a sense of powerlessness in the older person. It is often a factor in other forms of abuse.



- Financial abuse ranges from illegal use of your money (or assets) to coercion (such as being pressured to change a will or sign documents).
- Physical abuse includes any personal harm or injury.
- Sexual abuse includes any non-consensual sexual activity.

Who commits elder abuse?

The abuser is often someone close to their victim. It is someone trusted: family members, friends and even neighbours. Abusers are often someone they depend on for support or care.

Who is most at risk?

It can be difficult to identify abuse. But being aware of the risk factors can help.

These include:

- being dependant on others
- family conflict or dysfunction
- family violence
- isolation
- stress in care relationships
- mature age children or dependents with a disability or health issues
- mental illness and dementia
- poor literacy and/or awareness of rights

www.superseniors.msd.govt.nz/elder-abuse/index.html

This month in history

Eruption of Mt Tarawera - 10 June 1886

Source: www.nzhistory.govt.nz



Painting of Mt Tarawera erupting by Charles Blomfield (Alexander Turnbull Library)

The eruption lasted six hours and caused massive destruction. It destroyed several villages, along with the famous silica hot springs known as the Pink and White Terraces. Approximately 120 people, nearly all Māori, lost their lives.

In the early hours of 10 June, people awoke to earthquakes, lightning, fountains of molten rock, and columns of smoke and ash up to 10km high. People as far away as Blenheim heard the eruption. Some thought it was an attack by a Russian warship.

A 17km long rift split Mt Tarawera and extended as far south as Waimangu. The eruption covered land with millions of tonnes of ash and debris, transformed lakes, and flattened bush. It was over by dawn, though ash made day as dark as night. Men from Rotorua and Ōhinemutu formed rescue parties and began digging out survivors and casualties. Settlements at Te Tapahoro, Moura, Te Ariki, Totarariki, Waingongongo and Te Wairoa were destroyed or buried. Te Wairoa, known as 'The Buried Village', later became a tourist attraction.

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Keep warm and healthy this winter



Eat lots of fruit and vegetables to ward off winter colds and 'flu. Have hot meals and hot drinks to keep warm and healthy and wrap up in layers of warm clothes to stay snug when you leave the house.

It's important for your health that your house is warm and dry. Cold and damp homes are linked to poor health, especially for people who are ill and older people.

Here are some ways to keep your home healthy that won't break the bank

- Only heat the room that you are in. Try and keep the temperature between 18 and 21 degrees.
- Dress warmly for bed and make sure your bedroom is warm enough - it is very important to stay warm during the night.
- Block up unused chimneys and stop draughts

around doors and windows. You can make your own draught 'snakes' by stuffing rugby socks or pantyhose with newspaper or cushion filling. Up to 20% of heating can be lost through draughts.

- Open windows and curtains on sunny days, and close them when the sun goes down to trap heat in your home. Trim any trees that prevent sun entering your house (but if you are renting, remember to ask your landlord first!).

How to keep your home dry

A dehumidifier costs around \$156 a year to run - these tips are cheaper and can be just as effective. If you use an unflued gas heater (that is, one without a chimney), make sure that you use it safely. Research has shown that they can release gases which can be particularly dangerous for anyone with heart disease or asthma and older people. If you have to use one, open a window and keep all internal doors open too. Use it only for short periods and never in bedrooms.

Try not to dry clothes indoors as this creates moisture in the air. Drying on the outside is free and the sunlight kills bacteria, making your clothes healthier for you and your family. Use a shed or garage if it is raining.

To reduce moisture caused by steam, always open a window when you are showering and when you are cooking on the stove top. Use pot lids to reduce the amount of steam escaping. Keep doors to bedrooms closed at these times as steam can make beds damp.

If you must use a clothes dryer, make sure your clothes are properly spun first and leave windows open while you are using it - or even better, vent it outside.

TEN easy ways to save money and cut your electricity costs

1. Talk to your electricity company about which plan is best for you. Most companies provide options including direct debits at a flat rate all year round, pre-payment meters and low use rates for people who are very frugal.
2. Most of your electricity bill will go on hot water so use less if you can. Set your washing machine on a cold wash and rinse your dishes in cold water. Take short showers instead of baths. Showers use 60 per cent less water than baths.
3. Fix dripping taps. A dripping hot tap can cost \$80 a year but a washer to fix it costs less than \$1!
4. If your hot water cylinder is old, keep the heat in by using a hot water cylinder wrap. These are available from hardware stores. Make sure the thermostat is set to produce a temperature of 55C at the tap (this will also prevent scalds).
5. Always turn the lights off in rooms when you leave them. But if you are using energy efficient light bulbs it is better to leave them on if you are returning within ten minutes.
6. Appliances that have a standby function (such as TVs, stereos, mobile chargers, computers or microwaves) should be turned off at the wall. This can save you up to \$75 a year.
7. Clothes dryers can be very expensive to run so try not to use them unless you really have to. Heated towel rails are also expensive and cost around \$120 a year to run.
8. Make sure there is generous air space behind the back of your fridge and try to locate it out of direct sunlight, or in a cooler room like the laundry. Don't open the fridge door too often and make sure you close it properly.
9. Make sure you cool food before putting it in the fridge. Turn off your second or 'drinks' fridge - this could be costing you \$190 per year.

10. When cooking keep the oven door closed. Always keep lids on pots and use as little water as possible to cook foods. Simmer rather than boil food and if possible use a microwave, as this uses 30-40 per cent less power than a conventional oven. Defrost food naturally if possible, (in the fridge is best) rather than in the microwave.

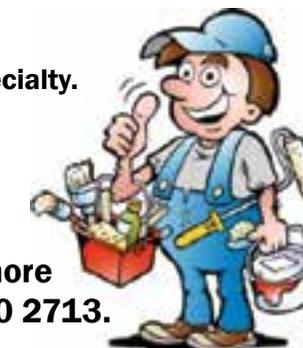
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What Would You Do?



In New Zealand emergencies can happen anytime, anywhere, and often without warning. Floods, storms, earthquakes, tsunamis, volcanoes and other hazards can disrupt our lives, damage property and cause serious harm.

When an emergency does happen, civil defence and emergency services will be busy helping the people who need them most.

It's up to you to make sure your family, and the people you care about, know what to do, and you all have what you need to get through on your own.

The good news is, it's really easy to get ready now. Have a chat with your family and work out what you'll do.

NO POWER

What would you do if the power was out for days? How will you see, cook, keep warm? Power cuts could affect EFTPOS and ATM machines, so make sure you have some cash at home, or enough supplies to see you through three days or more.



GET READY

1. Make sure you have torches and batteries, either in your emergency kit or somewhere everyone can find them in the dark.
2. Have a solar or battery powered radio so you can keep up with the latest news and alerts. Know which radio stations to tune in to for information during an emergency.
3. Have a stock of food that doesn't need to be cooked (canned is good) or something to cook your food on (bbq, camp stove). Don't forget food for babies and pets.
4. If the power goes out, eat the food from your fridge first, then your freezer, before you eat the food in the cupboard or your emergency kit.

TOP TIP

Talk to your neighbours about what they'll do if the power is out. You might find they have a gas bbq and you have enough food to share (or the other way round).

NO INTERNET OR PHONE

If the phone and internet lines were down how would you keep in touch, arrange to meet up, keep up with news and weather alerts? In most emergencies it's best to stay in our own homes, so make your home your meeting place and have an alternative in case you can't get there.



GET READY

1. Talk to your family about how you will get in touch and where you will meet up in an emergency if the phone lines and/or internet are down.
2. If you have kids, make sure you know the school/day care's emergency plans and give the school names of three people who could pick the kids up if you can't get there.

3. Have a solar or battery powered radio so you can keep up with the latest news and alerts. Know which radio stations to tune in to for information during an emergency.
4. Have an out of town contact that everyone knows about (sometimes when local phone lines are down you can still reach people outside your area). Get everyone to check in with your out of town contact by text or online messaging in an emergency if you can.
5. Keep a written list of important phone numbers.

TOP TIP

In an emergency phone lines can become overloaded quickly. Keep them clear so emergency calls can be made and, if you can, use text or online messaging to keep in touch.

DURING A FLOOD

- Do not try to walk or drive through flood water.
- Move valuable or dangerous items as high as you can off the floor.
- Listen to the radio and follow the instructions of emergency services.

DURING A STORM

- Secure, or move inside, anything that could cause damage in strong winds (like garden furniture or trampolines).
- Close windows and doors, close curtains to prevent injury from breaking windows.
- Stay inside and bring your pets inside. If you have to leave, take them with you.
- Listen to the radio and follow the instructions of emergency services.

DURING AN EARTHQUAKE

- If you are inside, Drop, Cover and Hold - do not run outside or you risk getting hit by falling masonry and glass.
- If you are outside, move away from buildings, trees, streetlights, and power lines, then Drop, Cover and Hold.
- Stay there until the shaking stops.
- If an earthquake is very strong and/or long and you are near the beach or coast, move quickly to higher ground in case a tsunami follows the quake.

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- Many injuries happen after the shaking stops, be careful of broken glass and sharp objects.

DURING A TSUNAMI WARNING

- Move immediately to the nearest higher ground, or as far inland as you can. Walk or bike if possible.
- Do not go sightseeing. Never go to the shore to watch for a tsunami.
- Listen to the radio and follow the instructions of emergency services.
- Stay away from at-risk areas until the official all-clear is given.

DURING A VOLCANIC ERUPTION THREAT

- Close all doors and windows and stay indoors.
- If you are outside near an eruption, shelter in a car or building.
- If you are outside in volcanic ash fall, wear a dust mask or cover your mouth and nose with a cloth.
- Listen to the radio, follow the instructions of emergency services and keep out of restricted areas.

DURING A LANDSLIDE

- Get out of the path of the landslide quickly.
- Warn neighbours and help others if you can.
- Contact emergency services and your local council.

For more information on what to, visit www.getthru.govt.nz

Emergency supplies

In an emergency you could be stuck at home for three days or more. You probably have most of these things already, and you don't have to have them all in one place, but you might have to find them in a hurry and/or in the dark. Make a plan to work out what you will need to get your family through.

Basic supplies to have at home

- Water for three days or more – make sure you have nine litres of water for every person. (Save large fizzy and juice bottles, give them a good clean and overfill them with water from the tap, replace every 6 months.
- Long lasting food that doesn't need cooking

- (unless you have a camping stove or BBQ), and food for babies and pets
- Toilet paper and large plastic buckets for an emergency toilet
- Dust masks and work gloves

Basic supplies to have in a bag in case you have to evacuate

- Torches and batteries
- Radio - wind up or with batteries
- Hand cleaner
- Cash
- Copies of important documents and photo ID (online or paper)
- Walking shoes, warm clothes, raincoat and hat
- First aid kit and prescription medicine
- Water and snack food (remember babies and pets too)

REMEMBER...



Visit the website for more information on households, people with disabilities, schools, workplaces, neighbours, travel and pets. Or contact your local Civil Defence group.
www.happens.nz

Happiness is not having what you want. It is appreciating what you have.

Did you know...

- A bear has 42 teeth
- Unless food is mixed with saliva you can't taste it
- August has the highest percentage of births
- An ostrich's eye is bigger than its brain
- 8% of people have an extra rib
- 85% of plant life is found in the ocean
- Dolphins sleep with one eye open
- 11% of people are left handed
- The average person falls asleep in 7 minutes
- Your foot has 26 bones in it
- Lemons contain more sugar than strawberries
- The 3 most common languages in the world are Mandarin Chinese, Spanish and English
- Dreamt is the only word that ends in mt
- Cats spend 66% of their life asleep

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An EPOA needs to be signed by you and witnessed by a Solicitor or Qualified Legal Executive, who will ensure that you understand your options, what the EPOA document means, and that it meets all legal requirements.

For more information, please feel free to contact the office of Kieran Nally on (09) 834 9995

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Miranda Smith Homecare is New Zealand's longest running private homecare agency. Our focus is on providing a personalised service ensuring clients maintain their independence and feel safe within their own homes. Care arrangements are tailored specifically to our clients' needs, lifestyles and preferences.

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Editorial supplied by Miranda Smith Homecare

Winter Energy Payments



Source: www.workandincome.govt.nz and www.superseniors.msd.govt.nz

From 1 July 2018, a Winter Energy Payment will be available to help with the cost of heating homes during the winter.

Important information

You don't need to do anything to get this payment - if you qualify, it'll be paid to you automatically.

Who can get it

You can get the Winter Energy Payment if you're getting either:

- New Zealand Superannuation
- Veteran's Pension
- Jobseeker Support
- Sole Parent Support
- Supported Living Payment
- Youth Payment
- Young Parent Payment
- Emergency Benefit.

Who can't get it

You won't get this payment if you're getting Residential Care Subsidy or Residential Support Subsidy.

What you can get

You can get:

- \$20.46 a week if you're single with no dependent children
- \$31.82 a week if you have a partner or dependent children.

This will be paid from 1 July to 30 September 2018. From 2019, it will be paid from 1 May to 1 October. You don't have to pay it back.

If you leave New Zealand while this payment is being made (and you're still getting your benefit or NZ Super payment) your Winter Energy Payment will continue for the first 4 weeks you're out of the country, but will stop from the beginning of the 5th week.

If you're back in New Zealand before the Winter Energy Payment ends (e.g. 30 September 2018), you'll need to contact us about restarting it.

Don't want the payment

If you don't want the Winter Energy Payment, you can choose not to get it. We'll let you know how to do this closer to the time.

More Information: Contact your local WINZ office or MSD

Happy Anniversary Age Concern Auckland and Western Quilters' Circle

2018 marks 10 years of a wonderful relationship between our service and this group of amazingly talented and generous members.

Every year we have had the pleasure of receiving delightful and practical quilts to distribute to our clients.

The Quilters enjoy receiving the photo of the recipient with the quilt they have created.

They are always gratefully received and much appreciated. We love our connections and friendships we have made with the Quilting Circle.



Something different to try this winter

Brussels sprouts are rich in many valuable nutrients. They are an excellent source of vitamin C and vitamin K.

Brussels Sprouts Hash

Ingredients

- 6 slices bacon, cut into 1" pieces
- 1/2 onion, chopped
- 1 lb. brussel sprouts, trimmed and quartered
- Salt
- Freshly ground black pepper
- 1/4 tsp. chilli flakes (optional)
- 3 tbsp water
- 2 garlic cloves, minced
- 4 large eggs

Directions

1. In a large skillet over medium heat, fry bacon until crispy. Turn off heat and transfer bacon to a paper towel-lined plate. Keep most of bacon fat in skillet, removing any black pieces from the bacon.
2. Turn heat back to medium and add onion and brussels sprouts to the skillet. Cook, stirring occasionally, until the vegetables begin to soften and turn golden. Season with salt, pepper, and chilli flakes (optional).
3. Add 2 tablespoons of water and cover the skillet. Cook until the Brussels sprouts are tender and the water has evaporated, about 5 minutes. (If all the water evaporates before the Brussels sprouts are tender, add a little more water to the skillet and cover for a couple minutes more.) Add garlic to skillet and cook until fragrant, 1 minute.
4. Using a wooden spoon, make four holes in the hash to reveal bottom of skillet. Crack an egg into each hole and season each egg with salt and pepper. Replace lid and cook until eggs are cooked to your liking, about 5 minutes for a just runny egg. Sprinkle cooked bacon bits over the entire skillet. Serve warm.

Recipe courtesy of www.delish.com



Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

Visit www.energywise.govt.nz for more information.

NOTICES

JUSTICE OF THE PEACE

Most local Citizens Advice Bureau offices have a JP Service – contact 0800 367 222 to find your local office. At Age Concern we have three volunteers who have offered their JP services to people who don't have transport and who live within a reasonable distance of their homes.

- Roger lives in Whenuapai and will travel to service areas through to Henderson.
- Sat-Paul lives in Hillsborough and will travel to service areas near Mt Roskill and Blockhouse Bay.
- Heather Alford lives in Green Bay and will travel to service areas near Avondale, New Lynn, Waterview and Pt. Chevalier.

Phone Age Concern on (09) 820 2713 if you would like to make an appointment.

Dates for your Diary

World Elder Abuse Week (15 – 22 June)
World Elder Abuse Day (15 June)

National Volunteer Week (17 - 23 June)
"Volunteers - Heart of Our Community"

Leave a lasting legacy

At Age Concern Auckland we are committed to continuing to provide the most vulnerable older members of our communities' essential services that enable mitigation of the negative impacts of loneliness, social isolation, elder abuse and neglect.

We are a charity, and we only receive partial funding from the government. We rely on the generosity of our community to raise over 60% of the funding required to deliver our services.

Any amount, no matter how small or large, can make a lasting impact, ensuring that we can continue supporting some of the most vulnerable people aged over 65 in Central and West Auckland. A bequest will allow you to leave a lasting legacy, and continue to assist those who need it most, long after you're gone. It is the ultimate act of kindness and caring you can show towards your community.

A bequest form is included below. Please note that it is not effective until written in to your will. Please take or send the form to your legal adviser, to ensure it is incorporated into your will. Please contact us if you need further information or assistance.

Please also let us know if you are making a bequest so we can personally thank you. Leave Age Concern Auckland a gift in your will and enable the work we do; promoting wellbeing, rights, respect and dignity for older people. Our vision is that older people live a valued life in an inclusive society.

BEQUEST FORM

Please take/send this form to your legal adviser for incorporation into your will*.

I, _____
 _____ (your full name) give to Age Concern Auckland Incorporated, 57 Rosebank Road, Auckland, 1026, for its general purposes, the following:

Amount in words: _____

And/ or assets, property and shares as listed below:

**This is not effective until written in your will, which must also be signed. Please let us know if you make a bequest so we can personally thank you.*

Age Concern Auckland Incorporated

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Become a Member Supporter

For just \$20 per year, you can become a member of Age Concern Auckland and be part of an organisation working to empower older people in our communities.

As a member, you will receive:

- A copy of the quarterly issue of Age Concern Auckland's newsletter
- Invitations to gatherings, seminars, fun days and festivals
- Access to information and resources available at Age Concern Auckland

Please note that if you applied for your Total Mobility Card through Age Concern Auckland, you are already a member.

If you would like to become a member, please complete the following and return to us at: PO Box 19542, Avondale, Auckland 1746 or call us on (09) 820 0184

Sign me up to become a member of Age Concern! Please find enclosed by cheque for \$20 made out to Age Concern Auckland

Name: _____

Address: _____

Postcode: _____

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We will send a Welcome Pack and a receipt of your payment once we have processed your membership application form. Thank you for joining us.

7 famous misquotes (and what was REALLY said)

But as it turns out, there's a lot more false quotes out there than we ever imagined - in fact, even some of the most iconic statements ever uttered have been misattributed.

So let's clear up some of the most common misquotes from pop culture and history.

1. "Be the change you wish to see in the world."

This quote, attributed to Gandhi, is powerful and succinct, but it's not quite what the Indian activist said. According to the New York Times, he actually said the following: "If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him...We need not wait to see what others do."

2. "The ends justify the means."

Machiavelli's most famous quote is quite different to the original line, which was actually "One must consider the final result."

3. "Do you feel lucky, punk?"

It's one of Clint Eastwood's most iconic lines, but the real quote is worded slightly differently - "You've got to ask yourself one question: 'Do I feel lucky?' Well, do you, punk?"

4. "Mirror, mirror on the wall..."

Wrong! The evil queen in Snow White actually says, "Magic mirror on the wall".

5. "I don't think we're in Kansas anymore."

Again, this famous line from The Wizard of Oz has been repeated so often that several words are left out. It's actually, "Toto, I have a feeling we're not in Kansas anymore."

6. "Hell hath no fury like a woman scorned."

This misquote comes from English writer William Congreve's 1697 play The Mourning Bride. The real quote is, "Heaven has no rage like love to hatred turned/Nor hell a fury like a woman scorned."

7. "If you can't handle me at my worst, you don't deserve me at my best."

It's a favourite for women around the world, but there is no evidence suggesting these words were ever said by Marilyn Monroe. In fact, no one really knows where this quote came from.



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Please contact Sue Campin, Volunteer Connections, Age Concern Auckland on (09) 820-2713 or email: suec@ageconak.org.nz

DONATE AND SUPPORT THE WORK WE DO IN OUR COMMUNITIES

If you would like to support Age Concern, please complete the following and return to us at: PO Box 19542, Avondale, Auckland 1746 or call (09) 820 0184

- I would like to make a donation of \$_____. Please enclose a cheque made to Age Concern Auckland Inc. Donations of \$5 or more may be eligible for a 33% tax credit from the government.
- I would like more information about how I can leave Age Concern something in my Will.
- I would like more information about how I can volunteer.

Name: _____
 Address: _____

 Postcode: _____
 Phone: _____
 E-mail: _____

Thank you for your ongoing support to ensure that we can continue supporting older people living in our communities.



Thanks to our wonderful supporters

Age Concern Auckland works with thousands of older people, their families/whanau, and organisations across Central and West Auckland - from those simply seeking advice and guidance to our most vulnerable elderly who are living in our communities.

On behalf of the Board and Staff of Age Concern Auckland, we would like to thank all those who have supported us from the period 1st November 2017 to 1st March 2018.

- All our individual supporters who gave us donations - every dollar counts!
- All our wonderful volunteers, who collectively give more than 200 hours every single week.
- Auckland Council
- Blockhouse Bay Community Centre
- Countdown Lincoln Road
- Estate of Charles Bagley
- First Sovereign Trust
- Foundation North
- Four Winds Foundation
- Lion Foundation
- Lottery Grants Board
- Louisa and Patrick Emmett Murphy Foundation
- Lynfield College
- Mercury Energy
- Milestone Foundation
- Ministry of Health
- Ministry of Social Development
- Sir John Logan Campbell Residuary Estate
- SkyCity Auckland Community Trust
- Ted and Mollie Carr and Estate of Ernest Hyam Davis
- The Trusts Community Foundation
- Transdev
- Waitakere City Cake Decorators Club
- Western Quilters Circle
- Working Together More Fund