

AUTUMN 2018 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Thames

Serving the needs of older people

Covering Thames-Coromandel District and Hauraki District (Ngatea, Paeroa and Waihi)



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OFFICE HOURS
 9.30am - 2.30pm Monday to Thursday

We are grateful to all our funders:



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Greetings from the Chair

Seasons come and go.

Do we recall a time when we did not obsess with the weather forecast? It seems to be a safe place for small talk with others.

Most recently I have been realising (thanks to programmes on nature) that birds who migrate compete for less resources than usual, some animals are moving to cooler climates as they find the warmer weather challenging. Antarctic animals have less places to breed and rear their young as ice bergs melt.

I used to wonder why lambs are born in our Winter - as they are most vulnerable to the cold. It seems it's the better time of year to meet the needs of other countries culinary demands.

We are more frequently on the receiving end of cyclones. Our recent summer was the hottest on record.

Some people are affected by Seasonal Affective Disorder when the winter months seem long, with short days of daylight. Notice how there are few public holidays in Winter?

Do you know that the current Government has introduced a Winter power contribution for superannuitants automatically in their benefit? This begins from 1 July this year for 3 months. Next year this will extend to 5 months.

Despite all of the challenges the seasons bring we marvel at the colours of Autumn, the new growth in Spring, along with the chirping and melodic songs of birdlife as the sun rises.

“ **Nature gives to every time and season unique beauty; from morning to night, as from the cradle to the grave, it's just a succession of changes so soft and comfortable that we hardly notice the progress.** ”

Charles Dickens

Stay warm and delight in the small things of nature.

Warm regards,

Jenny Wolf

Chair

Managers Memo

Welcome to the first newsletter for 2018! We in the office hope that you enjoy reading the articles that we enclose in each edition. I have been told by more than one person that the first page they turn to is the joke page, closely followed by the recipe page. This sounds infinitely sensible to me, laugh first then follow up with food!

Our cover page comes from a recent Steady As You Go (SAYGo) Leaders workshop that was held in Thames earlier in March. Sadly two of our leaders were absent, we missed you Merle and Jeanette.

Those of us that were present had an awesome day networking, sharpening our skills and enjoying a long lunch out.

Our greater Thames, Waihi, Paeroa and Ngatea communities are very well served by our volunteer peer Leaders. We are very lucky to have them and Age Concern Thames could not possibly continue with these SAYGo classes without this group of

amazing women. They all work hard to ensure that those who attend our regular falls prevention classes are well cared for, kept safe and encouraged on their journeys to build muscle strength and improve their balance.

Please do not hesitate to come along to any of the community classes offered. There is an up to date timetable within this edition. You will be made welcome but be warned you will be encouraged to participate depending on your own level of mobility, we have no observers in SAYGo (although the Tararu group do have an official supervisor!). It is free to come along and give it a go then if you chose to enrol please speak to the leader and they will give you the necessary forms.

So a round of applause for our SAYGo Leaders; Dorothy, Mary, Shona, Shirley, Pat, Jeanette, Helen, Bev and Merle.

Kind Regards,

Kathryn Jury



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82 Richmond St, Thames

Ph: 0800 868 5484

richmondvillas.co.nz

Steady As You Go® Falls Prevention classes

Steady As You Go® is a unique community based falls prevention programme using peer leaders and a central coordinator.

1 hour long classes are held each week for 65+ year olds.

Steady As You Go® has been evaluated by University of Otago researchers. They found the classes improved physical function, reduced the risk of falls, were fun, and provided links with other people in the neighbourhood.

Why falls prevention exercises?

Falls are the most common cause of injury for older people.

Falls can lead to a significant loss of mobility and quality of life.

Numbers of falls and injuries can be reduced by practicing strength and balance exercises.

What are Strength & Balance Exercises?

The exercises are designed to improve balance,

leg strength, general fitness, and well-being. They were developed based on the University of Otago exercise programme by Professor Campbell and Dr Clare Robertson, physiotherapy and tai chi. Common activities such as walking, gardening and bowls may not maintain the leg strength and balance specific to preventing falls.

Participants begin with a warm up in a chair followed by standing exercises, walking exercises, and ending with a warm down in a chair. A range of light ankle weights can be used for the leg strengthening exercises, and all participants are encouraged to work at their own pace.

Three simple strength and balance tests are carried out at week 1 and week 10 of the programme.



Age Concern Thames Weekly Steady As You Go® Groups

DAY	GROUP	TIME	LOCATION
TUESDAY	Steady As You Go® The Booms	10.00 - 11.00am	Conference room of the Booms Rest Home and Hospital, Thames
TUESDAY	Steady As You Go® Ngatea	10.30 - 11.30am	Hauraki Plains Fitness Centre, 13B Orchard East Road, Ngatea
WEDNESDAY	Steady As You Go® Waihi	10.00 - 11.00am	St John Building, Johnson Street, Waihi
WEDNESDAY	Steady As You Go® Paeroa	1.30 - 2.30pm	St John Hall, Belmont Road, Paeroa
THURSDAY	Steady As You Go® Tararu	9.30 - 10.30am	Tararu Village Community Centre

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Marlin Waters is a unique villa complex designed for the early or active retiree, situated within Whitianga Waterways. This outstanding villa community offers a canal lifestyle unlike any other in the Coromandel.

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Joan Gaskell Drive, Whitianga



Housing Challenge for Older Kiwis

Age Concern New Zealand agree with the Housing Stocktake report released recently that housing security for an ageing population is a key factor that needs to be addressed.

As the Hon Phil Twyford, Minister of Housing and Urban Development said “The stocktake highlights the increasing number of elderly facing housing-related poverty because fewer and fewer are mortgage free and able to survive on Superannuation alone”.

Age Concern New Zealand’s believes all kiwis deserve the right to warm, dry, healthy and affordable homes.

Stephanie Clare, Chief Executive Age Concern New Zealand, says “We want to work together with the Minister make sure those people who are unable to retire with a debt free home have options for accommodation security.

The three areas we think need to be addressed are:

- Increase and review of the Accommodation Supplement as more older people are needing both NZ Super and an Accommodation Supplement.
- The rights of the older tenants.
- Increase the stock of housing for older people, including developing housing alternatives.

“We would welcome an invitation to work together to address the housing shortage for older people and to support more vulnerable older New Zealanders into much needed rental accommodation and social housing”.

By 2036 it is anticipated that one in four people will be 65 years of age or older. By investing now in solutions that support the transition to an ageing society, New Zealand’s future social and economic prosperity will be protected so we can all flourish.

Astute investment made now can change the course of ageing in New Zealand for the better - not only for our older population but also for our wider society.



Our Bupa Thames Care Homes go the extra mile for their residents. Tararu and The Booms Care Homes pride themselves on getting to know you on a personal level. We tailor our Bupa Short Stay, rest home and hospital care to you, plus our dementia care at The Booms, so you can feel relaxed and at ease. We are here to help when you need it.

To find out more visit bupa.co.nz or give our Care Home Managers a call.

 Tararu Care Home
921 Tararu Road, Thames

 The Booms Care Home
604 Parawai Road, Thames

 Call Jan Ward on (07) 868 6176

 Call Sharen Landy on (07) 868 7312



Ngatea Natter

The summer has been glorious, if a little intense weather wise.



In my job I have the opportunity to witness people demonstrating how capable one can be even well into their 80’s. I’m sure you’re all well aware that as we age we all need to adapt to changes and that at times the world at large seems to have the wrong idea entirely about the abilities of older people. Certainly things change, sometimes health or mobility interfere or there is a sense that it takes a little more time to do things. But I have seen with my own eyes some of the wonderful achievements of the Ngatea contingent and I’m jolly impressed!

We all have different ways of being and engage in different types of doing, and so we can follow our interests to maintain activity and engagement in the community, which in turn nurtures our own wellbeing. I have some examples though there are many others.

A dear gentleman making a generous offer of home cooked and an exotic lunch (delicious) despite some physical limitations.

A generous woman with a fairly busy schedule offering some of her time to become a volunteer visitor, recognising the value of companionship.

An incredibly hardworking couple maintaining a spectacular garden and contributing to the NZ floral community.

A sprightly chap still woodworking and creating who often helps others with his handiwork.

Very different ways of being and doing but all contributing to the richness of the community, adjusting and adapting along the way but always connecting with others. And it feels like this is the warmth that will keep us going through the Autumn equinox and into the winter time.

With love and appreciation,
Ester Bassett

These photos are all from the garden of an amazing Ngatea resident, Paul Wallace (and his lovely wife Robyn) who is very involved in flower shows with his Lillies and Dahlias even at 81 years of age.



A word from Robyn



Perhaps it's the shorter Autumn evenings, or maybe the sentimental mood I've been in recently, but I feel a bit like singing the old Fred Dagg song "We don't know how lucky we are" (if you see me humming along the road, that's probably what).

I heard about someone in Orlando, Florida who is facing the loss of her husband after a long illness and who is despairing about rejoining the world. It seems that New Zealand tops the United States in terms of being able to support people experiencing social isolation and loneliness; this is something to be very proud of. I hear many happy stories from people who have found genuine friends through the volunteer visiting and it really lifts me. Volunteering is an excellent way to meet new people too, and this year I'm looking forward to getting out to see you all in Whitianga, Waihi, Coromandel, Paeroa and Ngatea, so you all get a bit more peer support.

While meeting up with my visiting service colleagues across the country, I'm constantly reminded that I am especially lucky in getting to know so many of the visitors and visitees personally. Some of the larger offices don't have that luxury. You're all a great bunch of people, so thanks for being a part of my job. It's pretty hard to beat! I think I do know how lucky I am...

Kind Regards,

Robyn

Cover photo competition winner

The winner of last issues front Cover Competition was our very own Doris Hunt. Well done Doris, she was the first person to contact Robyn with the correct answer! Robyn took this photo of Lonely Bay herself and it sure got a few of you thinking. We hope that you enjoyed the chocolate Doris.

The Monday Column

On the 29th January Matt Heath, who writes a regular column for the New Zealand Herald published a partly tongue in cheek article entitled "You gotta take the love wherever you find it".

This article discussed social isolation wrapped up in humour. Matt had approached people in the street and offered to pay them cash for a hug. The results of these approaches were amusing in themselves but the more serious message behind the humour was that loneliness is sad, a health issue and a very real reality for many people.

Matt pointed out that humans are social animals who experience stress if we are left on our own too much. He makes the point that prisons must be terrifying places where lots of bad things might happen, yet the worst punishment in prison is to put someone in solitary confinement. No matter how bad the people in the prison yard are, it is considered worse to be on your own.

Some experts now claim that being lonely is as bad for your health as being obese or smoking up to 15 cigarettes a day. The Harvard Business review put it this way "Loneliness is a growing health epidemic. We live in the most technologically connected age in the history of civilisation, yet rates of loneliness have doubled since the 1980's". We crave real bonds, not digital ones. Humans need each other.

Matt Heath's advice is for older people to stop relying on their children, if they have any. But to form your own 'support pack' of people. A mixture of ages is vital as it makes sense to develop friendships with people at least 10 years younger than yourself so they will be around for the long haul. Matt suggests that people start with clubs as they may provide multiple friendship potential. Find people to do stuff with. It doesn't really matter what the activity is, it is the people that matter. Whoever you are there are people out there for you somewhere, it just takes some effort on your part to find them.

Logic will get you from A to B.
Imagination will take
you anywhere.
Albert Einstein

Help to stay warm over winter

The Government has announced a new Winter Energy Payment.

"The Winter Energy Payment is an investment in Seniors and others, to help them stay healthy over the winter months." Says Minister of Seniors Tracey Martin.

"What's great is that you don't need to apply for the payment. Everyone getting NZ Super or the Veteran's Pension will receive it automatically".

The Winter Energy payment will be paid with your NZ Super or Veteran's Pension.

The rate for single people (with no dependants) will be \$20.46 a week, and couples or people with dependants will get \$31.82 a week.

Payments will be made from 1 July to 30 September

in 2018, and 1 May to 1 October in 2019.

People who get a Residential Care Subsidy or a Residential Support Subsidy are not eligible for the Winter Energy Payment.

Not everyone will want to receive this payment therefore you can choose to opt out. If your circumstances change you can then choose to opt back in.

The Winter Energy Payment doesn't affect your eligibility for other support such as the Disability Allowance, Accommodation Supplement, Temporary Additional Support or Childcare Assistance.

If you travel overseas for four weeks or more your Winter Energy Payment will stop. Once you return to New Zealand you can restart payments by contacting Work and Income.

For more information visit www.workandincome.govt.nz and search for Families Package.




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WE'LL GIVE YOUR SMILE BACK

Engagement in mental, social and physical activity is linked to degree of cognitive ability

The often heard mantra of ‘move it or lose it’ is just as relevant for brain function and cognitive ability as physical ability in later life.

On June 21, 2017 the Gerontological Society of America released a brief report that discussed research findings in the link between social activity and cognitive abilities in older adults. This research was undertaken by several Centres for Research in Psychology, Behaviour and Achievement throughout the UK.

Increased engagement in mental, social and physical activities is linked to a lower rate of cognitive decline in older adults, with different activities benefitting different cognitive domains or part of the brain. Research also indicated a significant association between sexual activity and increased cognitive function in later life.

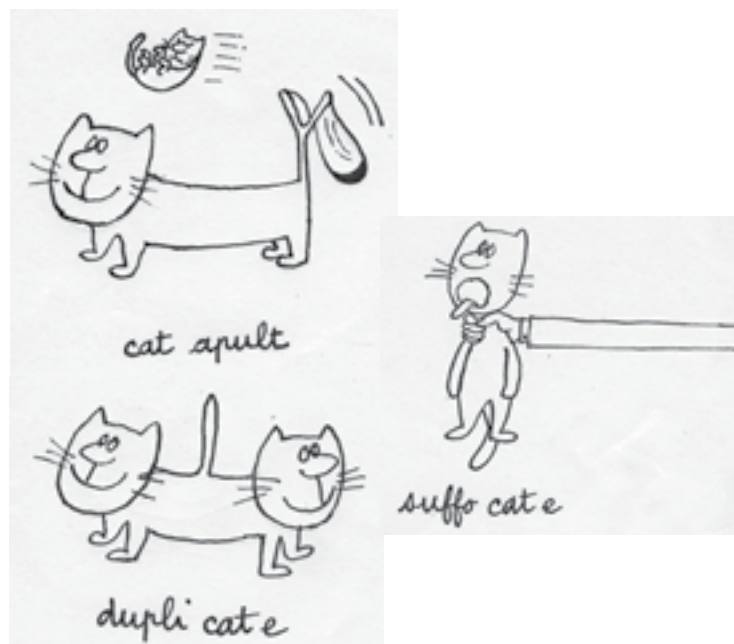
Broad cognitive functions such as word recall and number sequencing were measured as was memory. Four specific cognitive functions, attention, memory, fluency of thought, language and visuospatial abilities were tested in detail.

Participants were aged 50 - 83 years old. There was a mixture of males and females who had no history of dementia, memory impairment or brain injury.

This study replicated previous findings that have shown that overall cognitive scores were consistently higher in those participants who remained socially, sexually or physically active compared to those who were not.

This research also proposed that mental, physical and social activities protect your cognitive abilities, reduces inflammatory processes and reduces cardiovascular (heart) disease and cerebrovascular (brain) disease. Physical and social activity also enhances a person’s dopamine secretion. Dopamine is strongly linked to working memory and rates of depression.

These findings have important implications for us all as we age. ‘Move it or lose’ it is obviously more than a catch phrase for those of us who suffer from inflammation such as arthritis. So let’s get out there and live as much as we can!



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Driver Refresher Courses

Our Driver Refresher classes continue at pace. If you have not had a chance to attend one of these community classes you have missed out on a treat! We have reprinted below some of the feedback from class participants.

These popular classes are held in many towns around the Thames Coromandel and Hauraki Area. We are endeavouring to hold two classes in each town every 6 months. Class participants need to be over 65 years old. There is no cost for these classes and all class materials are supplied.

If you feel you could benefit from a "refresher" of driving skills and knowledge about things such as roundabouts and give way laws then please do not hesitate to enrol in a class near you.

Participant feedback from Driver Refresher classes:

"Excellent, very interesting and worthwhile"

"Very clearly explained and a good refresher of the road rules"

"Clear explanations and easy to relate to in practical terms"

"A great refresher, every driver should attend one of these courses"

"Very friendly and well organised course. I have more confidence now at intersections and roundabouts"

"I am more conscious now to be alert when I am driving"

FREE 2018 Driver Refresher Course

Only 20 spaces per course, be in quick to book!

65+ this classroom workshop is for you!

- ✓ Road Rules & Looking out for hazards
- ✓ Intersection rules and roundabouts
- ✓ Prescription drugs and driving
- ✓ Rural and urban driving

Light refreshments provided.
No vehicles required and no tests or assessments





Wednesday 7th Feb Morrinsville St John 113 Anderson St, Morrinsville 9.15am - 2.00pm	Wednesday 14th Feb Matamata St John 32 Rawhiti Ave, Matamata 9.15am - 2.00pm	Wednesday 21st Feb Thames Civic Centre Mary St, Thames 9.15am - 2.00pm	Wednesday 28th Feb Whangamata Baptist Church 303 Port Road, Whangamata 9.15am - 2.00pm	Wednesday 7th March Ngatea Memorial Hall Orchard West Rd, Ngatea 9.15am - 2.00pm	Wednesday 14th March Poroa St John 31 Belmont St, Poroa 9.15am - 2.00pm
Tuesday 20th March Waihi St Johns Parish Church Crn Gilmore & Kerry St, Waihi 9.15am - 2.00pm	Thursday 5th April Coromandel St John 285 Tiki Rd, Coromandel 9.15am - 2.00pm	Wednesday 11th April Whitianga Community Social Services 2 Cook Dr, Whitianga 9.15am - 2.00pm	Wednesday 2nd May Te Aroha St John 30 Burgess St, Te Aroha 9.15am - 2.00pm	Wednesday 9th May Morrinsville St John 113 Anderson St, Morrinsville 9.15am - 2.00pm	Tuesday 15th May Matamata St John 32 Rawhiti Ave, Matamata 9.15am - 2.00pm

Phone Age Concern on 07 868 9790 to book your space! **Road Safety IS EVERYONE'S Responsibility**

BREAKING NEWS

An extra Driver Refresher Class will be held at the Pauanui Community Hub on Thursday 7th June.

We have had such a great response from the Tairua and Pauanui community that we have planned an extra class for this area. Please enrol by ringing the office of Age Concern Thames on (07) 868 9790.

Influenza season on its way - get protected

One in four New Zealander's are affected by influenza every year. It takes up to 2 weeks for the flu vaccine to provide protection. The vaccine is free for over 65's. Contact your health professional now for further information.



Hetherington House Residential Care Home

Hetherington House is a community owned charity rest home. Started in the 1970's, this home has continued to expand and now caters for up to 50 residents at 3 different levels of care. We have 12 Hospital beds, 32 rest home beds and a 6 bed secure dementia unit that opened in 2011.

Over the past 3 years the home has seen many improvements. With the support of the community we have upgraded our rest home rooms with new furniture and furnishings, built a pathway and Gazebo to allow the residents to enjoy the gardens, upgraded the happy hour lounge and completed several other projects including automatic opening doors, new medical grade carpets and general upgrades to various areas around the home.

Our goal is to continue to improve the home to provide a homely and friendly environment that promotes independence and choice for all who live here.



HETHERINGTON HOUSE

Residential Care Home

98 Parry Palm Avenue, Waihi 3610
 Phone: (07) 863 8526 Fax: (07) 863 8524
 Email: heth.house@xtra.co.nz
 www.hetheringtonhouse.co.nz




Scrambled Eggs in the Microwave

Ingredients: Serves 1

- 2 eggs
- 1 pinch salt and pepper
- 2 teaspoons butter
- 1 cup (250ml) milk
- 1 handful grated cheese of choice
- 1/4 onion, diced
- cooked ham, chopped

Directions

Preparation: 10min › **Cook: 8min** › **Ready in: 18min**

1. Break 2 eggs into a microwaveable bowl, add salt and pepper and mix with a fork. Add the butter and milk and mix again with the fork. Add the cheese, onion and ham and stir into the egg mixture.
2. Put bowl into the microwave on full power for 2 minutes, stir place into microwave for a further 2 minutes.
3. Repeat the stirring and heating for 8 minutes in total - by this time the eggs should be taking their scrambled shape.
4. Towards the end it may be worth draining some of the excess juices from the bowl, this should make the mixture slightly harder.
5. Once cooked serve on toast Job done!!



“By the time you’re eighty years old you’ve learned everything.

You only have to remember it.”

George Burns (1896-1996)

Chuckle Corner



Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind.

But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them. Boy, oh boy, did we go around! Just because I’m blonde doesn’t mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn’t called back. Guess he was embarrassed.

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly,

painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, ‘Crushed nuts?’ ‘No,’ he replied, ‘Arthritis.’

You’ll love this one!!

An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse named Buddy. He hitched Buddy up to the car and yelled, “Pull, Nellie, pull!” Buddy didn’t move. Then the farmer hollered, “Pull, Buster, pull!” Buddy didn’t respond.

Once more the farmer commanded, “Pull, Coco, pull!” Nothing. Then the farmer nonchalantly said, “Pull, Buddy, pull!” And the horse easily dragged the car out of the ditch. The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times. The farmer said, “Oh, Buddy is blind and if he thought he was the only one pulling, he wouldn’t even try!”

A man buys a parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, “I apologize for offending you, and I humbly ask your forgiveness.”

The man says, “Well, thank you. I forgive you.”

The parrot then says, “If you don’t mind my asking, what did the chicken do?”

100% Natural Mineral Pools

Come and relax with us at Miranda Hot Springs in our thermally heated fresh mineral water. Centrally located, we have three pools to suit all swimmers.

Our largest pool is 47m by 17m of hot thermal mineral water at a temperature of between 36°C and 38°C depending on the season. This pool has accessible entry by an aqua-lift. The children’s pool is maintained at a cooler temperature while the adult-only sauna pool sits at around 40°C - 41°C. In addition, we have four private spa pools.

Miranda Hot Springs have been used since pre-European times, with the present pool being built in 1959-60.

Nestled in 2 acres of picturesque grounds, we are perfect for a day out.

We have coin-operated electric BBQ’s and a separate shop operating on site supplying hot food, ice-cream confectionery, as well as hot and cold food.



Editorial supplied by Miranda Hot Springs

ARE YOU A FRIEND OF AGE CONCERN THAMES?

Would you like to become a friend of Age Concern Thames?

What will it cost?

\$15 per person for an annual subscription OR
 \$25 per household OR
 \$50 annual group/ corporate / subscription

How long will it last?

01 January 2018 to 31 December 2018.

What will it include?

- A quarterly issue of the Age Concern Thames Newsletter
- Invitations to gatherings, seminars and events
- A complimentary Age Concern Thames pen
- Access to information available at Age Concern Thames
- The opportunity to be part of an organization working together to promote the well being and quality of life for older people

Why?

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Information on the funded Shingles Vaccine

Source: *Pharmac NZ*

PHARMAC is pleased to announce the approval of an agreement with Merck Sharpe & Dohme Limited to fund the zoster vaccine (Zostavax) for the prevention of shingles (herpes zoster) from 1 April 2018.

Zoster vaccine will be listed in Section I (National Immunisation Schedule) and in Part II of Section H of the Pharmaceutical Schedule for people aged 65 years, with a 2-year catch up programme for people aged between 66 and 80 years inclusive.

From 1 April 2018 people aged 65 years would be able to get one funded zoster vaccine from their general practitioner.

There would also be a catch-up programme where, from 1 April 2018 until 31 March 2020, people aged

between 66 and 80 years old would be eligible to receive a funded zoster vaccine.

Patients will be able to get their funded zoster vaccine from their general practitioner and people who meet the funding criteria can receive the zoster vaccine at the same time as their annual influenza vaccine.

Funded zoster vaccine will not be available through community pharmacies at this point, but this may be considered in the future.

Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual existence of living every minute with love, grace and gratitude.

Denis Waitley

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