

SUMMER 2024 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern Mid North



**AGE
CONCERN
MID-NORTH**

He Manaakitanga
Kaumātua Aotearoa



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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

Welcome to Spring although it has been quite cold, wet, and very windy for this time of the year and I do hope the weather improves very soon for everyone's sake. At least we have been a lot luckier than the South Island and not had to cope with snow and major floods.

I would like to say a big thank you to our wonderful "Staff and Committee" for their extra hard work recently. A "Sausage Sizzle" has been held twice recently to raise funds for Age Concern Mid North. This was organised and run by the above people and their families. The "Sausage Sizzle" was held at Bunnings last month and Sunday 13th October. Bunnings were excellent in supplying most of the equipment and we mainly only had to supply the food, gloves etc. The ladies and families worked from 8.30am to about 4.30 pm both Sundays in shifts so was a long day for them on their feet for most of that time. The first Sunday they raised \$500 after costs and on the 2nd Sunday I was told they have made more, and I am at present waiting for the final figure after costs. This money will go towards the running of Age Concern Mid North as we are finding that in these hard economic times it is not easy to get the funding we need to run our charity.

The 1st of October was the Worlds "International Day of Older Persons" a day dedicated to honouring the contributions of older people and advocating for their rights

This year's theme "Ageing with Dignity: The importance of Strengthening Care and Support Systems for Older Persons Worldwide," shines a spotlight on the need for robust systems of care and services that ensure older people are supported and treated with dignity.

As Aotearoa, New Zealand's leading charity for the well-being of older people. Age Concern New Zealand echoes the global call.

Chief Executive Karen Billings "Ageing with dignity is a fundamental right and supporting that means having care and support service options that allow older people to thrive. Our mission is to advocate for respect, care, and support for older New Zealanders, ensuring their voices are heard and their needs met."

National President Wayne Bradshaw adds that the well being of older people is not only about access to services but also building a compassionate society that honours the dignity of older people.

Some of the things an Age Concern Dignity Champion pledges to:

Have the courage to question practices they feel are disrespectful to older people
 Not patronise older people

Be patient, polite and friendly
 Have zero tolerance for abuse or neglect
 Build relationships – that combat isolation

On the 1st of October Age Concern Mid North participated in an Expo held at the Cornerstone Church which I was told was worthwhile and I do hope many of our members were able to go to this. Unfortunately, I was unable to.

Our Annual General Meeting is to be held on Friday the 25th of October where we will have morning tea prior to the meeting and I look forward to seeing you there.

Our Christmas Luncheon is to be held on Friday 29th of November and you will find details in this newsletter.

Kind Regards *Jan Flowers*

OUR DIGNITY CHAMPION AWARD

Age Concern Mid North nominated Lou Gill for the award. Lou has given 20 years of service to Age Concern and the Kaikohe Community and we were honored to be able to present him with is award.



"If you want to lift yourself up, lift up someone else."

From the Managers Desk

We have had many exciting events in the last quarter and thanks to members and friends they have all been successful.

We had two Sausage Sizzle fundraisers, both super successful thanks to everyone who helped, special thanks to Jean who organized a very good team of volunteers and committee members. Our Expo was exceptionally well attended, a great day and a fitting celebration of the Older Person.

I would like to make a special mention of Age Concern Dignity Champion Lou Gill. Lou was a committee member of Age Concern Mid North for 21 years. During this time Lou would always offer, and make sure that anyone from Kaikohe needed a ride to any of our activities. His contribution to Age Concern Mid North committee was always relevant and supported by his knowledge of Age Concern issues. We wish him the very best.

Our AGM will be on the 25th, replacing our Meet and Greet, special guest will be ANZ representative on scams.

Our Christmas Dinner will be held on 29th November at the Kerikeri Golf Course. Cost will be \$35.

We still have a couple of tickets left for the Christmas operatunity in Whangarei on the 15th November.

Tech Tip

Here's a tip about an easier way to snap photos with your phone: If you take a lot of photos with your smartphone you've probably noticed how difficult it can be to tap the shutter release button. There's a very simple solution: when you're ready, simply press either one of your phone's volume buttons to snap the picture. **Give it a try.**

DID YOU KNOW THAT?

A "moment" used to be an actual measure of time and corresponded to roughly 90 seconds. It was used during the Medieval era and was derived from the solar hour (the hour on the sundial's face was, at that time, divided into 40 "moments").

Despite what cartoons have taught us, the coyote can run up to 43 miles per hour (that's nearly 70 km/h) while the roadrunner can only run up to 20 miles per hour (that's just over 32 km/h).

Vaccines for older adults update

A new vaccine against RSV for older adults is now available in New Zealand



Immunisation Advisory Centre

(private market only at this stage). Funding for the shingles vaccine was widened on 1st July to include a group of immunocompromised individuals.

Need a photo ID?



You can add a photo to your SuperGold Card with the help of your local AA. This could be useful if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your SuperGold Card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus evidence of your address (e.g., your rates form, power bill, or bank statement).

The AA will send your photo to the SuperGold Card head office who will print the photo on the back of a new SuperGold Card. It will then be posted back to you.

All for FREE. No appointment necessary.

Europe paperwork

If you are planning a trip to Europe next year, New Zealand citizens will be required to apply for an ETIAS to enter participating countries for general tourism, business, transit or medical purposes under 90 days. The programme (ETIAS stands for the European Travel Information and Authorisation System) is intended to screen travellers as a response to the global increase in terrorist activities.

Any New Zealander that wishes to enter Europe for over 90 days or for other purposes will need to apply for a Schengen visa. Further details can be found at <https://etias.com/>.

15% off

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Socks too tight?

soft topped bamboo and cotton socks

3 pairs \$36

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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

Nymb! improving bladder health



The Nymb! app has a new feature aimed at improving bladder health and reducing the risk of bladder issues.

Many people believe the symptoms they experience are part of the ageing process, but these issues are often treatable.

The exercise app (sponsored by ACC) now offers a

personalised and evidence-based programme that combines pelvic floor exercises, bladder training, and lifestyle tips to help older people regain control of their bladder and confidence in their daily activities.

Nymb! Bladder is designed to be an easy and effective way to improve bladder health in as little as 12 weeks. The feature is available for free and can be accessed from within the Nymb! app.

Download the app to your device by searching 'Nymb! training' in the Apple App or Google Play stores.

Learn more about the app at nymb!science.com/bladder

If you have an ongoing need for continence products, funding for these may be available through the Disability Allowance, administered by Work and Income.

The Disability Allowance is a weekly payment for people who have regular, ongoing costs because of a disability. These could be visits to the doctor or hospital, medicines, extra clothing, or travel.

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 11am - 12pm. (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.

Joining a book club



A nationwide book scheme is breaking the stereotypes on book clubs.

The Book Discussion Scheme has run for over 50 years since its humble beginnings in Canterbury in 1973. It's grown to encompass more than 13,000 group members from Northland, to Stewart Island as well as the Chatham Islands.

An internationally unique model for book clubs, the scheme has more than 1100 titles and dispatches book sets to its readers every month via an annual subscription. Groups meet at a member's house, a favourite cafe, or the library. The scheme provides comprehensive questions and notes on the reading material, so there's always lots to discuss.

Benefits of reading have been well documented when it comes to improving cognitive health, including reduced stress, increased brain power, better sleep, and improved memory.

Book club membership goes a step further by helping to minimise the mental health risks brought on by isolation.

Men's book clubs have become a particular focus. When men get together to discuss a book, it promotes friendships, mental health, and active engagement within their community.

Similarly, those in rural areas and small towns find their monthly meetings a great remedy for geographical isolation.

A Gore based member who has been part of the scheme for 40 years said it gave her stimulation, interest, excitement, diversion, relaxation, challenge and thought-provoking opportunities that have come our way each month.

New or old, the connections made through a book club can become lifelong friendships.

If you're interested in joining a book club, or interested in starting one with Book Discussion Scheme go to www.bds.org.nz/start-a-group to learn more.

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.

Whooping Cough vaccine



If you are 65 or over and around babies and young children, it is important to get a booster for Whooping Cough. The booster is free at ages 45 and 65. If you missed your booster at age 65 you can still catch up for free. If you're unsure of how many doses you've had, check with your health provider.

The whooping cough vaccine also protects you against tetanus and diphtheria - if you've had a tetanus booster recently, you may already be protected against whooping cough.

Immunity reduces over time, so it's important to get the booster. A free whooping cough vaccine is available from your healthcare provider and from many pharmacies.

Boostrix is a vaccine used for booster vaccination against diphtheria, tetanus and whooping cough.

Certain people are recommended to have a whooping cough vaccine at least every 10 years - but there may be a cost. This is to boost protection against whooping cough.

This group includes people who:

- work with young children and vulnerable people
- live with a newborn baby
- are at higher risk of severe illness from whooping cough (for example those with chronic respiratory disease).

ART Journaling

Fun, guided, creative journaling to nurture the mind, body and spirit.
 When: Thursdays 10am-12pm
 Venue : Kingston House
 Cost: \$15, per term for Age Concern members.
 Most resources provided

STARTS 17TH OCTOBER - 10 WEEKLY SESSIONS

ENQUIRES TO: 02 10346859

kimmorris@xtra.co.nz

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Driving as a senior

A refresher on safe driving

NEW EDITION OF DRIVING AS A SENIOR AVAILABLE ON-LINE

A very useful aid to those soon to have a medical appointment to renew their driving licence has been published by NZTA in June, and is available on-line, as well as being available in hard copy for ordering by organisations (www.nzta.govt.nz/assets/resources/driving-as-a-senior/driving-as-a-senior.pdf).

Interestingly in this brochure there is a "Scenario" of a patient applying to have their licence renewed, and nowhere is there any mention of them having to complete a cognitive test!

NZ TRANSPORT AGENCY

USED TEA BAGS [Milk less]

De-crustify Pots and Pans - If all the scrubbing in the world just isn't cutting it, leave a used tea bag to soak in that stubborn pot or pan. Tea contains tannic acid, which can break down grease. With a little time and patience, it should make cleaning the dish much easier.

Ditch the Glass Cleaner - To make windows and mirrors really shine, simply dampen a used tea bag. Use it to rub the glass surface, then follow up with a paper towel. You can also pour some leftover brewed tea into an empty spray bottle and use it as a glass cleaner.

Marinate Meats - Easily marinate pork, chicken or turkey with the help of a couple of tea bags. Simply put a cup of water, two used tea bags and the meat into a zip-close bag. Allow to marinate overnight, then cook and enjoy a flavourful cut of meat.

FYI - Tea has been enjoyed for centuries, but the tea bag wasn't invented until 1908-ish when a New York-based merchant named Thomas Sullivan decided to send tea samples in silk bags to his customers. They incorrectly assumed that the entire bag should be placed in the pot. Thus, the tea bag was born!

Are all used tea bags safe for composting or use in gardens? - Most tea bags are safe for composting or gardening, but ensure the bags are a biodegradable material and free from plastic fibres to avoid environmental harm.

CHRISTMAS DINNER

Friday NOVEMBER 29
 12:30pm

Bay of Islands Golf Club
 (plenty of parking)

Chicken and ham with lashings of gravy and mustard. Roast vegetables as well as glazed carrots and peas.

Dessert is sticky date pudding

Cost \$35 per person
 Bar is open. Raffles and spot prizes for fun!

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Updating your details

If you get payments from Work and Income (including NZ Super) and your contact details have changed, you need to let them know straight away.

Contact details include your:

- mobile phone number
- home and work phone numbers
- email address
- residential/postal address

It is important to keep your details up to date in case Work and Income need to contact you. You can update your details online, using MyMSD which is available 24/7. To login or register, visit <https://my.msd.govt.nz/>

MyMSD is a great option for services such as:

- checking upcoming payments
- updating contact information
- viewing letters
- requesting help with one-off costs

You can get more information about MyMSD on the Work and Income website.

Senior Services: If you can't use MyMSD, you can call the Seniors Services team. Contact them by calling 0800 552 002 (Mon-Fri 7am-6pm and Saturday 8am-1pm). Wait times can be variable throughout the day. You may see a shorter wait time by calling at the beginning or end of the day, or on Saturday.

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RETIREMENT

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EXPO FOR THE “CELEBRATION OF OLDER PEOPLE”

AGE CONCERN MID NORTH PARTNERED WITH ALZHEIMERS NORTHLAND
to celebrate the Day of Older People.

What a fantastic success and wonderful to see so many people joining us.
Great to see so much interest from the Exhibitors and the interest that they created
for the crowds that attended. It was great day our community.



Grant McCallum, our Meet & Greet presenter

I'M HERE TO HELP.

Grant McCallum
MP for Northland

Northland@parliament.govt.nz
09 407 7219



Authorised by G McCallum, Parliament Buildings, Wgtn.

Age Concern Mid North Fund Raiser

On Sunday 15th September, a team of the Age Concern Mid North Executive members and their partners or family assembled at Bunnings to spend the day fund raising via a sausage sizzle.

The day began slowly after a rainy night and overcast skies but soon we had willing buyers trickling in. They came with dogs or without, in ones, twos and even tens! We soon learnt the art of onions first and sausage on top, so nothing got dropped on the ground to make a slip hazard. We successfully made \$500 from every \$2.50 per sausage.

Thanks must go to the smiley and supportive Bunnings workers who regularly checked on us, the cake makers whose wares we also sold and our marvellous team who contributed their own and their families time, to make this a successful day. One regular said, "This is my weekend treat...Where were you yesterday?" so we felt most welcome. And guess what? We did it again on Sunday, October 13th

We welcome your support with future fundraising



Simple steps to avoid listeriosis

Listeria is an ever-present environmental bacterium. It thrives in growing conditions where food is produced and stored, and therefore becomes foodborne. Listeria is one of just two bacteria causing foodborne illness that can grow on refrigerated food.

In healthy adults and children, listeria usually causes few or no symptoms, but young, older, pregnant and immunocompromised people are at higher risk of the infection caused by the bacteria, Listeria.

As we age, our immune systems and organs are not as able to recognise and rid the body of harmful germs. Some of us live with chronic conditions and are taking medications that can weaken the immune system. Stomach acids, which play an important role in killing germs and reducing the risk of illness, also decrease as we age.

If contracted, listeriosis can be very serious, causing a high rate of hospitalisations. The national database recorded 40 hospitalisations in 2022, 26 of those aged over 70 years. In that year, four deaths were recorded for people in this age group.

Listeriosis is the only reported disease that is fully attributed to consumption of contaminated food. Higher

risk foods include deli meats, soft cheeses, and cold smoked seafood.

Listeriosis can be prevented, and there are some simple steps you can take at home to avoid getting sick. You can reduce your risk of contracting listeriosis by;

- cooking food thoroughly
- only eating fruit and vegetables that have been washed and dried thoroughly
- only eating food that was recently prepared
- refrigerating leftovers quickly
- preheating food to steaming hot (more than 70°C) before eating
- avoiding leftovers that won't be reheated
- washing and drying your hands thoroughly and follow good food hygiene practices.

Listeriosis symptoms usually take 2 to 3 weeks to appear and typically include fever, muscle pain, fatigue, headache, stiff neck, confusion, loss of balance and seizures.

Contact your healthcare professional straight away if you think you're infected.

Read more about listeriosis symptoms and for more advice from the New Zealand Food Safety go to www.mpi.govt.nz/listeria

LEMON BROWNIES

If you're wondering what to do with all the extra lemons in your backyard, try this delicious lemon brownie recipe. Combining both the rind and the juice, it's sure to be a hit with the whole family.

Ingredients:

Brownie:

- 1 ½ cups flour
- 1 ½ cups sugar
- 250g butter
- 4 eggs
- 2 tablespoons lemon rind
- ¼ cup lemon juice



To serve:

- Icing sugar or Greek yoghurt

Method

- Preheat oven to 180 degrees.
- Beat flour, half of the sugar and butter together until well combined.
- In a separate bowl, whisk eggs, lemon juice, lemon rind and the remaining sugar together.
- Then pour the egg mixture into the flour mixture and beat on a medium speed until smooth (don't panic if it looks curdled, it will come together with mixing).
- Pour the mixture into a lined oven 20cm x 30cm tin.
- Bake for 25 minutes or until golden and just firm to touch.
- Allow to cool before removing from tin, serve with a dusting of icing sugar or Greek yoghurt and enjoy!

Embrace a plant-based meal



Dedicate one day a week to plant-based meals. By reducing meat and dairy consumption, you can lower your carbon footprint, save water, and promote biodiversity.

Try exploring new recipes with seasonal vegetables and grains. Not only is it good for the planet, but it can also be a delicious and healthy change!

EASY EATS: CHINESE SAUSAGE FRIED RICE

Sam Parish

Ready in under 30 minutes and at an affordable price, this recipe is a no-brainer. Chinese Sausage (lap cheong) is one of my all-time favourite ingredients [Can swap for any other meat]. It makes anything taste like a takeaway. Partnered with my genius egg-spiked rice and a decent hunk of ginger, this is a bowl of tasty goodness you won't be able to stop eating. Serves 4 / Prep time: 10 minutes / Cook time: 20 minutes

Ingredients

- 2 cups jasmine rice
- 2 eggs
- 1 tsp white pepper
- 2 Tbsp soy sauce
- 120g packet pork Chinese sausage (Lap cheong), thinly sliced [or other meat]
- 1 red capsicum, chopped
- 5 green spring onions, white part thinly sliced, green part chopped
- 2 Tbsp vegetable oil
- 2 garlic cloves, crushed
- 3cm piece of ginger, finely chopped
- 1 bunch pak or bok choy, leaves and stems chopped and kept separate
- 1 Tbsp oyster sauce
- 1 cup frozen corn

Method

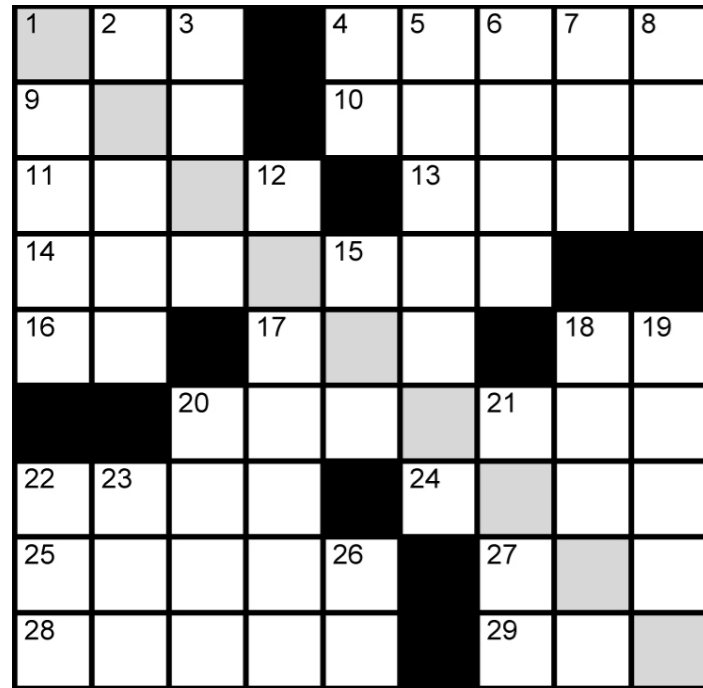
Cook the rice until cooked through. Whisk eggs, pepper, and 2 teaspoons of the soy sauce in a bowl. Pour over cooked rice and return the lid. Leave to slowly cook for 5 minutes using residual heat from the rice. Boil a kettle. Place bok choy stems in a heatproof bowl and pour over the just boiled kettle. Stand for 5 minutes while you cook the sausage. Place sausage, capsicum, white spring onion, garlic and oil in a large fry pan over medium heat. Cook, stirring, for 4 minutes or until the sausage is beginning to crisp. Add garlic, drained bok choy stems and cook for 1-2 minutes to soften stems slightly. Add cooked rice, corn, oyster sauce and remaining soy to mixture and stir well to coat. Season to taste then stir through most of the green shallots and bok choy leaves. Stir for 1 minute to wilt slightly then serve.



One day you will look back and see that all along you were blooming.

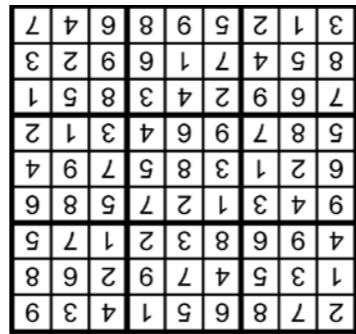
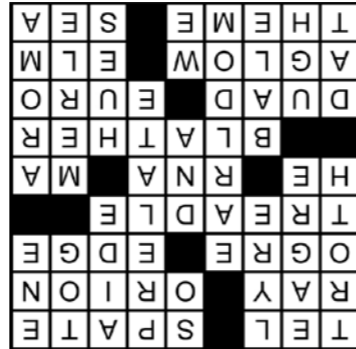
MORGAN HARPER NICHOLS

Big and Creepy



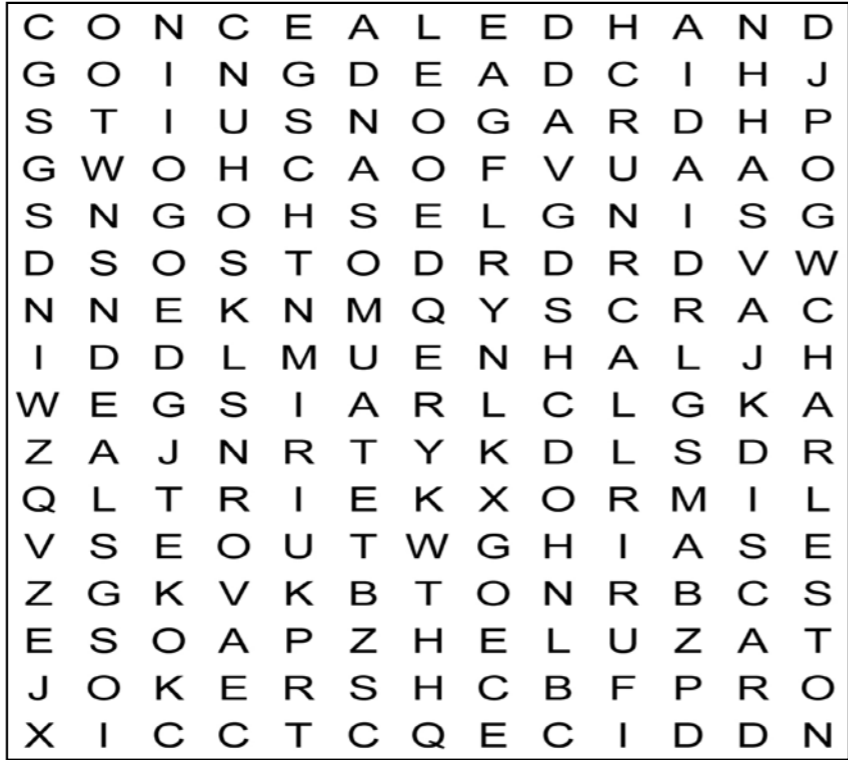
- Across**
- 1. ___ Aviv
 - 4. Sudden outpouring
 - 9. Sunbeam
 - 10. Betelgeuse's constellation
 - 11. Shrek, e.g.
 - 13. Halftime lead, e.g.
 - 14. Sewing machine part
 - 16. Element #2's symbol
 - 17. Genetic stuff
 - 18. Bell or Barker
 - 20. Nonsense
 - 22. Pair

- 24. Continental currency
 - 25. Radiant
 - 27. "A Nightmare on ___ Street"
 - 28. Motif
 - 29. Ocean
- Down**
- 1. Promise
 - 2. Tidal flood
 - 3. Orpheus' instrument
 - 4. Therefore
 - 5. Bishop, e.g.
 - 6. Campaign worker
 - 7. Deck (out)
 - 8. Compass heading
 - 12. Nobleman's domain
 - 15. Some trial evidence
 - 18. Actress Oberon
 - 19. Fragrance
 - 20. Cotton unit
 - 21. Colors
 - 22. "Who ___?" (slangy query)
 - 23. "That's terrible!"
 - 26. First word of the Constitution



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

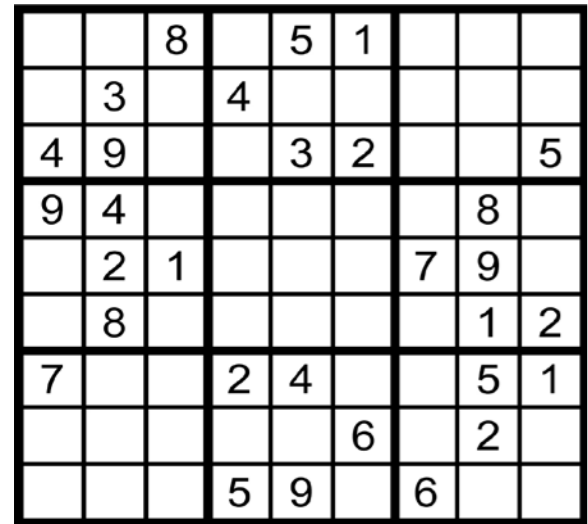
Mah Jongg



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.*

- | | | |
|----------------|------------|---------|
| BAMS | DISCARD | PUNG |
| BETTING | DOTS | QUINTS |
| CALL | DRAGONS | RACK |
| CARD | FLOWERS | RUNS |
| CHARLESTON | GOING DEAD | SINGLES |
| CHOW | HAND | SOAP |
| CONCEALED HAND | JOKERS | SUITS |
| CRAKS | KONG | TILES |
| DEAL | MELD | WALL |
| DICE | PAIRS | WINDS |
| | | YEAR |

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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TIPS AND TRICKS TO AVOID BEING SCAMMED

If you're looking for ways to keep yourself scam safe, check out some of the things we do here at Law North that are simple but effective ways to protect your money and personal information.

The biggest piece of advice we can give is to independently verify who you are paying. Anything you get sent in an email could have been intercepted either at your end or your payee's end, so double checking account details verbally is a must. In law firms every payment has had a phone check completed to verify that the account information we believe we received from a client by email is correct.

Another tactic you can use in the fight against scammers is to take your time. There is nothing so important that you need to provide information in that instant over the phone at the time of the call and urgency is often a tactic used to pressure you into providing information. If you have received a call from a bank or other institution, ask for the caller's name and tell them you will ring them back on the number of the business you find in google. That way, if it is legitimate, you can come back through to them and continue on with what they require. If the call is legit, they will have no problem with you doing this. If in doubt ... phone a friend! Often someone else can have perspective that sees through what you're being asked to do.

Below are the top four scams doing the rounds and once you are aware you will be able to spot them when they hit your inbox or give you a call:

- **Phishing Scams:** These involve emails or messages that appear to be from legitimate sources, asking for personal information. Be cautious about clicking links or providing sensitive details.



- **Lottery and Prize Scams:** If you receive a call claiming you've won a prize but need to pay a fee to claim it, it's likely a scam. Legitimate organisations don't require payment to release winnings.
- **Tech Support Scams:** Scammers may pose as tech support representatives, claiming your computer has a virus. They often ask for remote access to your device or payment for unnecessary services.
- **Imposter Scams:** This includes scammers pretending to be family members in distress, asking for money. Always verify such requests by contacting the person directly or having a safe word that only they would know.

You can keep yourself safe by educating yourself on current scams, being sceptical of urgency and phone checking before paying bills. You can feel confident that the team here at Law North are doing the same to make sure you are protected.

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93 Kerikeri Road, Kerikeri (above Pagani)

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