

WINTER 2024 QUARTERLY NEWSLETTER

[www.ageconcern.org.nz](http://www.ageconcern.org.nz)

# Age Concern Mid North



**AGE  
CONCERN  
MID-NORTH**

He Manaakitanga  
Kaumātua Aotearoa



Kerikeri Inlet

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**LAWYERS:** Dennis McBrearty, Simon Dominick, Richard Ayton, Graham Day, Laurel Simm, Frances Shaw and Lisa Whitney-Hollick

### Do you have time for others?

Regular visits can make a real difference to an older person’s health and happiness, and our volunteers tell us that they really enjoy and benefit from, their role. If you would like to spend time with an older person, we want to hear from you.

### Would you like more company?

If you are feeling lonely, or would like more social contact, its important to do something about it. Our Accredited Visiting Service is a befriending service that provides regular visits to older people in the community. Our visitors are volunteers who would like to spend time with an older person each week to enjoy a conversation and shared interests.

For more information about this service contact (09)4074474



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*Many thanks*

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### From the President

I do hope you are coping with the cooler weather after our very hot dry summer. For those members like myself that are on tank water I am sure that they are very grateful for the recent rain to not only fill our tanks but to help heal our parched lawns and gardens.

Juen our Manager flew to Wellington in April to Age Concern New Zealand’s Annual General Meeting and Conference. This was also the 50th AGM for Age Concern New Zealand.

The Theme for the Conference was: “UN Decade of Healthy Living”. Which is Combating Ageism/Age Friendly Environment/Integrated Care and Long Term Care.

There were very interesting speakers at Conference which Juen and I have had a short discussion on. Some of the speakers were:

Hon. Casey Costello, Minister for Seniors and Associate Minister for Health who talked on these portfolios and her work programme.

Diane Turner, Director – Office for Seniors who talked about the Age Friendly Communities and challenged everyone to find out how our own local authorities are progressing (or not) with this work.

Rates Rebate Scheme: I read an article recently on this subject that some of you might be interested in. “Local Government Minister – Simeon Brown has announced an increase in the Rates Rebate Scheme which is putting money back into the pockets of low-income earners. This is from July 2024. The Maximum Rebate will increase from \$750 to \$790. The means abatement threshold will rise from \$30,100 to \$31,510”.

#### SPAM and SCAM

For several months now I have received Scam phone calls and Text spam and even Email ones. Several emails alone were supposedly from a local friend that I picked up were spam fairly quickly, even though each one was different. I phoned my friend after the first email, and she said no she had not sent any to me. I am just mentioning this to make sure every one of you are aware of what is out there today.

Receiving Scam Phone Calls: If you receive an unexpected phone call and you realise you are being scammed do not continue the conversation just hang up your phone. If concerned after hanging up contact your telecommunications provider as well as Netsafe at Netsafe.org.nz.

Have you lost money in a scam:  
 Contact NZ Police online at 105.police.govt.nz or Phone NZ Police on 105.

Kind Regards *Jan Flowers*

### Checking your medication is easy, and could just save your life.

*Expert opinion from University of Otago by Jo Hilder*



*The older New Zealand’s population gets, the more important it is for people to have their medication checked and changed*

**Opinion:** Medicine reviews ensure people who are on long-term medications are still taking the right thing, at the right time. Not only do they allow people to continue living healthy lives, but they can also give loved one’s peace of mind.

The consequences of no longer taking the correct medication can be detrimental. Previous work by the University of Otago found three quarters of patients who had multiple health conditions were prescribed four or more medications. International studies show taking multiple medications can lead to an increase in adverse health events.

That’s why it is important to reduce the number of medications people take, where possible. Book a medicine review with a GP and let your practice know why you want the appointment. Some practices are also able to offer pharmacist-led medicine reviews. People on multiple medications should have regular reviews, especially older adults. Things may have changed since they were first prescribed a medicine, they might have a new health condition, lost or gained weight, or developed a side effect.

Though GPs and pharmacists have long been aware of the need to review medicines as people age, they may find aging a delicate topic to raise. There are clinical guidelines about reviewing medication, including reducing the number of medicines (deprescription), but there is little or no guidance on the best ways to communicate.

My research on how people talk to each other during medicine reviews shows there are things doctors, pharmacists and patients can do to make medicine reviews really effective.

Ensuring you are on the right medication is easy, and could just save your life.

*Jo Hilder is a senior research fellow in the Department of Primary Health Care and General Practice at the University of Otago, Wellington. She is also a member of the ARCH group which conducts research.*

## From the Managers Desk

May brings us the colder weather, and it is very changeable. Winter Energy Payment started again on Wednesday 1st May. This payment is to help you with the cost of keeping your home warm and dry, and other costs over winter. The payment finishes on 1st October, couples will receive \$31.82, single and widowed people will get \$20.46 a week.

For some time we have been getting requests for a day trip somewhere. Now we can offer you a day out with a wonderful show included. On the 31st May we are offering 20 people the opportunity to go to the Operatunity show in Whangarei to see HoeDown Showdown. We will be going by bus, leaving Kingston House at 9am, the cost for the bus is \$22. When we arrive at the venue in Whangarei there is a cup of tea and biscuit before the show. The show starts at 11am and finishes at 12.40pm, the cost of the show is \$35. We are taking registrations now, so be in quick if you are interested, the total cost will be \$57. Look forward to having your company, I have put a poster in the newsletter to excite you.

Please have your flu vaccination, free and available at medical centres now.

### Covid 19 Vaccine information from the Newsletter for Seniors:

A new Covid vaccine for XBB.1.5 strain has been approved to administer in New Zealand. This vaccine is more effective against recent subvariants of COVID.

It is recommended you wait at least 6 months after any other Covid vaccine or infection.

### Annual Increase to Super:

New Zealand Superannuation and Veteran's Pension payments are adjusted each year to reflect the increase in the cost of living. From Monday 1 April, fortnightly rates have increased to:

\$922.82 each before tax or \$799.18 after "M" tax, for a married person or partner in a civil union or a defacto relationship.

\$1213.34 before tax or \$1038.94 after tax for a single or widowed person living alone.

\$1116.62 before tax or \$959.02 after tax for a single or widowed person sharing accommodation.

These rates came into effect on the 9th April 2024.

I have put in a picture of our Kerikeri Strength and Balance (Steady as you Go) in the newsletter it is wonderful "circle of friends". This class is growing, we might need to think about giving participants more room and having another class!

Our Mindfulness (Art +) facilitator is visiting family in South Africa, we have a talented replacement. What wonderful results from the participants, we wish Kim a happy time in South Africa.

Subscriptions for the new financial year will be due in June, if you pay on line and you are a new member we ask you to fill in a subscription form at the back of this newsletter. If you are paying on line and you have not changed your address, or phone number, or your email address in the last year you do not need to fill out a subscription form. Make sure you include your name in the payment reference.

## FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



We are excited to offer these courses in Russell at the St Johns' s hall. Numbers are steadily rolling in:

**May 6**  
**May 30**  
**June 13**  
**June 25**

### We are offering a Kerikeri Course as well on 27 May. (Places available)

Staying safe is a Driver Refresher Course tailored specifically for Seniors. It aims to re-familiarise you with traffic rules and safer driving practices as well as increasing knowledge about other transport options available to you. The information and material is developed by Waka Kotahi



## Steady As You Go Exercise Classes

**Strength and Balance** - Age Concern offers Strength and Balance Tuesdays at 11am – 12pm except on the 4th Tuesday of a month when the class moves to Wednesday 11:30am-12:30pm because of hall bookings.

**What is Strength and Balance?** It is an exercise class especially developed by Otago Physical education School to help older people maintain their balance. It is on disc and we start seated with warm up activities, gradually standing behind our chairs, exercising our feet, legs, arms, and other body parts while the instructor explains how this will develop our strength and our balance. No cameras are allowed while we walk tiptoed, step over imaginary logs or walk backwards using our peripheral vision... though laughter and smiling is advised!

Participants listen to their bodies and are encouraged to try within safely limits, each exercise. We have a bit of fun, a few giggles and once a month after a class we have a cuppa and socialise.

This class is free to members. There is no demand to come every time, but of course everyone will benefit from the amount of effort and time that is put in. We welcome new members at any time. Do come and enjoy the fun!

Jean Johnston



"Circle of friends" enjoying Strength and Balance

### Tabs On Cling Wrap and Foil

Taking aluminium foil or cling film out of the box can be a total pain. Well, you don't have to feel that way ever again as there are little tabs on every box that you can push. The tabs help grip the roll and it stays in place as you pull.



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## Age Concern Mid North CALENDAR OF EVENTS

**Tech for Seniors:** at Kingston House. Register for a time and date. Appointments will be Monday to Friday from 10am - 12pm.

**Strength & Balance:** Kerikeri every Tuesday 11am - 12pm except on the 4th Tuesday of the month it is on Wednesday 11.30am - 12.30pm. (This is a free class - Facilitator Jean).

**Strength & Balance:** Kaikohe on a Thursday at Senior Citizens Hall. 10am - 11am. (This is an all welcome free class - Facilitator Cathy).

**Seat to Heal:** Every Monday 11am - 11.30am and Thursday 11.30am - 12pm (Facilitator Davida - Age Concern members pay \$5.00).

**Young at Heart (NIA):** every Thursday at 10.15am - 11.15am. Age Concern members pay \$10. (Facilitator Carien).

**Meet & Greet:** last Friday of the month. 10am - 12pm.

**Staying Safe:** driving workshops for seniors. If you are interested in attending a workshop please contact us on 09 407 4474 - workshops will be at several locations; dates not finalised at this stage; we will take registrations and let you know your closest workshop. These workshops are free.

**Lawyer:** first Wednesday of the month by appointment. (Graham Day).

**Art +:** Weekly on Thursdays 10.30am - 12pm.

**AVS:** Jean the AVS facilitator is looking for volunteer visitors, please contact Jen 09 407 4474 .

If you know of anyone that would like to have a visitor, you can self refer we would love that; contact Jean.

## TIPS TO FIGHT FOOD WASTE

With the cost of living so high, one way to save money is to not waste any food. We typically throw away hundreds of dollars each year on food waste. Plus, all the water, energy and fuel that helped bring those ingredients into your kitchen can end up going to waste as well. And when unused food ends up as landfill, it produces methane, a potent greenhouse gas.



**Know when to throw:** Use-by vs best-before  
The use-by date shows when a product must be consumed by. It's a serious business, as eating something past its use-by date could compromise your health. Eating something after it has passed its best-before date, on the other hand, isn't necessarily unsafe, but the food may have deteriorated in quality.

**Waste not, want not** - Storing food correctly can help it last the distance. Here are the best ways to store seven common food items:

- Eggs In their carton in the fridge for up to six weeks
- Bread In the pantry or bread box for two to five days
- Cooked pasta Refrigerated and eaten within three days
- Berries In the crisper for two to four days
- Fresh meat Sealed tight in the bottom of the fridge for three to five days
- Milk In the coldest part of the fridge (not in the door)
- Avocados at room temperature until cut, then place in the fridge with the stone for up to one week.

Ref: Love Food Hate Waste, [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz) and Healthy Food Guide.

## NIA - YOUNG AT HEART: Contact Carien on 021 110 1051

### SEAT TO HEAL

Nia is a barefoot cardiac-dance movement practice that blends diverse, energizing music with easy to follow choreography. The moves are inspired by the power and precision of the martial arts, the expression and playfulness of dance and the mindfulness of healing arts, such as yoga.



In the Move to Heal/Seated Nia Class everyone has a chair and the option to stand and move or to sit and move throughout the Class. Participants have varying levels of fitness and choose their own pace. Many have found these classes helpful for preparation or recovery from surgery, stroke or other illness and have discovered exercise that is enjoyable and fun! The Class offers an inclusive and supportive environment, promoting mindful awareness of the body and joy.

**Beginners are always welcome.**

Enquiries to Davida - 027 3440 413  
Currently classes are around 30 minutes duration and are held at Kingston House  
Mondays - 11am  
Thursdays - 11.30am.

The price for Age Concern members is \$5 per Class.



## TIPS TO HELP WITH ANXIETY ATTACKS

**Look around you.**

Find five things you can see

Four things you can touch

Three things you can hear

Two things you can smell

and One thing you can taste

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.

## Trip to Whangarei to take in the Operatunity show HOEDOWN SHOWDOWN



### HOEDOWN SHOWDOWN

*Brimming with tomfoolery, extravagant outfits and toe-tapping tunes that'll have you dancing in the aisles.*

**Friday 31st May in Whangarei.**  
**Join us on the bus leaving Kingston House**  
**at 9am returning around 2.30pm.**  
**The Cost: \$22 for bus and \$35 for show.**  
**You must register by phoning 09 407 4474**

### A chance to save lives

If you have thought about giving blood or plasma, now is the time to check you are eligible.

The New Zealand Blood Service increased the upper age limit for first-time blood and plasma donors to 71. Existing donors are able to keep donating until the age of 81.

**To donate you also need to be**  
**At least 150cm tall**  
**Weigh at least 50kg**

More than 5,000 donations are needed every week to meet demand, but less than four percent of the eligible New Zealand population donates. The service often has free appointments during the day, as many people prefer to donate in the evening. If you have flexibility in your day – perhaps you could consider becoming a donor?

When giving blood, approximately 470ml is collected. The entire process, from when you sign in, to the time you leave, takes about an hour. The actual time spent on the bed is five to 10 minutes.

Blood can be donated every 84 days, up to four times a year. Each time you donate, your blood is separated into three components, red cells, platelets and plasma.

Red cells are used during surgery or to treat people with anaemia. Platelets help those with severe bleeding or leukaemia.

Plasma makes up over half the volume of blood and is packed full of proteins and antibodies. It can be used to make up to 11 lifesaving treatments.

Plasma-only donations are also an option. Plasma can be donated every two weeks. The entire process, from signing in, to the time you leave, takes about 90 minutes.

Two to three times more plasma can be collected compared to a blood donation when using this method.

For those of you who were unable to give blood or plasma because you lived in the United Kingdom, France of the Republic of Ireland between 1980 and 1996, this restriction will soon be lifted.

If you have questions about your eligibility to donate, call 0800 448 325 and ask to speak with a nurse. To find out more information, including if you're eligible to donate blood or plasma, visit [nzblood.co.nz](http://nzblood.co.nz)

### Meet and Greet Friday April 28

We keep learning! Raewyn Smythe from Search and Rescue assured us of that!

Raewyn is one of the wonderful volunteers who, along with others, willingly donates her time to operating the Wanderer Button.

This device which you wear like a St John Button around your neck, works on radio frequency so that it extends for eight kilometres. It is intended for use with dementia patients, for young ADHA children who wander or even in some instances for the blind.

In Northland this service is free and surely gives peace of mind to anyone who is caring for a wandering loved one.

It is robust and when a loved one is lost, the carer can ring headquarters and Search and Rescue springs into action.

**Raewyn's number is 022 128 5475 if you need to find out more about this.**

There will **NOT** be a Meet and Greet on 31st May as we will be at Hoedown Showdown in Whangarei.

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### Cervical screening is important

Cervical cancer is one of the most preventable. Regular cervical screening and human papillomavirus (HPV) immunisation are the best ways to protect yourself.

Screening allows for early detection, follow-up testing and treatment. It finds early warning signs before they become cancer.

Find out about HPV and cervical cancer at <https://www.timetoscreen.nz/about-this-site/contact-us/>, email [screening@health.govt.nz](mailto:screening@health.govt.nz) or phone 0800 729 729

### BOWEL CANCER SCREENING

Bowel cancer is one of Aotearoa's most common and second highest cause of death by cancer. Early detection is important, and screen testing aims to save lives by finding the cancer at an early stage, when it can most often be treated.

Free, at-home tests are available to eligible people. For more about the test, on who is eligible and local initiatives <http://tinyurl.com/3mmmmrc8> - which includes videos in 11 different languages - or phone 0800 924 432 or email [info@bowelscreening.health.nz](mailto:info@bowelscreening.health.nz)



This little test helps find bowel cancer early

### Free shingles vaccine eligibility

The shingles vaccination is free for 12 months after your 65th birthday. You need two doses, two to six months apart. The second dose will be free, even if you've turned 66. If you're eligible, you can get the vaccination from your nurse, doctor, healthcare provider, and some pharmacies.

One night, a Viking named Rudolph the Red was looking out of the window and said: "It's going to rain." His wife asked: "How do you know?"

"Because," he said, "Rudolph the Red knows rain, dear."

### Prostate warning signs

Every man "of a certain age" has experienced the urge. You suddenly feel a strong pressure in your bladder and the need to urinate becomes an inevitable rush to a lavatory. Such urges can happen at night, disrupting vital sleep.

This rush is something that King Charles III, admitted to a London hospital in January, might have encountered prior to his decision to undergo prostate surgery.

Your kidneys produce urine. The liquid waste then travels down ducts

called ureters to the bladder. In a male, the urethra runs through a part of the reproductive system called the prostate. Its function is to produce nourishing fluid that transports sperm.

As the body ages, factors such as family history, lifestyle and hormonal changes can cause the prostate to enlarge. This common condition, known as benign prostatic hyperplasia, varies in severity, and is often noticeable around age 50.

It's important to note that benign prostatic hyperplasia is not associated with prostate cancer and does not increase your cancer risk. However, it can make prostate cancer screening more challenging.

Therefore, regular check-ups including a digital rectal exam and discussions with your health care provider are crucial. If you notice changes in urination, consult your doctor.

Prostates can range in size from a walnut to larger than a baseball. All prostates grow, but not all prostates cause symptoms. A mildly enlarged prostate can cause noticeable symptoms such as a weaker stream when urinating or increased frequency, especially at night. A significantly enlarged one might not cause any symptoms.

King Charles' need for improvement in quality of life highlights the importance of paying attention to these symptoms.

*This article was edited from a contribution to CNN from Dr. Jamin Brahmhatt, a urologist. For the full article, including a discussion on effective medical and surgical options: <http://tinyurl.com/mr34jb7a>*



### SAFETY CHECK FOR WINTER

With winter just around the corner and daylight hours getting shorter, it's a good time to attend to outdoor safety and security issues so we stay safe when we're out and about through the cooler months of the year.

**Slip hazards outside** - Paths and decks can be hazardous when their surfaces become slippery. Water-blast hard surfaces such as wooden decking, and concrete and brick paths.

**Uneven surfaces** - Lumps and bumps in lawns or soft surface paths are a trip hazard. Grab the spade or shovel and chip and level grassed areas.

**Access ways** - One of the most used after-dark access ways is from your vehicle parking spot to the door of your home if you don't have internal access. Keep it clear of any objects such as planters, garden ornaments, or foliage. Even in the garage make sure the path to the door is clear.

**Lighting** - Outdoor lighting illuminates' paths for you and guests, and is also a deterrent to those you don't want on your property. Check outdoor lights are operating, and bulbs are clean. If you don't already have sensor lights, consider getting them installed.

**At the door** - Your door is a gateway to friends and family, but also to strangers. Don't open it to those you don't know and trust. If you don't already have a security screen door, consider having one fitted. At the very least, have a security chain fitted and check that the front and back door locks are robust.

**Tradies** - When engaging trades people, stick with a company you have used in the past, ask for the name of the staff member who will be calling, and their approximate arrival time. When they arrive, ask to see their card before you invite them into your house.

**Loose items** - When you're done with garden chairs, and any other loose items in your yard, pop them away in the garage or secure them - autumn gales, they can cause them to take flight and damage walls and windows.

**Emergency kit** - Pop a kit into the boot of your car which includes a neon safety vest (in case you have to check the exterior of the car at night), torch, warm rug, snacks, and water. Also have a phone charger cable plugged into the cigarette lighter.

Ref: Grownups online

### BENEFITS OF AN EPA

Not having a power of attorney can have upsetting consequences and could mean a longer hospital stay. Older people have had to wait up to five weeks in hospital beds due to not having the legal representation to be discharged.

Not having an enduring power of attorney (EPA) in place can prevent older people from being able to easily move into a residential care home from hospital. If a family member suddenly loses capacity, an application for a welfare guardian has to be put through the Family Court, and this legal process can be "time-consuming".

It could also mean patients in hospital have to continue paying rent or electricity bills, because no one has the power to end living arrangement agreements for them. A personal care and welfare EPA allows a person to make choices for another when they are deemed to lack the capacity to make rational decisions. There is a cost but ask round for the best price - shouldn't be more than \$450, as a guideline.

The old begin to complain of the conduct of the young, when they themselves can no longer set a bad example.

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# Plan for retirement

There are many pitfalls and surprises to watch out for when planning a happy retirement.



## 1. Not planning for retirement early enough in life

Many Kiwis make the mistake of procrastinating on their retirement planning, or assuming they don't have enough to bother planning with. It's essential to get proactive at least five years before retirement, and ideally 10 to 15 years beforehand, so you have the opportunity to harness the power of compound investing.

## 2. Not developing interests outside work

Retirement isn't just about hanging up the work boots; it's a chance to enjoy a whole new phase of life and lean into the things that bring you real joy in life.

The years leading up to retirement, the prime time of your life, is the ideal time to build a portfolio of things that you are passionate about, new pursuits or hobbies, epic holiday plans, a greater focus on your health, purposeful work projects and quality time with family and friends.

Focusing solely on your career or job right up to retirement can lead to a feeling of relevance deprivation after retirement. And that is avoidable.

## 3. Retiring too early

So many people jump the gun on retirement, underestimating the financial and psychological impacts. Retiring early might seem enticing, but it often leads to financial strain and boredom. Quite frequently these people find their way back into the workforce later.

Experiment with part-time work and part-time retirement.

## 4. Underestimating their real cost of living

We all like to tell ourselves that we're spending less than we are. But it's not until we build a budget from our actual bills and expenses and project forward that we can recognise just how much we need to cover our desired living expenses in retirement.

Practice living on your projected retirement budget – and see how you go for a month.

## 5. Withdrawing all their superannuation when they retire for dumb reasons

The fundamental purpose of private superannuation, such as KiwiSaver, is to serve as a financial nest egg, ensuring a dependable income stream throughout retirement.

Drawing it all out as a lump sum runs counter to the very essence of superannuation's designed purpose, and it certainly sees those people missing out on a lifetime of earnings unless they have a real strategy behind their decision.

## 6. Dragging debts into retirement

One of the most common questions is: "What do I do about my mortgage when I retire?" Debt is designed for a time in life when you have the income to pay it down.

It's much better to take proactive steps to demolish your debt in the years leading up to retirement. Plan your retirement date after the debts are cleared.

*The best way to avoid mistakes is to get some advice when you do your retirement planning. It's often worth it.*

*Bec Wilson is the author of the bestselling book **How to Have an Epic Retirement** and host of the new podcast **Prime Time with Bec Wilson**. She writes a weekly newsletter at [epicretirement.net](https://epicretirement.net).*

## My Health Record is live

My Health Record is a secure website that gives people access to their immunisation records and COVID-19 test results. It also provides parents with children under 12 years old the option to link to their children's immunisation records.

Over time, Health New Zealand | Te Whatu Ora will make more information available, such as current and past medications, lab results and community services and high use card entitlements.

To sign up, go to: <https://identity.health.nz/>

## Silverbeet with lemon and walnuts



- 1 bunch silverbeet
- 2 tsp olive oil
- 1 garlic clove, finely chopped
- 1/3 cup chopped walnuts
- 1 tsp finely grated lemon rind
- 1 tbsp lemon juice

### Step 1

Remove and discard stems from 1 bunch silverbeet. Roughly chop leaves.

### Step 2

Heat 2 tsp olive oil in a large, deep frying pan over medium heat. Add 1 garlic clove, finely chopped and 1/3 cup chopped walnuts. Cook for 3 to 4 minutes or until walnuts are toasted. Add silverbeet. Cook for 2 to 3 minutes or until just wilted. Add 1 tsp finely grated lemon rind and 1 tbsp lemon juice. Season with salt and pepper. Toss to combine. Serve.

## OLD FASHIONED FUDGE CAKE

(uncooked)

- |                                     |                     |
|-------------------------------------|---------------------|
| 125 gm Butter melted                | 1 tablespoon Cocoa  |
| 1 tspn Vanilla Essence              | 3 tablespoons Sugar |
| 1 Egg                               | 1 Pkt Vanilla Wine  |
| 1/2 cup Walnuts<br>(chopped finely) | Biscuits crushed    |

**Method:** Melt butter in pot add sugar, cocoa and vanilla (do not let get too hot) then break in egg and mix well then add the crushed biscuits and walnuts. Press into greased sponge roll tin and ice with chocolate icing. Put in fridge to set before slicing. Keep in fridge.

**Special chocolate icing:** 1 cake of milk chocolate and 30gms butter melted in microwave.

Keeps well in fridge.

Can double this mixture to make thicker slices.

## Pumpkin and Kumara Soup

I have recently been buying Butter Cups as they make lovely soup, nicer than pumpkin and have been on special lately. I have already made some soup for myself and Cheryl and some in freezer.



### Ingredients:

1. One whole Buttercup cut into pieces and peeled
2. Three large Onions peeled and cut into slices
3. Three or four Kumaras peeled and cut into chunks (how many depends on size)
4. One Teaspoon Salt
5. Four Teaspoons Maggi Chicken Stock
6. Two tablespoons Brown Sugar
7. One Teaspoon Curry Powder

### Method:

1. Put first five ingredients in large pot and cover with water and bring to boil. Then simmer for about 30 minutes until soft.
2. Add Brown Sugar and Curry for the last ten minutes of cooking.
3. Take off heat and cool a little then either puree with a Stick Blender or a Kitchen Whizz.

Freezes well.

## A quick tasty and nutritious meal for Lunch or a Light Dinner

One ripe Avocado cut in half and stoned (*press ends to see if ripe which will be soft as pressing sides bruises them*)  
1 small tin of salmon  
Mayonnaise  
1 – 2 slices bread or Garlic Bread

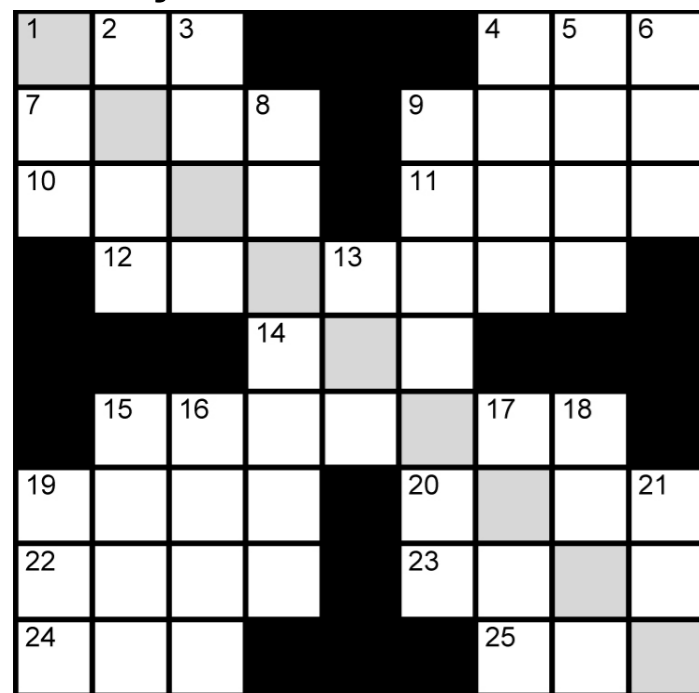
### Method:

Put Salmon in Avocado and Mayonnaise on top.

Enjoy

I regularly make the Condensed Milk and Vinegar Mayonnaise as keeps for ages in Jam Jar in fridge.

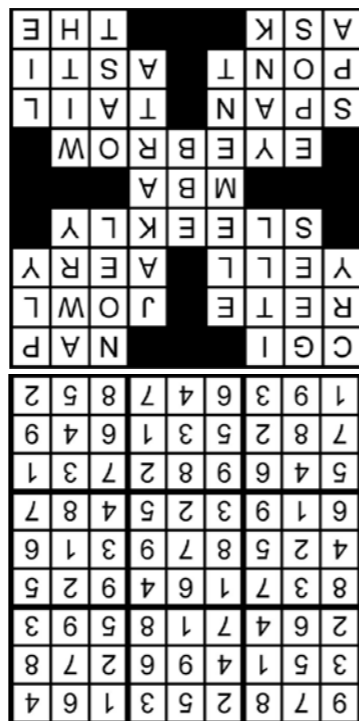
### Holiday Goal



- Across  
 1. Movie SFX  
 4. Short snooze  
 7. Neural network  
 9. Cheek  
 10. Scream

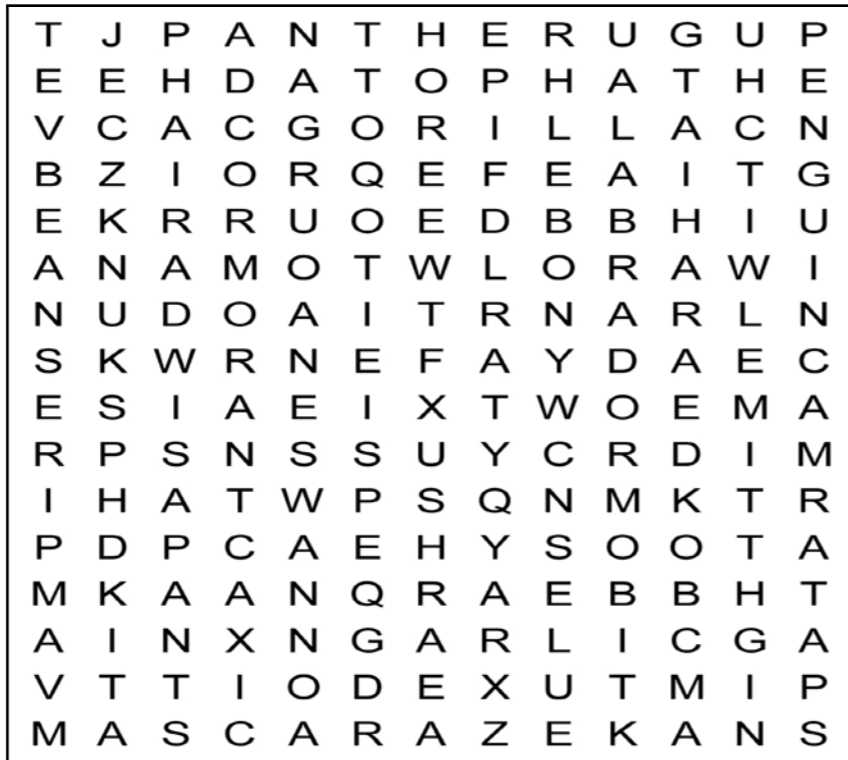
11. Eagle's nest  
 12. In a smooth manner  
 14. Wharton degree  
 15. Facial feature  
 19. Reach across  
 20. Peacock's pride  
 22. Bridge, in Bretagne  
 23. \_\_\_ Spumante  
 24. Inquire  
 25. Café alternative

- Down  
 1. Weep  
 2. The Bee \_\_\_  
 3. "\_\_\_ have to do"  
 4. Christmas carol  
 5. Not straight  
 6. Thickness  
 8. Periodic table listing  
 9. Capital of Indonesia  
 13. "Chicago" lyricist  
 15. Heroic poem  
 16. Tug sharply  
 17. Brewer's equipment  
 18. Accompanying  
 19. Hot springs  
 21. Fanciful story



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

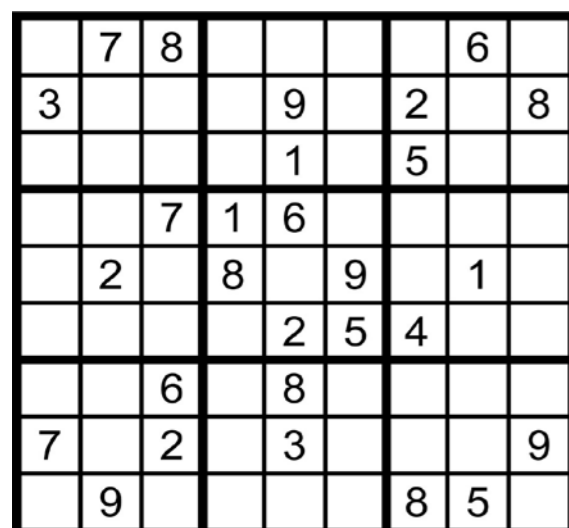
### PAINT IT BLACK



How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

- |           |             |         |
|-----------|-------------|---------|
| ANTS      | GARLIC      | QUINOA  |
| ASH       | GORILLA     | RICE    |
| ASPHALT   | HAIR        | SKUNK   |
| BEANS     | INK         | SNAKE   |
| BEAR      | LABRADOR    | SOOT    |
| CAT       | MASCARA     | SWAN    |
| COAL      | NIGHTTIME   | TAR     |
| CORMORANT | ONYX        | TARMAC  |
| CROW      | PANDA       | TEA     |
| DRESS     | PANTHER     | TOP HAT |
| EBONY     | PENGUIN     | TUXEDO  |
|           | PIRATE FLAG | VAMPIRE |
|           | PUG         | WITCH   |

### SUDOKU



### Accredited Visiting Service (AVS)



**Do you enjoy people?  
 Do you have an hour a week  
 free when you could pop in and  
 brighten someone's day?**

Our Accredited Visitor Service always needs volunteers who like meeting people and who are positive in their outlook. Your job would be to visit someone who has limited contact with others due to a multitude of reasons, for an hour each week, bringing them news of the outside world.

**Or maybe you know someone who  
 needs a friend for a chat?**

Often losing a license or having a fall ties people to their homes. The death of a spouse leaves a gap in their life, the beginnings of dementia isolates. An AVS visitor can make a lot of difference to someone like this.

**If you do know someone, get in  
 touch. If you can help, see us.**

We offer a little training for visitors and suggest some guidelines. We will match anyone who is isolated with a friendly face. It is amazing how moods can lift through talking to a friend, especially when they are not family. Companionship eases life's worries.

And there are also advantages for the visitor. They learn a little about another's history and life. Life long friendships develop. You will be amazed at how invested you become in your "client"

**Give it a try!**

## MEMBERSHIP FORM



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 Email: info@acmn.org.nz**

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 DONATION: \$..... Thank you

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ADDRESS .....

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EMAIL .....

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# LAW NORTH

## LAWYERS

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

## HELP!

### MY NEIGHBOURS TREES ARE STRESSING ME OUT!



Getting on with your neighbour has many benefits, but in our experience a surprising number of neighbours fall out over disputes relating to trees. There are two situations where a problem can arise: first when a neighbour has a tree completely on their property which for whatever reason is causing problems and second, when a neighbour's tree encroaches onto your property. In this brief article we will deal with the first situation, and in the next article we will cover the second.

A neighbour's trees can be a problem if they are dropping branches or leaves onto your property and causing damage. Or, perhaps more common in Northland, when they are blocking your view. In both situations, you do have some rights to request trimming or removal of the tree.

The first step should always be to talk to your neighbour first. If you can work out a solution with them first, then the neighbourly relationship can be preserved, and the problem will be resolved.

If that doesn't work, then you can apply to the District Court for an order that would mean your neighbour would need to trim or remove the tree. When deciding on whether to grant the order the judge will weigh up whether it is fair and reasonable to remove or trim the trees. A full list of points the judge would consider is in the Property Law Act 2007 s335 (1) but some of them include:

- A risk to your property, health or life;
- An unreasonable obstruction of your view;
- Any unreasonable interference with your drains or gutters caused by fallen leaves or other parts of the plant, or by the tree's roots.

Be aware that most of the time, the applicant (you), will need to cover the reasonable cost of any work done to comply with the order, unless the judge is satisfied that the conduct of the defendant means they should pay all or a share of the cost of the work. This information will be included in the order.

Once the order is granted your neighbour has 20 days to comply, if they don't comply then you can either gain the neighbour's permission to do it yourself or have the judge grant you permission to go on to their property and complete the work. If you have to do it yourself under these circumstances, then you will be entitled to recover the full cost from your neighbour.

Court action can be a costly, and a time-consuming process. We always suggest discussing things with your neighbour to try and work out a fair solution before going to Court. However, if you have already tried speaking to your neighbour, and feel that Court is your only option, we suggest you speak to your solicitor who can advise you on how to progress matters. They would usually try and resolve the dispute amicably also before going to Court.

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

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BUYING/SELLING PROPERTY