

WINTER 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 Friday

We are grateful to all our funders:



Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Thames. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

A note from our Chair

Greetings to you all.

At this cooler time of the year I wish you warmth.

Kathryn and I recently attended the “Age Concerns Everyone” conference. These annual events are always interesting and filled with new information and developments regarding positive ageing.

One of the themes of the conference was about social connection which is the opposite of loneliness. Loneliness can be momentary, or it can be ever-present for some people. This was touched on throughout the conference. Age Concern New Zealand promotes a key focus that social connections matter - and in fact they do matter.

Do you experience loneliness?

If you are feeling lonely you can ask for help. You can call Age Concern Thames and they can help you with a range of options to support you with social connections. No-one should ever be lonely.

Do you have social connections?

If you do have social connections you would appreciate that this helps contribute towards countering loneliness. Perhaps you might notice someone who seems lonely - I am aware the conference discussions on loneliness certainly raised my awareness.



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Their support enables the production of this newsletter, so please support them.

What could you do if you suspect someone is experiencing loneliness?

You could ask them if they experience feeling lonely - and if they acknowledge this you can suggest they call Age Concern Thames. You could also consider volunteering with Age Concern in order to meet other people and visit them - even if it is one person a week for 1 hour.

Social connections - and planning to connect with people - mean the start of a day can be filled with anticipation of connecting with another. We all like to feel like we matter - and exchanges of pleasantries and passing time with another can be refreshing and rejuvenating.

Age Concern can offer ways to connect with people, whether that means arranging a visitor to pop in, or inviting you to a “Chinwag Café” social weekly get-together (in Thames or Ngatea). For those living around the Thames/Coromandel/Hauraki communities there are a number of Age Concern volunteer visitors who could be partnered with a person to visit. Age Concern Thames could also link people with the St John “Caring Caller” volunteer service, where a caller phones somebody regularly. It’s the friendly voice at the end of a phone that also makes a difference.

Nobody should have to be lonely.

Warm regards,

Jenny Wolf

Chair

Could you be saving money on your power bill?

As the weather gets colder it’s a good time to check if you’re getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers.

It’s a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don’t have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you’re happy with your current company it’s worth giving them a call to see if they can offer you a better deal.

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

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Managers Memo

Welcome to the June edition. When the next newsletter goes to print it will be August and nearing the end of the winter months. I have no doubt that we all look forward to that time of warmer weather and longer daylight hours.

In this edition you will find extracts from an article written by Peter Oettli National President of Age Concern New Zealand. Both Peter and I, with many Age Concern managers, staff and Board members attended the Age Concerns Everyone Conference in Wellington recently. These events are an annual event and an important time to build on professional networks and begin new ones. All of these connections help us to better serve the needs of the older people in our communities.

Age Concern Thames moved offices on 1st May 2018. If you have not had a chance to pop in for a cup of tea since then, please accept this as a personal invitation. We are now based at 608-610 Queen Street, Thames, locals will know this as "the old Placemakers Building". We are all settled in now and have managed to unpack things that we forgot we had! There is much more room for us in these new premises and plenty of off street parking so please do drop by one day and say hello. Office hours are still the same 9.30am - 2.30pm Monday to Friday.

Please enjoy the rest of this winter month and I hope you stay warm and dry until the sun is warm again.

Kind Regards,

Kathryn Jury



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A word from Robyn



Greetings on a fine Winter's day! Having had a week of heavy rain, it's good that the sun is breaking through and shining on us all while I write this. In June we celebrate the week of Volunteer Recognition. I have 71 of you, whom I cherish as my wonderful volunteers, and in case I don't

say it enough - thank you! I know that so many of you are also doing so many other wonderful paid and unpaid jobs, and I know for certain that there are many other worthy organisations out there who would snaffle you up if given the chance, but the job you do is invaluable. The world is hugged by people like you.



We're about to be doing the accountability reports for our funders, and so I've been reviewing last years' and preparing to collect my data for the next one. One thing I remember being pleasantly surprised by the age of our volunteers; the medium age is between 65 and 69. The biggest age group of Age Concern Thames volunteers is people aged 70 to 74. Despite being told that millennials are where volunteering needs to recruit (those people who came into adulthood in the 2000s; and I do have one), it's beginning to look like we're a service for older people, by older people. Cheers to that!

Kind Regards,

Robyn



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Thames latest Dignity Champion: Vallanique Tamaiparea



In late March Age Concern Thames celebrated our latest Dignity Champion, Vallanique (Val). Val was awarded with a certificate from Stephanie Claire, Chief Executive of Age Concern New Zealand and some yummy meals from Tomorrow's Meals.

Stephanie's letter to Val went something like this: "On behalf of Age Concern New Zealand I would like to thank you for the valuable work you do in your community for older New Zealanders. I would like to recognise your contribution by making you an honorary Age Concern New Zealand Dignity Champion. You embody our Dignity Champion pledge as you are patient, polite and friendly, and build relationships with older people in your community."

You were nominated by Age Concern Thames. They

tell me you are deserving of this award because you are an enthusiastic and dedicated volunteer that brings the sun into so many lives.

Thank you for dedicating so much of your time to helping ease the loneliness of your clients. You are providing much needed companionship which is making such a positive difference to their health and happiness. Age Concern Thames says that you are an excellent listener and that your calls are the highlight of the day for the people you call and chat to.

Please enjoy your prize from our partner Tomorrow's Meals who are also thankful for the work you do for older Kiwis.

Thank you so much for helping make New Zealand a place where we can all live and age well"

We are very lucky to have Val within the whanau of Age Concern Thames, as we are with all of our wonderful volunteers. Thank you to all of you for your generous support. We would not exist without you.



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cat a lyst

Age Concerns Everyone National Conference Held 16 - 18 April 2018

Kia ora tatou

The recent very successful conference and AGM clearly was a highlight of our Age Concern year so far and I was delighted to meet so many old friends and make new ones as well. At the end of the conference I suffered from information (and food) overload and was looking forward to getting home and digesting both the information and the food.

I was most impressed with the quality and variety of presenters. At the same time, conversations with visitors, presenters, exhibitors, delegates and participants, reminded me of how many organisations and agencies are active in ageing and the aged sector. I believe that the time is ripe for some strategic alliances that will enhance both our and our partners' effectiveness in our work for and with the older generation.

As a guest speaker at the conference Hon. Tracey Martin, Minister for Seniors, referred to the revision of the Government's Positive Ageing Strategy. She has now set up an Independent Advisory Group and I will be representing Age Concern New Zealand on it. If you have any thoughts or helpful comments, I'd love to hear from you.

Winter is here now and with it the season when it becomes more difficult for older people to go out and meet others. Age Concern is focusing on social isolation as a major social and health issue for older people. Our Accredited Visiting Service is one of our flagship programmes, and other innovative initiatives to foster social connections are either underway or already successfully operating.

Unfortunately 10% of New Zealanders aged 65-74, and 13% of those aged over 75 feel lonely all, most, or some of the time. If you know someone who is feeling lonely, or who would just like more social contact, it's important to do something about it, and Age Concern can help, get in touch with your local Age Concern.

Nga Mihi

Peter Oetli
National President



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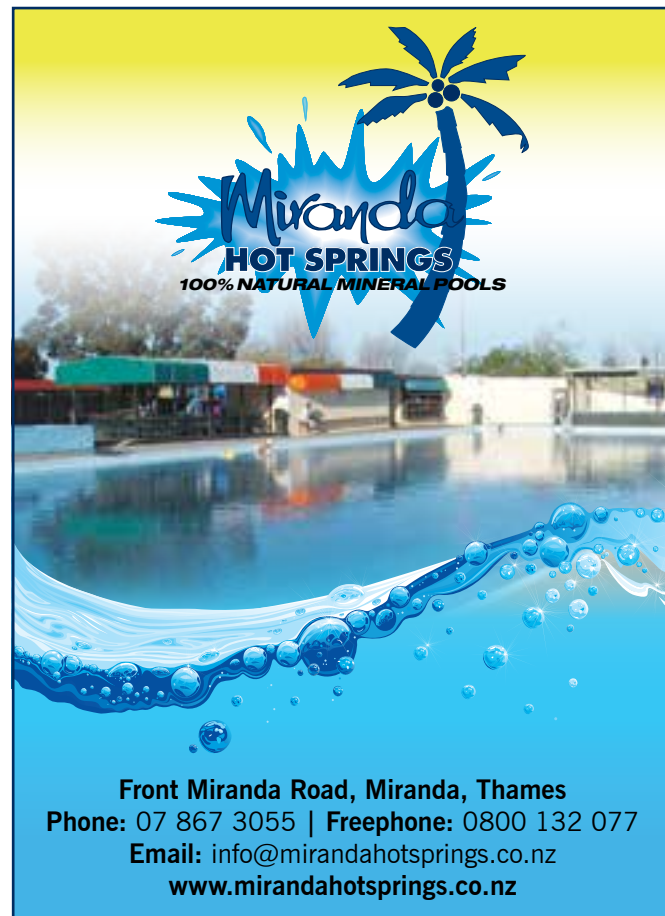
Our largest pool is 47m by 17m of hot thermal mineral water at a temperature of between 36°C and 38°C depending on the season. This pool has accessible entry by an aqua-lift. The children's pool is maintained at a cooler temperature while the adult-only sauna pool sits at around 40°C - 41°C. In addition,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



Front Miranda Road, Miranda, Thames
Phone: 07 867 3055 | **Freephone:** 0800 132 077
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www.mirandahotsprings.co.nz

Focus on end of life care decisions

Planning is important for any event! Imagine putting a meal together without planning? If we don't plan ourselves we may miss out on having input into important parts of our life.

April 5 2018 was Advance Care Planning Day when New Zealanders were invited to create a plan for their last days that sets out their wishes. Kiwis are being encouraged to think about, talk about and share what matters to them for their end-of-life care.

Plans should be based on a person's personal views and values, and a good understanding of their current and likely future health, and the treatment and care options available. An advance care plan is particularly important if a person became too unwell to tell their loved ones and healthcare team what they wanted themselves.

Having an advance care plan will help you and those around you understand what is important to you and what treatment and care you would like. It focuses on and involves both you and the healthcare professionals responsible for your care. It may involve your whanau/family or others close to you, if you wish.

Kiwis are encouraged to talk to those close to them about what type of care they would like towards the end of their life. Talk to your family/whanau and GP or other health professional about the medical choices you might have in the future.

Discussing end of life can make it easier to understand and less frightening. It happens to us all so we may as well be prepared. Advance care plans can be completed online at www.advancecareplanning.org.nz or you can download a template to fill in by hand. Copies can be obtained from your local medical centre as well.



How is the Government's Families Package helping the 65 year plus?

A reminder for you that if you are someone who qualifies, some of your Accommodation Supplement and Accommodation Benefit rates changed on 1 April 2018.

These changes are part of the Government's 'Families Package' which aims to improve incomes for low and middle income families with children.

From 1 April, maximum payments will increase and some places will move into a different Accommodation Supplement Area. This is to reflect housing costs in some locations having increased more than others.

If you qualify for an increase work and income would have written to you in April. Clients would have seen the full impact of the changes in their payments from 9 April.

We're encouraging Work and Income clients to use MyMSD to check their payments. They'll also be able to call Work and Income's Service Express on 0800 33 30 30.

Full details about changes to the Accommodation Supplement and rates are available on here website, www.workandincome.govt.nz - along with other details of the Families Package including Winter Energy Payment.

Happiness is not having what you want. It is appreciating what you have.

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.

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Editorial supplied by Hetherington House

Baby boomers know their own minds

By **Merepeka Raukawa-Tait**

It must be very confusing for older people at present with the plethora of facts, figures and so called helpful information being targeted at them.

There's an avalanche pouring in daily. Open any newspaper or magazine and you'll see where older people are being served up material and tips on how to live, and cope, on every conceivable topic.

How to plan for retirement, best places to retire to, work part time, ways to retire on less money, managing money to make it last, international trips for retirees, things to know about reverse mortgages, when to downsize the family home, to go grey or not to go grey, eating healthy, staying fit and active, till death do us part. I used to read it all. Not anymore.

It was the article "Healthy Sex While Ageing" that put a stop to my reading. It was the tone that got me. The article was an insult to the intelligence of older people. Very condescending. I retrieved and reread other articles and found I wasn't mistaken. They were all written in similar view. Obviously by people who had not yet reached the third age. Nothing wrong with that necessarily but the writers must think older people have no life experience, came down in the last shower. That would be a big fat mistake.

Governments have known for years that the baby boomers, those born between 1946 and 1964,



would be making their presence felt from 2011 onwards. That this should be planned for. But why would we not think that baby boomers themselves wouldn't be doing their own planning. They are not stupid. This is new territory for them too. I'm sure they appreciate the myriad of books and articles being made available for them to read and digest. But it does make you wonder how they managed all these years without the numerous guidebooks served up today.

Baby boomers observed how hard their parents worked and followed suit. There wasn't the well-established entrenched welfare system we have today. Some enjoyed fun years as "flower people" during the hippie era with many becoming protesters and activists at the time of the Vietnam War. By and large they just got on with life. Worked, saved and bought a house. Along came children then grandchildren. And now suddenly they are supposed to be vulnerable. That's the impression you get when thumbing through popular magazines today. Telling older people what they should and should not do. What to expect and how to prepare themselves for old age.

All areas are covered and that's what I find worrying. Is there nothing that older people are doing and enjoying right now that doesn't need to be tampered with?

I think we run the real risk of starting to see older people as some sort of deficit. The language we use

to refer to them is changing too. They need to be on their guard. Otherwise it could become self-fulfilling.

Healthy baby boomers are expected to live longer. At some stage they may need to be supported and there will be stresses and strains on families and government as they cross the threshold into old age. But don't drown them in "helpful" stuff. Let them use their own brains and minds to figure out how best to live their remaining years. That's the only area I am interested in reading about now, the mind. That's where I believe it all happens. How to keep the mind active, alert and open while ageing.

It is the mind that is life, making life even as we age. No clogging required.

Merepeka Raukawa-Tait is a Rotorua district councillor, Lakes District Health Board member and chairs the North Island Whanau Ora Commissioning Agency. She writes, speaks and broadcasts to thwart political correctness.

Annual increase to NZ Super

NZ Super and Veteran's Pension payments are adjusted each year to reflect increases in the cost of living and the average wage. From 1 April 2018, weekly rates will increase by:

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Chuckle Corner



Two elderly women were eating breakfast in a restaurant one morning.

Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."



A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also

delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

The church held a "Marriage Seminar" and the Priest asked Luigi, as his 50th wedding anniversary approached, to share some insight into how he managed to stay married to the same woman all these years. Luigi replied to his audience, "Well, I tried to treat her well and spend money on her. But the best thing I did was take her to Italy for our 20th anniversary."

The Priest said "Luigi, you are an inspiration to all husbands here today. Please tell the audience what you plan for your wife for your 50th anniversary." Luigi proudly replied "I'm gonna go and get her."

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Kitchen CORNER



Baked Pear with Ginger and Walnut



Ingredients	1 Serve	2 Serves
• Pear, cut in half and cored	1	2
• Crystallised ginger, chopped	1Tbspn	2Tbspn
• Walnuts, chopped	1Tbspn	2Tbspn
• Ground almonds	1Tbspn	2Tbspn
• Orange, rind and juice	1Tbspn	2
• Honey	1tsp	2tsp

Method

1. Preheat oven to 180° C.
2. Place pears in small ovenproof dish.
3. Mix ginger, walnuts and almonds together and divide between pear cavities.
4. Mix together the honey, orange juice and rind and pour over the pears.
5. Cover with foil and bake for 25-30 minutes or until the pears are soft. If you like a caramelized effect, place under a grill for a minute or so before serving.

Microwave

1. Prepare pears as above and place in microwave-safe dish.
2. Cook covered on medium-high power for 1½-2 minutes for 1 serve and 2½ - 3½ minutes for 2 serves. Check to see that pears have softened, otherwise cook for a little longer.

Serving Suggestion: Serve with thick plain yoghurt or vanilla ice cream.



Marlin Waters

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