

SPRING 2024 QUARTERLY NEWSLETTER

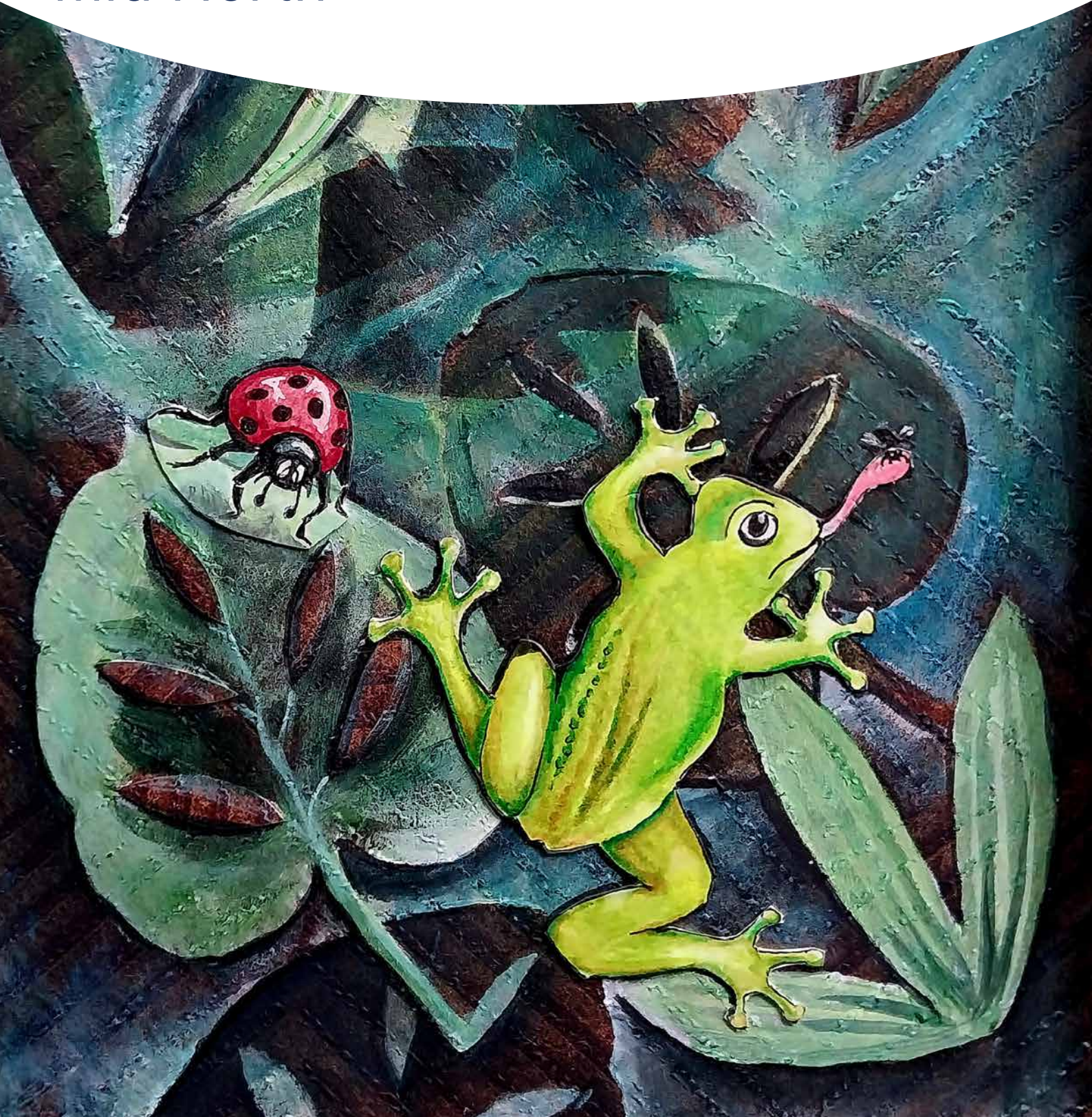
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Age Concern Mid North



**AGE
CONCERN
MID-NORTH**

He Manaakitanga
Kaumātua Aotearoa



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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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From the President

I do hope you are all coping with the chilly weather. I have found I have had to use my heater far more this winter than any other year.

After reading Age Concern New Zealand's weekly newsletters I decided we all needed reminding including myself to beware of fire in winter and how quickly and easily a fire can start.

Electric Blanket: Check the heat before you sleep. A faulty electric blanket is a fire waiting to happen. If you feel unusually hot patches in your blanket or if it is more than five years old replace it now. *(I am having to replace mine after reading this article).*

Chimney alright before you first light: Get your chimney cleaned before the first fire of the season.

Cool ash before you stash – soak with water in a metal bucket: This is most important. *(When I was a teenager, a fire started under the house next door late at night due to hot ashes that were dumped way down in the back garden in the morning which then blew a huge distance during the day and caused a major fire. Twin babies died and three other children were badly burnt. I helped to carry these children to a neighbour not realising how badly burnt they were at the time as in the dark and it is one thing I have never forgotten.)* I have been very wary of fire ever since then.

A metre from the heater – keep everything at a safe distance: It is tempting to hang winter laundry near a heater. But unless it is a metre away your clothes are a fire waiting to happen.

A clean dryer avoids fire – remove lint before every use: That lint in your dryer's filter? It's a fire waiting to happen.

EQC IS NOW THE NATURAL HAZARDS COMMISSION – Toka Tu Ake

On 1 July 2024, our new governing legislation the Natural Hazards Act 2023, came into effect replacing the Earthquake Commission Act 1993.

Get to know your natural hazards cover.

Cover for your home and land.

This Act provides natural hazards cover for your home, and some related buildings and structures such as sheds and garages.

Although the scheme is mostly intended to help repair damaged homes, it also provides some cover for the land used for supporting and accessing a home.

Five things you can do:

1. Regularly check your private insurance policy provides enough cover to rebuild your home.

2. Understand which area of your land might not be covered by natural hazards cover,
3. Learn about the risks to your property. And how the land around you might be affected.
4. Seek expert advice about how to reduce your risks from builders, engineers.
5. Plan for how you'd manage after an event; re insurance claims and rebuilding which takes time.

You automatically have NH Cover if you have a home insurance policy that includes fire cover.

You are covered for damage from a range of natural hazards, not just earthquakes.

EQC cover the first \$300k of damage to your home, then your private insurance policy kicks in.

They provide limited cover for the land under and around your home.

If you need to make a claim, call your private insurer.

I do hope this advice from Age Concern New Zealand is as helpful to you as it was to me.

Kind Regards *Jan Flowers*


Scam-proofing toolkit
 Netsafe has launched a new free nationwide initiative to arm older New Zealanders with the skills and know-how to keep themselves safe online.
 The Get Set Up for Safety joint project with Chorus, includes a toolkit of guides, videos, and other resources with practical advice on everything from fundamental online safety and security habits through to protection from financial scams and safer online shopping and socialising.
 Get Set Up for Safety resources will be freely available to access, download, or print out from the Netsafe website at www.netsafe.org.nz/olderpeople.
 Printed pamphlets will be available over the coming months, at public libraries, Citizens Advice Bureaus, Chorus community events, Digital Seniors hubs and Age Concern regional offices.

I finally did it!
 Bought a new pair of shoes with memory foam insoles. No more forgetting why I walked into the kitchen.

From the Managers Desk

The new financial year started on July 1st 2024. We have a great selection of activities that we are offering.

Strength and Balance: Two locations Kerikeri on a Tuesday (one week on a Wednesday) the facilitator is Jean. Kaikohe on a Thursday the facilitators are Cathy and Pa. What will you gain or achieve by attending these classes? Increased levels of physical activity, a reduction in the possibility of injuries and falls, by improving your balance. These classes are free and are 1 hour long.

Art + (Mindfulness) Joyful Journaling is a weekly practice that allows for opportunities to mindfully create and connect with others. Activities include drawing, painting, collage, writing and other fun activities. Most resources are supplied no art or experience is needed. Sessions explore or theme and produce a unique image within the pages of mixed media journal. The outcome is not found on the page but within - creativity, freedom, choice and problem solving, mindfulness, deeper connection with self and others, joy and personal growth. This is very healing as it is good for the mind, body and spirit. The facilitator Kim would say "When you find your people, it's like breathing an air you never knew existed....." see dates advertised in the newsletter. This activity has a term fee \$15 for the (10 weeks) the sessions are 1 ½ hours long

Meet and Greet: This is a members and friends opportunity to meet and engage with new people. A

presentation from an invited person of knowledge on health related issues that are relative to the older person. Wonderful morning tea. This event is from 10am – 12pm. Pon the last Friday of the month.

Young at Heart: (Non impact aerobics) Nia is a movement class that has 52 moves. It involves "your body's way" and enjoying the music. NIA is a barefoot practice (shoes ok) movement is to music. Age Concern Mid North has supported this activity for the last 7 years and we believe that it increases the level of physical fitness. Mental awareness and social fun and joy. This activity runs for an hour fee is \$10 per session. Facilitator is Carien.

Seat to Heal: This is a seated activity to music. Many find these classes helpful for preparation or recovery from surgery, stroke or other illnesses. The class offers exercises that are enjoyable promoting mindful awareness of the body and joy. Your facilitator is Davida classes are ½ hour twice weekly cost \$5 a sessions.

Tech for Seniors: You need to contact us on 09 4074474 to make an arrangement with the tutor. The tutor is Stephen, this is a free activity.

Legal Clinic: To make an appointment phone or call in the office 044974474. The lawyer is Graham clinics are on the 1st Wednesday of the month between 12pm -1pm

Your subscription is now due for the 24/25 year. \$25 single \$30 Double. If you pay on line please make sure you reference your name. Eftpos is available at the office.

Artwork by Gina Weigel, as pictured on the front cover, from our Art+ and Mindfulness class.



AGE CONCERN MID NORTH

ANNUAL GENERAL MEETING

25 OCTOBER 2024

10AM - 12PM



Steady As You Go Exercise Classes

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

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

Participants listen to their bodies and are encouraged to try within 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

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Age Concern Mid North CALENDAR OF EVENTS

Tech for Seniors: Appointments required phone 09 407 4474.

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.

The Mayonnaise Jar and Two Cups of Coffee

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the two cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes". The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed. "Now," said the professor, as the laughter subsided, I want you to recognize that this jar represents your life. The golf balls are the important things in life. Your God, your family, your children, your health, your friends, and your favourite passions: things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else: the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean house and fix the disposal. Take care of the golf balls first; the things that really matter. Set your priorities. The rest is just sand. One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked."

It just goes to show you that no matter how full your life may seem, there's always room for couple of cups of coffee with a friend."



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.

Falls prevention is everyone's business

April was ACC's falls prevention month but it's best to be alert to the risk all the time. There are measures you can take to keep from losing balance.

These include:

- Wear well-fitting shoes
- Avoid wet or slippery floors
- Use handrails in hallways and bathrooms
- Use your walking aids appropriately
- Have a night light or easily accessible light for getting up at night
- Do not use an IV pole, tray table, or easily moveable object to steady yourself
- Ask for assistance if you need it, particularly if you feel dizzy, weak, or light-headed.



The ACC's free digital balance app 'Nymbi' enables people to regularly do balance exercises, wherever they are and whenever they want regularly (10 minutes a day). The website is <https://tinyurl.com/3ekjwz3>.

Trip to Whangarei to take in the Operatunity show CHRISTMAS ROYAL VARIETY SHOW



In our biggest Christmas extravaganza ever, bubble over with excitement as we end the year with variety acts and special guests!

Friday 15th November in Whangarei.
Join us on the bus leaving Kingston House
at 8.45am returning around 2.30pm.
The Cost: \$25 for bus and \$35 for show.
You must register by phoning 09 407 4474
(20 seats available)

Credit cards



The number one rule with a credit card is to pay off your balance in full each month. Otherwise you'll be paying high interest charges - about 20 percent - on money owed

Avoid the minimum payment trap:

Don't be tempted to pay just the minimum - minimum payments are designed to benefit the bank, not you, and you'll be charged interest on the outstanding balance.

Don't get caught by steep annual fees:

The other trap with credit cards is the annual fee. This fee will be much higher if your card is linked to a rewards scheme. Credit card rewards schemes only really reward big spenders. Unless you spend more than \$25,000 every two years - and pay off your card at the end of each month - most schemes won't be worth it. You'll be better off by switching to a card with no (or a low) annual fee.

AIR-CLEANING PLANTS

Grow the following plants in your home to breathe easier. Rubber plant, Aloe Vera, Peace Lily, Ficus and Spider Plant are good examples.

Spider Plant is native to Africa and removes smog, formaldehyde, benzene and xylene—found in auto exhaust, synthetic perfume and paint. A NASA study found this plant can remove 96 percent of the carbon monoxide and 99 percent of the nitrogen dioxide within a sealed chamber. This resilient plant thrives in a variety of environments but prefers medium to bright light, so avoid extended amounts of direct sun. Spider plant is very easy to grow and care for. It doesn't need a lot of attention, and is terrific for busy people who don't have time for gardening.



Appearance and characteristics of spider plants

Spider plant grows from a fleshy root known as a tuber. Each plant is capable of producing multiple tubers and have white central striping or white margins on each blade.

Spider plant's flowers are small, white-green and in clusters on arching stems that grow 75cm or longer. The tip of each stem produces a small bunch of leaves and these are the 'spiderettes' or 'chickens' of the mother plant. Simply cut off some of the plantlets and pot them up or put them in a glass or bowl of water. They'll grow roots in no time!

When to consider a debit card:

Debit cards can be used over the internet just like credit cards and over the counter when you're overseas, and their annual fees are much lower (in some cases non-existent).

The big difference with a debit card is that it's like cash: it draws on the money in your bank account, so you're not getting yourself into debt. However, if you always pay off your credit card each month, there may be no real benefit from switching to a debit card. You'll lose the interest-free period on purchases that you get with a credit card.

consumer.org.nz

Breast screening: Free breast screening has been extended to women aged 70-74. Previously it was for 45 to 69-year-olds. Breast cancer is the most common cancer among New Zealand women. Finding more cancers early through breast screening means better treatment outcomes. Around 120,000 additional women will be eligible for screening every two years. The extension will be phased in. More information: <https://tinyurl.com/3p7z7wus>

INTERNET BANKING

When making a payment to someone online, unless the details are already in your payees list, the bank account number you enter and the person's name, is not verified by the bank. To explain – the banking system does not check that the payee's name matches the account number. In the past when writing a cheque everyone was protected

New Zealand's retail banks say they are on track to start rolling out a significant anti scam measure by the end of the year. 'Confirmation of payee' will help people making an online payment from one bank account to another to check whether they're paying the right account and may help identify payments to scammers. It will also help people avoid making mistaken payments to the wrong account.

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1ST OCTOBER

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Contact Kim
Call 021 0346859
kimmorris@xtra.co.nz

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TERM 3 - 10 sessions
Starts 25 July 2024

FREE sessions for Age Concern members.
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Stave off loneliness: make an effort to make friends

The Aged Care Commissioner
is urging elderly New Zealanders
to get out and about.



Carolyn Cooper said social isolation and loneliness had a range of mental and physical impacts – such as a substantial increase in the likelihood of dementia, coronary artery disease, and strokes. She said loneliness was particularly common in the older population and urged elderly people to take initiative and make new

connections. "It's useful to be aware of what's happening in your community. There'll be a number of opportunities for social activities." Organisations such as Age Concern, libraries, Volunteer groups, and Grey Power had social connection programmes for people who did not know where to start. Try new hobbies and make friends. "I know it's hard to do as you age, but it's really worth it for your health to find something you enjoy with people you get on with."

How I beat my inner ageist

Rachel McAlpine

Ten years ago, aged 74, I got the shock of my life when my GP told me that I would live to 99. A bunch of online life expectancy calculators told me the same story.



But why was I shocked? After all, according to Stats NZ, average life expectancy for a New Zealand woman born in February 1940 is 92. That's regardless of ethnicity, health, education, or lifestyle.

But why did this enrage me? Because in my subconscious lurked two repulsive ageists. Glumia, who moans and wails and tells me I'm ugly and weak. Smugilla, who believes I will be young forever, thanks to my moral superiority. They both hate the future me, the very old me who is coming, ready or not. Luckily, I did something about it — instead of nothing. I set up a project. I gave myself one year to understudy for the role of someone old. I was confused but I was committed. Month by month I tackled housing, eating, exercise, finance, hobbies, friends, voice happiness, brain, mind, identity, and lastly, nervously the existential bit. I called this my "boot camp for the bonus years", but it was never a boot camp. It was more like a checklist of little things to tick off, one area per month. So easy, so satisfying. And believe it or not, that's all it took to kick my fear and loathing of old age out the door.

Audit, action, and applaud those tiny changes

If you dread old age, I'm not suggesting you do the very same thing. You can't control everything, but you might plan your very own do-something project.

1. Do something, not nothing. That alone gives you confidence. And do it your way.
2. Unlike me, do it with a friend or two. So much better.
3. Include all the obvious, evidence-based danger points: smoking, exercise, food, sleep, social connections, and sticking with meds for blood pressure or heart conditions. Then add your own extras.
4. Aim small. Make tiny tweaks, take baby steps, just one or two small changes at a time.
5. Celebrate every little change you make. Never mind if some don't stick: some will, and that's enough. Seriously, pat yourself on the back every day!

Precious by-products of my boot camp

I learned how to start new habits. This is handy because our later years bring age-related changes that require us to solve problems and adapt our behaviour. My own results still surprise me. Although my boot camp was a bitsy series of tiny changes, they created one major organic, integrated change. Now I feel I have some control over this stage of my life. I'm stronger and I have tools to cope. Glumia is gone for good, vanished in a puff of spit. Smugilla has left the building, but she is still out there somewhere ... which keeps me on my toes.

Rachel McAlpine is a New Zealand writer, who through plays, poetry and online blogs has worked to debunk ageing stereotypes.

Office for Seniors

Salmon Patties

Salmon patties provide a light alternative to beef burgers. Light and versatile, these salmon patties pack a powerful nutritional punch with fewer calories than a beef patty, and can be prepared and cooked in just a few minutes. There's no need to prep the salmon yourself, either, wild-caught canned salmon works best, and provides the same heart-healthy omega-3 fatty acids as a fresh fish at a budget-friendly price point and without the extra prep steps.

Served on a bun, salmon patties go well with a variety of condiments -- try mayonnaise (light or regular) flavored with Old Bay seasoning, crisp butter lettuce, and pickled onion. You can also try them as part of a fresh salad with dark greens and a sharp vinaigrette.

Ingredients

- 15-ounce can wild-caught salmon
- 2 eggs
- 1/2 cup breadcrumbs
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 chopped fresh herbs of your choice, such as parsley or dill
- Generous squeeze of fresh lemon juice
- Olive oil for cooking

Directions

Drain salmon well and remove bones if needed -- the bones are very soft and edible, so don't worry if you lose track of a few. Use a fork to flake the salmon into small pieces, then mix with all other ingredients. Let the mixture sit for two or three minutes to allow the breadcrumbs to absorb moisture. If the mixture doesn't hold together when squished into a ball, add a tablespoon of milk and mix again. Divide the mixture and form 3 or 4 flat patties.

To cook, drizzle olive oil in a skillet (nonstick works well) over medium high heat. When skillet is hot (a drop of water should sizzle), place the burgers gently in the pan and cook on each side until golden brown -- about 3 minutes. Place on paper towel to drain briefly and sprinkle with additional salt to finish, then serve.

Calories per patty (if divided into four patties): 239



Renewing your driver licence after 75



Dr Luke Bradford, Medical
Director of Royal New Zealand College of GPs

Just like a driving test, having a medical examination to ensure you are still fit to drive can be daunting – but it is important, both for your own safety and the safety of other road users.

You must renew your driver licence on or before its expiry date if you wish to continue driving after you turn 75, but you cannot renew it more than six months in advance.

You will be sent a driver licence renewal pack about eight weeks before your licence is due to expire.

To renew your license at 75, 80 and every two years after, you will need a medical exam to assess fitness to drive.

Eyesight and cognitive ability are common reasons why GPs will advise patients to stop driving. This test is designed to ensure patients are physically and mentally still able to manage driving a vehicle and respond appropriately to any associated risks or hazards.

What to expect

At the consultation, you'll talk through your medical history and any concerns. If you've been with your GP for a long period of time, this shouldn't take long as they will have a good idea of your overall health and wellbeing and any concerns are likely already being treated and/or discussed. Your GP may also gain additional history from spouses and/or children if they are with you at the examination.

There are some medical conditions that may preclude driving such as severe Parkinsons disease, epilepsy, and severe heart valve disease.

Usually, eyesight is tested first followed by heart, lungs, pulse, blood pressure and abdomen for any signs of an aneurysm. Next, the GP will check your coordination, movement and reaction times.

Cognition is measured using a variety of specific tests. The most common one used is the mini-ACE (Addenbrookes Cognitive Exam) which looks at attention, memory, visuo-spatial capacity, verbal fluency and anterograde memory. It takes 15 minutes and is scored out of 30.

It's not pass or fail, but anything under 25 will warrant a further conversation and possibly more assessment. Very low scores would raise concerns about dementia and further testing would be required.

When GPs see a low cognitive score, we recommend on and off-road testing with a specialist occupational therapist driving instructor who will give more formal recommendations for your driving ability. This further testing is not funded and can be expensive.

Office for Seniors

Crochet is more than craft — research shows it has therapeutic value



Funny isn't it, how long we've adhered to the stereotype of knitters as doddery, sweet grandmothers, as though the activity itself was a sign of ageing, dismissed as useless frippery and distraction – not what it actually is, which is useful and mindful. While breath experts and "wellness warriors" throng on social media, the steady click of needles might serve as a reminder that knitters have been on to this stuff for a very long time.

A recent research paper titled "Happy Hookers: findings from an international study exploring the effects of crochet on wellbeing" looked at more than 8,000 people (almost all women) in 87 countries, who crochet. It found nine in 10 felt calmer after doing it, while 82 per cent reported feeling happier and 75 per cent felt more useful. Many crocheted to manage mental health and help process "grief, chronic illness and pain". Psychologist Sahra O'Doherty recently told the Guardian repetitive tasks make "our heart rate and breathing even out" and lower our blood pressure.

Interest in skills like knitting and crochet have rocketed in recent years, with many more young women, and some men, professing a love of the fibre arts — with COVID exacerbating this trend. "These activities are very meditative, repetitive and calming for people and it's no surprise that knitting, crocheting, quilting all have therapeutic benefits," says Scientia Professor Kaarin Anstey, director of the University of NSW Ageing Futures Institute. Knit, purl, cast off pain.

Another study from the University of Gothenburg, published in the Journal of Occupational Science, found knitting brings calm and structure to people suffering mental illness.

Researchers analysed 600 posts collected from the international online fibre arts forum Ravelry <https://www.ravelry.com/about> and found knitting helps people unwind, gives them an identity and social network, and helps structure their days. Some found their mind cleared and thinking became easier whilst knitting.

ARE CANNED VEGGIES OR FROZEN FRUIT JUST AS GOOD AS FRESH?



The cost-of-living crisis is affecting how we spend our money and for many, this means tightening the budget on the weekly supermarket shop. One victim may be fresh fruit and vegetables. On the whole, we don't eat enough and they are crucial for a healthy, balanced diet, providing a range of vitamins and minerals as well as fibre.

If you can't afford as much fresh produce at the moment, there are other ways to ensure you still get the benefits of these food groups. You might even be able to increase your intake of fruit and vegetables.

Fresh produce is often touted as being the most nutritious (think of the old adage "fresh is best") but this is not necessarily true. Nutrients can decline in transit from the paddock to your kitchen, and while the produce is stored in your fridge.

Frozen vegetables may actually be higher in some nutrients such as vitamin C and E as they are snap frozen very close to the time of harvest. Variations in transport and storage can affect this slightly.

Minerals such as calcium, iron and magnesium stay at similar levels in frozen produce compared to fresh. Another advantage is the potential to reduce food waste, as you can use only what you need at the time.

Canned or tinned vegetables and fruit similarly often offer a cheaper alternative and they're also very convenient to have on hand. The canning process is the preservation technique, so there's no need to add any additional preservatives, including salt. Due to the cooking process, levels of heat-sensitive nutrients such as vitamin C will decline a little compared to fresh produce. When you're using canned vegetables in a hot dish, you can add them later in the cooking process to reduce the amount of nutrient loss. To minimise waste, you can freeze the portion you don't need.

Fermentation has recently come into fashion, but it's actually one of the oldest food processing and preservation techniques.

It largely retains the vitamins and minerals in fresh vegetables. But may also enhance the food's nutritional profile by creating new nutrients and allowing existing ones to be absorbed more easily. Also, fermented foods contain probiotics, which are beneficial for our gut microbiome.



Other tips to get your fresh fix: buy in season, don't shun the ugly shaped produce, reduce waste, swap and share and grow your own. Regardless of how small your garden is you can always plant produce in pots and having put the effort in to growing your own produce, you are less likely to waste it.

Ref: The Conversation

the good companion

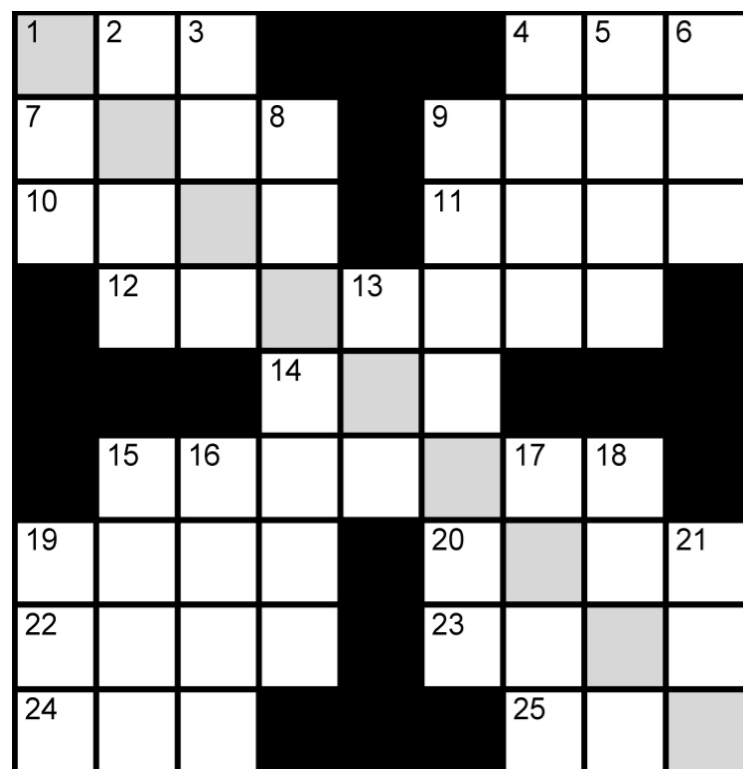
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Tiny Purple Fruit



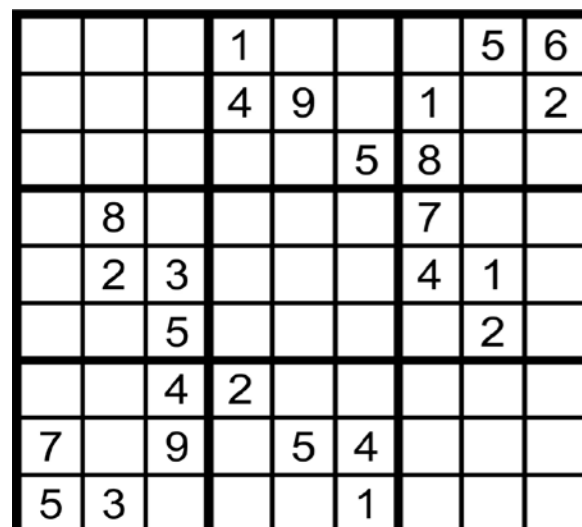
- Across
- 1. Louisville Slugger
 - 4. Hallucinogen
 - 7. Coalition
 - 9. Woodland deity
 - 10. Women's hat lining
 - 11. Gumbo ingredient
 - 12. Guided
 - 14. Agatha Christie's "The ___ Murders"

- 15. Solar beam
- 19. Unadulterated
- 20. Egg on
- 22. Oracle
- 23. Indian wear
- 24. 401(k) alternative
- 25. Ottoman governor

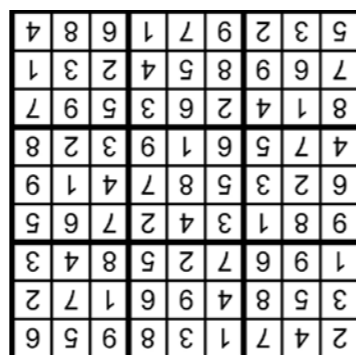
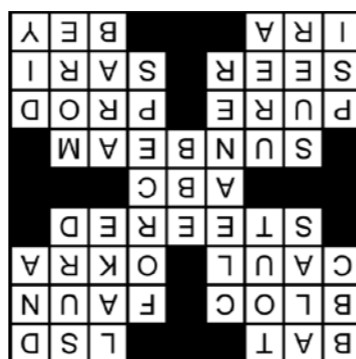
- Down
- 1. No Clue
 - 2. "C'est la vie"
 - 3. Praise highly
 - 4. Vacation destination
 - 5. Irrational, in math
 - 6. Some forensic evidence
 - 8. Grime fighter
 - 9. Delivery aid
 - 13. "Chicago" lyricist
 - 15. Litigant
 - 16. Fertilizer chemical
 - 17. Riyadh resident
 - 18. Oliver's request
 - 19. Tire meas.
 - 21. Home improvement letters

- BAGELS
- BOLOGNA
- BRISKET
- CHALLAH
- CHEDDAR
- CHOPPED LIVER
- CORNED BEEF
- CREAM CHEESE
- GEFILTE FISH
- HAM
- HERRING
- HOT DOGS
- KAISER
- LIVERWURST
- MOZZARELLA
- MUENSTER
- NOVA LOX
- PASTRAMI
- PICKLES
- SABLE
- SALAMI
- SALMON
- TURKEY

SUDOKU



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 medium.*



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

FROM THE DELI



Accredited Visiting Service (AVS)



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

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

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

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

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

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

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

Give it a try!

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MY NEIGHBOURS TREES ARE STILL STRESSING ME OUT!



In our last editorial we explained what rights you may have if a tree on another person's property is causing problems for you (e.g. blocking your view or leaves/debris falling on your property creating a hazard or blocking drains etc).

This article will look at another common situation – where a neighbour's trees encroach onto your land – essentially where tree branches or roots come over the boundary.

Simply put, this is a form of trespass.

Our advice is always to discuss the matter first with your neighbour. It is their responsibility to trim the trees back and keep them from encroaching onto your land. Most of the time disputes around trees will occur because people act without first discussing it.

If you have tried to resolve it with them, but your neighbour will not take care of it, you are entitled to trim the trees back to the boundary. This is the remedy of self-help. But you need to be careful: you are not allowed to trespass onto their property to do the work, and you are not allowed to damage the trees beyond the boundary. Self-help only goes so far – if you take it too far you can be in trouble.

You must also be careful to not do anything that ends up

killing the tree – for example you can't spray poison onto it to remove the trespass if this ends up killing the tree. In that case you could be required to pay to replace the whole tree.

You need to also be aware that some trees are protected under a Council's District Plan. Usually these will be special trees with heritage values. If you have concerns about those types of trees, you will need to speak to the Council. A resource consent or other approval may be required in that case.

If you do not feel comfortable removing the trespassing roots or branches because of those types of risks, you can take the matter to the Disputes Tribunal or the District Court. Both can make certain orders relating to the trespass (orders to trim) and they can also compensate you if your land has suffered damage.

In our experience disputes concerning trees can quickly escalate. The cost of taking matters to Court should be avoided if possible. One way to mitigate the risk of that occurring is to discuss the matter with your solicitor before taking any action. As we mentioned in our last editorial, your solicitor is there to try and resolve the dispute amicably and can guide you in terms of your specific rights.

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