

Protecting yourself against elder abuse

- Keep in touch with family and friends and avoid becoming isolated
- Make sure your financial and legal affairs are in order
- If you are unhappy with the care you are receiving, whether it's in your own home or in a care facility, speak up
- Tell someone you trust and ask that person to report the abuse, neglect, or make the call yourself
- Staying physically healthy - exercise daily, eat a well-balanced diet, visit your GP and health care professionals regularly.



KHUSHI FAMILY FUNDAY EVENT to commemorate World Elder Abuse Awareness day held on 10th June 2017



Profile Bula and Namaste

I'm Ronita Prasad originally from Fiji, married and have two boys.

We came to New Zealand in 2000 and I have been working with the Aged Care since then. As my kids are grown now I decided to do a Bachelors Of Social Practice and I am a third year student at Unitec. Recently I had to do

my placement at Shanti Niwas and it was a privilege working alongside the seniors of the South Asian and Indian communities. I have learnt a lot from the wonderful team and the seniors at Shanti Niwas. They do a great job for our community.

I'm looking forward to be working alongside them in the future.



Our location: 14 Spring St. Onehunga (next to Dolphin Theatre)

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Caring for the elderly

NEWSLETTER 2017 - JUNE



From the Project Managers Desk

Kia Ora & Namaste

Warm greetings to you all from Shanti Niwas Team

The year is flying by fast. The centre activities are in full swing with various outings, talks, workshops, entertainment programmes etc.

It gives me great pleasure to share glimpses of the various activities held for the seniors and the community so far this year.

The Visit of octogenarian Sprinter Man kaur to Shanti Niwas and Temple tour for seniors were some of the highlights, along with many other activities and programmes stated below.

Our Positive ageing Day programmes and other ongoing projects continue to negate social isolation for our seniors and give them opportunity to participate and learn. Our other services like KHUSHI - Elder Abuse and Neglect Prevention Service, SNEH - Shanti Niwas Emergency Housing and DOSTI - visiting services are running successfully and benefitting the community.

I hope you enjoy reading our newsletter and that you continue to support us, and the work we do for older people to thrive in an age friendly society.

Elder Abuse awareness week is from 15th June till 22nd June. Shanti Niwas commemorated the World Elder Abuse Awareness Day on 10th June with the KHUSHI family fun day event. Elder Abuse hits close to home, take notice and help prevent elder abuse.

On behalf of Shanti Niwas board, staff and seniors, I take this opportunity to extend best wishes to all our readers. Keep safe and warm during these winter months.

Nilima Venkat
MNZM, JP, BSW



February – Holiday Experience, Treaty of Waitangi, Housie, Healthy Ageing by Dr Ravi Nathan, Outing to Yogini Temple.

March – Musical Session, Discussion – Womens Day, Volunteering day by ANZ staff, Motivational Talk – 'The purpose of the life' by Virin Gomer, Movie shows, Discussion – Anger Management and how to cope with stress, CSA – Bike theft on 3 March, Patrol info on vehicle crime and meeting with District Commander – Karyn Malthus on 31 March

April – Outdoor Games, Small Group activities, Current Affairs, Bollywood Quiz, Talk on Reiki, CSA – Patrol in Panmure with ACRC (Asian Council on Reducing Crime), North Shore branch – Lunch outing at Mr India Restaurant

May – Temple Tour, Blind Foundation Presentation, ILS Presentation, Talk by Dr Sunita Paul, Shanti Niwas Services presentation.



ACTIVITIES 🌟 ENTERTAINMENT 🌟 CELEBRATIONS 🌟 OUTINGS



Man Kaur Ji and Gurdev Ji visit to Shanti Niwas. She is a 101 years old spinter from India, visited Shanti Niwas during her visit to New Zealand to participate in the Masters games. Her coach and son Gurdev Ji accompanied her. She created a record by winning 4 gold medals. Her secret to success and longevity is nutritional vegetarian diet and fitness regime. Truly amazing and Inspirational!



Health & wellbeing

Presentation on Healthy Aging by visiting Professor Dr Ravi Nathan from America. He explained how to lead a healthy life and age gracefully.



Outings Temple tour organised by Shanti Niwas in May. Temples visited Shiv Mandir, Manurewa Ganesh Temple, Papakura Thiru Subrahmaniyar Aalayam Temple, Mangere Ram Krishna Temple, Papatoetoe and Ma Durga Temple, Papatoetoe. We would like to thank the administration of these temples for their cooperation.

An Outing was organised for the seniors to 64 Yogini Vedic Shakti Temple at 2109 Awhitu Road, Pollok



Keeping warm tips for the Elderly

Keep yourself warm this winter;

- Wear several thin layers, rather than one thick layer. This is because they trap warm air close to the body, woolly clothes or thermal clothes are ideal.
- A lot of heat is lost through the head and neck, so if you're chilly indoors, try wearing a hat and scarf.
- For those cold toes, remember to put thick socks on and preferably slippers too.
- Draw your curtains, as soon as it gets dark to stop the heat escaping and the draughts coming in.
- Don't stand outside for long periods of time, as you can quickly get a chill.
- Use hot water bottles or electric blankets to warm the bed, however never use them together as this can be dangerous. Always read the instructions when using electrical goods.
- If you're sitting down, a shawl or blanket will provide extra warmth. You should also try to keep your feet up, because air is cooler at ground level.
- Wear warm clothes in bed. When it's really cold, wear thermal underwear, bed socks and even a hat.

To find out more follow the links provided below:
<http://www.ageuk.org.uk/get-involved/spread-the-warmth/tips-on-keeping-warm-this-winter/>



Auckland Community Safety Ambassadors Project of SHANTI NIWAS CHARITABLE TRUST in its 3rd year

The Community safety Ambassadors project of Shanti Niwas proudly entered into its third year in 2017. The project initiated to create safety awareness has been a big success.

The project, which started on 24th June 2014 to aid "Prevention First" strategy of NZ Police is being delivered in collaboration with NZ Police - Auckland Central District, and Onehunga Chinese senior Citizen group. The project is being run in and around the Onehunga area and has covered topics such as shoplifting, car thefts, crime stoppers, holiday safety etc.

The aim of the project is to engage the elderly Asian people to become Safety Ambassadors, to run effective campaigns together with the Community Police, by communicating with the public to take responsibility to keep themselves safe. About 25 Indian seniors are enrolled as volunteers in the project.

Once a month the volunteers accompanied by police officers go out into the community and spread the message of safety by dropping leaflets, talking to the shopkeepers about their safety concerns and passing on the safety messages and tips provided by the police. The volunteers are briefed about the topic of the day by the police officer before they start.

This month the topic for this year so far have been was Bike theft. In the month of April, the presence of Superintendent Karyn Malthus, the newly appointed District Commander Auckland City police was the highlight. Also present were Jessica Phuang, Asian Liaison Officer, Don Allan, Onehunga Community Police Constable, and staff of Shanti Niwas. The commander was very happy to see the initiative and applauded the volunteers for their dedication and commitment towards creating safety awareness in the community.

"This project was initiated to address the needs of the social isolation of seniors and to empower them. The volunteers are very happy to contribute to this initiative as it makes them feel wanted and a part of the society.

Mr. Jyoti Dua one of the volunteers says – "working with the police builds my confidence."

Another volunteer Mrs. Savitha Bhatnagar had this to say" I am very glad I can contribute to the society in a small way."

Shanti Niwas wishes to thank the volunteers and the Auckland central police for their support to the project and endeavours to initiate more new projects and services for the benefit of the community.



Shanti Niwas along with other community group's contributed donated goods for the flood affected families of Edgumbe from the request by Onehunga Community Constable.

Birthday Celebration

