

Your community, your place.



Kia ora koutou katoa

With New Zealand's borders reopening, I'm sure many of you will be looking forward to reuniting with family and friends from overseas. However, whilst some COVID-19 restrictions may be starting to ease and our current Omicron wave lessens, I'd like to remind everyone that we still need to be cautious, as it's likely that we'll see further waves of Omicron and other new variants.

It's important to ensure that we have the maximum protection against Omicron as we go into winter, and that we're able to keep the pressure off the hospital system. If you've not yet had your COVID-19 vaccination or booster, please consider doing so as soon as possible, as vaccination is our best tool in preventing infection and reducing community transmission and hospitalisation rates. Masks also remain very important in protecting us and are still required in many indoor settings.

ANZAC Day is coming up and widescale public commemorations may possibly be affected again due to the ongoing COVID-19 risk. I do hope, though, that you'll have the opportunity to pay tribute in your own way to all New Zealanders killed in war and the contribution of our returned servicemen and women.

This will be my last newsletter to you, as - after five years as Chief Executive Officer - I'll be stepping down from the role later this month in order to travel overseas to spend time with my family living in Europe. I'd like to say what a privilege it is to have been involved with Haumaru Housing since the beginning and to have overseen its growth as a highly successful, trusted provider of affordable rental housing for older people. It's been an honour to serve our Haumaru communities and to have led our wonderful staff team who do an amazing job on tenants' behalf. I've greatly enjoyed meeting you all at our various events over the years, and I leave you in very good hands.

Take care, all, stay safe, enjoy each precious moment with family and friends, and always be kind to yourself and to others.

Ngā mihi maioha

A handwritten signature in blue ink, appearing to read 'Gabby Clezy'.

Gabby Clezy, Chief Executive Officer

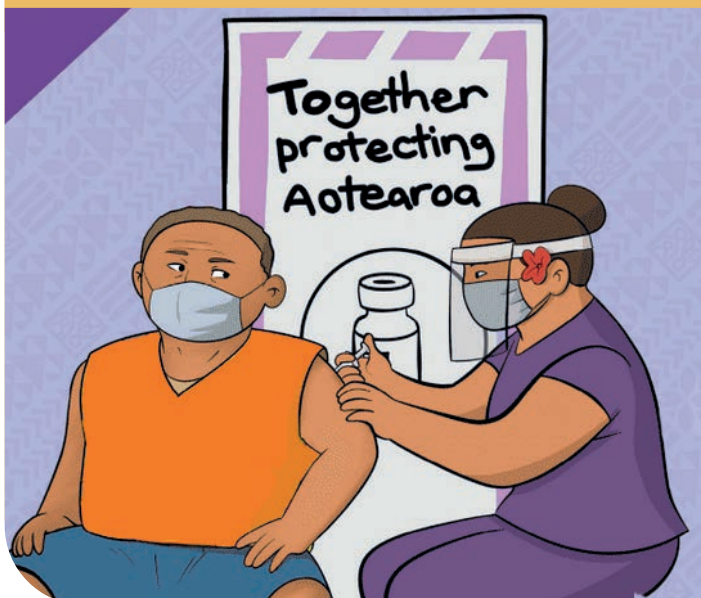
Free flu vaccines for more seniors

As New Zealand is now starting to reconnect with the world, it's possible that there will be an increase in flu cases this season. Omicron is also still a threat, so it will be doubly important to protect vulnerable communities and the health system.

The Government has therefore widened eligibility for the free flu vaccine to include Māori and Pacific people aged 55 and over. Everyone over 65 can already get the free vaccine, as well as those with compromised immune systems.

Flu vaccinations are now available from family doctors, pharmacists and some Māori and Pacific health providers. Both the influenza (flu) and COVID-19 vaccines can safely be given at the same time, before or after each other, and there's no need to leave a gap between these vaccines. It's best to get your flu shot in April or May, so you're protected before winter and the main flu season hits.

Vaccinating more people against flu will save lives and preserve capacity in our hospitals. As with protecting against COVID-19, having the vaccine is your best form of defence, so do make sure to get yours now.



COVID Traffic Light settings: a reminder of the Do's and Don'ts

At the time of writing, all of New Zealand is still at Red, but the following things have changed:

- You don't need to wear a face mask outdoors, but they're still required in most indoor settings.
- Vaccine Passes no longer need to be shown and you don't have to scan anymore.
- There's a 200-person limit for indoor gatherings and events, but no limits for outdoor activities.

If we move to Orange at any stage, the main difference

will be that there'll be no limit on numbers attending either indoor or outdoor gatherings, but the face mask rules will remain unchanged.

As a general rule – regardless of the setting – everyone should continue to practise physical distancing as much as possible and keep up all the healthy habits we've become used to. Most importantly, if you're symptomatic in any way, ie, experiencing Influenza-like illness, please stay in your unit until you return a negative test and have been symptom-free for at least 24 hours.

Age-friendly Auckland update

We've previously mentioned that Haumarū Housing has been one of a number of organisations working with Auckland Council to create the draft Tāmaki Tauawhi Kaumātua – Age friendly Auckland Action Plan. This plan identifies different measures to respond to older Aucklanders' needs across a wide range of services, sectors and amenities and so support seniors to participate fully in their communities and improve their quality of life. It's also enabled the council to recently become a member of the World Health Organisation (WHO) Global Network of Age-friendly Cities and Communities (the Network).

An age-friendly community is a place where you can stay connected, healthy, active and respected whatever your age. Such environments foster healthy and active ageing. They enable older people to age safely in a place that's right for them; be free from poverty; continue to develop personally; and to contribute to their communities while retaining autonomy, health and dignity.

As a member of the WHO Network, Auckland Council is committed to continue working with the seniors' sector and local communities to make the city an age-friendly place to live, and we at Haumarū Housing are delighted to be able to play our part.

Be a 'savvy shopper'

With the cost of living on the rise, the following tips may help you save money on everyday costs:

- Plan your weekly meals, write a list before you go to the shops and stick to it. This will prevent you from buying things you don't need. Try to shop just once a week.
- If you can, shop around for groceries (eg, compare prices across supermarkets and the local veggie shops).
- Swap to supermarket home brands and cut out excess snacks and ready-made foods.
- Eat in-season foods; buy fresh fruits and veggies when they're in season, as they're far more affordable.
- Shop 'high and low'. The most expensive products are often in the middle of the shelves, so look above and below the middle mark and you may find cheaper alternatives.
- Use your slow cooker, as it's perfect for making nutritious meals out of less expensive cuts of meat. Bulk them out with beans, potatoes, rice, split peas, lentils, pearl barley or pasta.
- Cook vegetarian once a week; there are many delicious veggie recipes that make healthy and cost-effective meals.
- Get involved in a community vegetable garden.
- Before you purchase any major appliance or item, check pricespy.co.nz to make sure you're getting the best deal, and

use the 'Gaspy' app to find cheaper petrol prices. Compare power prices online at powerswitch.org.nz, and talk to your mobile phone provider about whether your plan is right for your usage.

- Plan ahead for Christmas (eg, 'Christmas Club' cards are available through retailers and supermarkets).
- Check your entitlements: if you're experiencing financial hardship, you may be able to get Government help to pay for regular costs or unexpected expenses.
- Make sure you have the SuperGold Card which offers free or cheaper public transport as well as a wide range of other discounts and concessions. If you're also eligible for the Community Services Card, these two cards can be combined.

Look out for the Winter Energy Payment which will start again from 1 May. If you get NZ Super or a Veteran's Pension, this payment will be made automatically and you don't need to apply (call the Work and Income Seniors' line on **0800 552 002** if you have any queries).

For more advice on budgeting and managing expenses, contact Money Talks on **0800 345 123** (a free financial helpline), or your local community budgeting service or Citizens Advice Bureau. Or visit www.workandincome.govt.nz/eligibility/seniors/extra-financial-help-you-may-need.html.

If you're concerned about an immediate threat to life or property, call the emergency services on 111.

The Selwyn Foundation 

Auckland Council 
Te Kaunihera o Tāmaki Makaurau

We always appreciate your feedback. You can talk to your Community Manager, call us on **0800 430 101**, email info@haumaruhousing.co.nz or visit www.haumaruhousing.co.nz