

**SPRING 2018 QUARTERLY NEWSLETTER**

[www.ageconcern.org.nz](http://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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**Address:** 608-610 Queen Street, Thames 3500

### OFFICE HOURS

9.30am - 2.30pm Monday to Friday

## We are grateful to all our funders:



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## A note from our Chair

Greetings to you all, from a cold Wintery day in Raglan.

I have moved out of the rohe (area) of Age Concern Thames jurisdiction - and am enjoying a lifestyle choice in a small coastal community with a passion for the environment - and living closer to a city!

This is my last newsletter item as Chair of Age Concern Thames.

This newsletter item has me reflecting on two things...

As we get older many of us migrate to be closer to facilities such as major hospitals and health supports. This is unfortunate as it means leaving communities and friends and sometimes family, especially as driving and other transport options become limited also. This means reducing the number of social supports as a means to increase the access to professional services. Is there something wrong with this picture? We live in a small country with significant rural and isolated communities - large hospitals and state of the art health services cannot be everywhere.

I also reflect on the 5 years I have been connected with Age Concern - a year on the Council of Age Concern Hamilton, then supporting the fledgling Age Concern Thames for the past 4 years. The "fledgling" Age Concern has since grown from 2 - 5 people and had to move offices having outgrown the original office! I am grateful to our funders who understand our objectives and support the work we do. Without them, we could not survive.

I am enormously grateful for my time spent within the nationwide "Age Concern whanau (family)" as truly the services and boards are all passionate about positive ageing and making a difference.

In particular I am grateful to have worked with Peter Oettli, Gail Gilbert, Julia Monrad, and Kathryn Jury - all leaders in their own right and totally dedicated to Age Concern. Our board at Age Concern Thames has been amazing - passionate and committed, and truly representing the communities they live in. I am particularly grateful for their support, and thank in particular our Treasurer, Moira Mclean.

Our board members are volunteers, amongst many other Age Concern Thames volunteers who tirelessly commit to regular visits with clients, or do other amazing work assisting in their unpaid time. Whatever the role, you make a difference. Thank you.

Arohanui (huge love),

*Jenny Wolf*  
Chair



## International Day of the Older Person Celebrating Age Event

**To be held on Thursday 18th October 2018.**

**Venue:** Richmond Villas, Richmond Street, Thames

**Time:** 10.00am till 12.00 noon

This event will begin with a cup of tea and a welcome. We will then move into a live music event so please bring your dancing shoes.

After the music there will be a cooking demonstration and tasting session. There will be goodie bags for attendees and spot prizes.

Dressing up is optional and encouraged.

**Places are limited so please register ASAP with Age Concern Thames (07) 868 9790.**

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## Managers Memo

Welcome to the Spring issue of our Age Concern Thames newsletter. We are now well and truly settled into our new office area. It has been 4 months since we moved and we are still having people dropping by just to check out the new premises. If you haven't been down for a visit then please do not hesitate, you would be most welcome.



We are very pleased to welcome two volunteer receptionists to the Thames office whanau. Both of these people are worth their weight in chocolate! Ron comes in on a Friday from 10.30am until 12.30pm and Vallaniquie joins us on a Tuesday for the same hours. All Age Concern Thames staff are very grateful to have their support as well as their cheerful faces in the office. Their role is to 'be the face' people see when they first come into the office or telephone us. We keep them both busy with 101 small tasks which frees up our staff to get on with their role. The productivity of our office has increased due to the presence of our volunteer receptionists and we are very pleased to have them on the team.

Please do not hesitate to stop by the office to say hello to Ron and Vallaniquie on the days they volunteer here. They both make a great cup of tea and have proven stamina for 'having chats'! Ron is also becoming very proficient with the office paper shredder, but perhaps that is a story for another day. All members of Age Concern Thames would have received in the post an invitation to our up and coming AGM (thanks in part to Ron and Vallaniquie's envelope stuffing skills). I extend a personal invitation to each and every one of you. The AGM will be held on Thursday 21 September from 11am until around

11.30am. This will be followed up by a cup of tea and the opportunity to chat with any Board members present. It is with regret that I inform you that Jenny Wolf, our long standing and highly valued Board Chair is not seeking re-election at this AGM. We will miss Jenny greatly and wish her very well in her future life. Please do not hesitate to pop along and say thank you and good bye to Jenny.

Kind Regards,

*Kathryn Jury*



### Don't Forget!

**Daylight saving starts at 2am on  
30 September 2018 when clocks need  
to go forward by 1 hour.**

## PENINSULA OSTEOPATHS

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## Ngatea Natter

Hello Ngatea and surrounds, after a short break I am back in your neighbourhood feeling refreshed and ready for another year. And even better it's Spring which is refreshing in itself with the blooms of colour and precious lengthening days.



This is just a brief update to let you know that the Chinwag Cafe is going strong at the Darlington Street Parish every Tuesday 10am - 12am. Drop in for a cuppa, the lovely June Smith has been keeping it going with warmth and humour and she is an expert at welcoming new members.

Also there is much talk about regular transport to Thames for people to shop or visit or just have a change of scenery, and the wonderful parish have organised TOM, Thames once a month via Turua so call them and book your spot for September 13th or October 11th - Phone 867 8466. Please make use of this service and support the potential for a more formalised transport arrangement.

I am intending to be at the Hauraki Plains Medical Centre fortnightly on a Wednesday morning, so that you can drop in to see me with any questions or concerns or just to chat. So do call Thames Age Concern on 868 9790 to make an appointment or drop by fortnightly from Wednesday the 5th September.

I would absolutely be delighted to hear from anyone wanting to join our volunteer forces in the district, there are isolated elders waiting for visitors and it would be lovely to be able to match you up with someone, making connections enriches our lives.

With love and appreciation,

*Ester Bassett*



Mobilise Thames is a Charitable Trust serving the people of Thames, Coromandel Peninsular, and Hauraki Plains.

Based in Mackay Street, Thames, opposite the Thames hospital our showroom has a varied product range, including daily living aids, incontinence supplies, and mobility equipment.

Major suppliers include Life Unlimited, Cubro, Goldfern, Allied, USL.

Product range includes, Molicare, Advance, Confitex, Mobilis, Freiheit, Comfort, Parsons and many more.

A discount is offered for Goldcard holders.

On request we also source, if possible, any related, unstocked product.

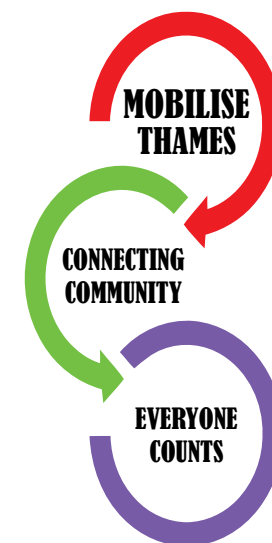
We are the local authorised agents, for Pride, Neo and Shoprider scooters and the AA - for their "Get Home Safely Policy" to cover motorised scooters.

We service scooters and other mobility equipment, with regular visits to outlying areas.

An extensive selection of hire and second hand goods is also available.

Come and meet our friendly team. We welcome new volunteers. Contact us for any further information.

## MOBILISE THAMES



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**607 Mackay Street, Thames**

**[www.mobilisethames.org.nz](http://www.mobilisethames.org.nz)**



## The Office for Seniors consultation

Between 29 June and 24 August the Ministry of Social Development and the Office for Seniors, under the direction of our Minister for Seniors the Hon Tracey Martin have been holding consultation meetings and workshops throughout New Zealand. This consultation relates to how ready our society and in particular its older members, are for change.

In 2001, the New Zealand Positive Ageing Strategy set out a vision for a society where people can age positively, where older people are highly valued and where they are recognised as an integral part of families and communities.

New Zealand will be a positive place in which to age when older people can say that they live in a society that values them, acknowledges their contributions and encourages their participation.

In 2018 we realise that New Zealand is changing. Like most developed countries, our population is ageing. Over the next 30 years, our ageing population will alter the structure of New Zealand's society, how our communities function, and our working and housing needs. At the heart of this change is the challenge to meet New Zealanders' future needs and to support their wellbeing.

The Hon Tracey Martin is consulting on these broad issues to prepare for our aging population:

- Working past 65. People used to retire at 65. That is now changing. Many people want to stay working and in the future employers are going to need older peoples' skills and knowledge.

- Getting out and about. As our population ages, we will need to be able to get around safely regardless of where we live. Mobility is vital to well-being and to maintain connections in the community.
- Digitally disadvantaged? Use of technology among seniors is growing. But while we're bridging the digital divide for many, some older people may be left behind.
- A place to call home. Currently 70% of people aged 65+ own their own home. But home ownership rates are dropping, and this will mean more demand for affordable and suitable rental properties.
- Living longer, living well. Around 723,000 New Zealanders are aged 65 or over. That's over 15% of the population. By 2038 nearly one in four of us will be aged 65+.
- Opportunity in diversity. There are more than 200 ethnic groups in New Zealand. Collectively, we speak 160 different languages. Not only is our population getting proportionately older, we are also becoming increasingly diverse.
- Ageing and disability. The number of people with a disability is set to rise over the next 20 years. The most significant increase will be among people aged 65 and over, with the number of disabled people expected to double.

It is refreshing to see that the New Zealand Government actively believes that improving outcomes for older people is the responsibility of central government, local government, the business sector and every New Zealand community. We look forward to seeing what action plans come out of this round of consultations.

## How Giving to Others Makes You Healthier and Happier



With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you to reduce stress, find friends, reach out to the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others those in need and improve your health and happiness.

Age Concern Thames is always on the lookout for volunteers. Traditionally our core volunteer role has been our accredited visiting service. Yet there are many ways that you can share your skills with us as a volunteer. We have recently gained two volunteer receptionists and are keen to gain more. The receptionist role is composed of answering the phone, greeting visitors and generally making yourself useful for 1 - 2 hours a day. We are always on the lookout for volunteers who are able to perform light handyman tasks around the home such as changing lightbulbs, people to walk pets with or for an elder, people to support our falls prevention classes.

So whatever your skill or passion please make contact with us at the Thames office. We would love to welcome you into the whanau.

## Modest talent

Our very own Haydn Wright is the most modest of men and it is about time he was celebrated by us all.

Haydn is an active member of both the Thames and Ngatea chin wag café groups. He can be relied upon at all times to offer a smile and a friendly hello to anyone. Here in the Thames office we are very fond of Haydn and proud to count him as one of the family.

Haydn has hidden talents in so many areas and the one he shares the most with us are his impressive wood turning skills. You will see in the photos examples of amazing pens and holders that Haydn has made. He has creative ideas such as adding small improvements to his pens so that they do not roll off of desks and fall behind the fridge! If you look closely enough you may see a small piece of wood with square sides threaded onto the top of the pen? Well, that clever idea does stop the pens from rolling.

Haydn makes a point of using recycled native wood as much as possible in his work. He recently granted us a generous favour of making and affixing wooded 'legs' to our office reception chairs. This added height makes it much easier for older visitors to actually get out of the reception chairs when it is time for them to leave. As well as saving the dignity of older visitors he is also potentially saving the spinal health of other visitors and staff alike who are no longer required to be on standby as human 'cranes'.

Age Concern Thames would like to thank Haydn for his ongoing help and support, we are very lucky to be the recipients of your strong skills and talented ability. We are grateful to have you in the Age Concern whanau Haydn.



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## Thames Chin Wag Café record!

Recently at the Thames Chin Wag Café we hit a new attendance record of 18! We were beginning to search the very back of the cupboard a little anxiously for more cups. Although, thankfully we did not have to resort to people sitting on each others knees! (this time)

Our two Chin Wag Café groups (one in Thames and one in Ngatea) are always well attended and have a nice mix of ‘regulars’ and more casual people. People walking in are always very welcome.

It was very fortunate that the Thames office moved to bigger premises in May of this year as we could not have hosted our growing Chin Wag Café at the previous premises.

If anyone out there has not had the full ‘Chin Wag’ experience please do not hesitate to attend the

Thames or Ngatea group. No need to book, you are very welcome to come along and join in.

**Mondays (except public holidays) 10.00am - 12.00noon in the office 608 Queen Street, Thames**

**Tuesdays 10.00am - 12.00noon in the Co-operating Parish Hall, Darlington Street, Ngatea.**

Please consider this a personal invitation, you are welcome to come for the entire 2 hours or just as welcome to come and go at any time.



## FREE 2018 Driver Refresher Course

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**Thursday 9th Aug**  
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113 Anderson St, Morrinsville  
9.15am - 1.00pm

**Friday 17th Aug**  
Paeroa St John  
31 Belmont St, Paeroa  
9.15am - 1.00pm

**Wednesday 22nd Aug**  
Hauraki Plains  
Co-Operating Parish  
3 Darlington St, Ngatea  
9.15am - 1.00pm

**Wednesday 29th Aug**  
Whangamata Baptist Church  
301 Port Road, Whangamata  
9.15am - 1.00pm

**Wednesday 24th Oct**  
Pauanui Community Hall  
23 Centreway, Pauanui  
9.15am - 1.00pm

**Wednesday 31st Oct**  
Te Aroha St John  
30 Burgess St, Te Aroha  
9.15am - 1.00pm

**Wednesday 7th Nov**  
Whitianga Community  
Services Trust  
2 Cook Dr, Whitianga  
9.15am - 1.00pm

**Wednesday 14th Nov**  
Matamata St John  
32 Rawhiti Ave, Matamata  
9.15am - 1.00pm

**Wednesday 21st Nov**  
Thames Civic Centre  
Mary St, Thames  
9.15am - 1.00pm

**Wednesday 28th Nov**  
Coromandel St John  
285 Tiki Rd, Coromandel  
9.15am - 1.00pm

Phone **Thames-Coromandel District Council** on **07 868 0200** to book your space!

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Hi my name is Carla, and my mum Gayle and I are the owners of Simply Cremations. Simply Cremations is one of four Funeral Homes in our family. We are now the new owners of Simply Cremations Auckland and Waikato, we also own Simplicity Bereavement Services in the Waikato and Melrose Funeral Home in Tauranga and cover the Waikato, Bay of Plenty, Coromandel and throughout the North Island. We are passionate about the work we do with families and feel incredibly humbled to be able to do what we do. We offer families personalised arrangements going the extra mile to make sure the process is as stress free as

possible, making sure your loved one is treated with the utmost respect and care for their final journey.

We bring a fresh approach to the Funeral Industry treating each individual with not only the compassion, but the guidance to have their wishes adhered to. If there is uncertainty in what is required or wanted then that’s our place to guide you through.

We also have the option to Pre-Plan and Pre-Pay Funerals which is becoming more common, taking away that stress left for your family to deal with. Making sure your final journey is exactly as you’d like it. If this is something you’d like to know more about feel free to call the 0800 numbers to have a chat.



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## 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.



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## A word from Robyn



Hello to you, the good people of Hauraki and Thames-Coromandel. In the last couple of months I've been able to firm up a more regular schedule of going out of Thames into the wider world; and I am thoroughly enjoying it. It is lovely to get out and about. I am not quite a local

everywhere, but I feel I at least have a good handle on which are the best places for coffee and turmeric latte's which is a good start.

Our volunteer visitor training has recently been updated, and now includes a section on Dignity Champions. We've covered this in a previous newsletter, but in a nutshell Dignity Champions are people who are willing to stand up for the dignity of older people. I'm having a lot of fun at the moment teaching my small person about the phrase "gender stereotyping" and how despite life being full of it, we don't need to be. I feel the same about age stereotyping; there is a good attitude to have, and it is held by more than the person experiencing age. At a recent chin wag, we had an older gentleman helped to his feet by someone 20 years older than him, and as said the helper "You've got to be useful to people who need help". I'm annoyingly optimistic, but I can't help feeling that maybe if we all had the attitude of accepting each person we meet on their merits and their good qualities (cause everyone has those), instead of their age or gender, we'd be in a better place.

The inclusion of the Dignity Champion is to the exclusion of a great resource that was the "Recipes for life" booklet. As a final hurrah to that (it is not being reprinted), I have included all 14 of the ingredients for a good life in this editions word search. As is said in the introduction of that booklet, each one of these words is an invitation to make the most of your life skills and to keep adding to the richness that is you. If you are wanting to read the "recipes for life" we do have some copies left before they are totally out of print; give us a call!

Kind Regards,

*Robyn*



**Steady As  
You Go®**

## Falls Prevention

Steady As You Go® Falls Prevention classes were first developed by Margaret Dando of Age Concern Otago, in 2003. Originating in Dunedin but now spreading across New Zealand, the numbers of these peer-led community classes continue to grow. These classes are of great benefit to participants, physically making them more stable and mobile, while providing a happy hour every week for everyone to look forward to.

The likelihood of falling increases with age while the risk of injury from falls also increases with age. Falls can impact on a person's independence and wellbeing. Typically older people take longer to recover from injuries and even without an injury a fall can create a loss of confidence and increases anxiety.

Falls are often linked to muscle weakness, deficits in gait and balance and low physical activity. The Steady As You Go® classes help to build muscle mass, improve strength and balance and increase the participants awareness of posture and safe movement.

The good news is that Age Concern Thames currently has 5 different Steady As You Go® classes in the Thames/Hauraki area:

**Tuesdays at The Booms conference room from 10.00am - 11.00am (class currently full)**

**Tuesday's at Ngatea in the Hauraki Fitness Club 10.30am - 11.30am**

**Wednesday's at Waihi St John's rooms from 10.00am - 11.00am**

**Wednesday's at Paeroa St John's Hall 1.30pm - 2.30pm**

**Thursday's at the Tararu Village Community Centre 9.45am - 10.45am**

All classes welcome new participants. There is no cost for the class but participants are asked to pay a gold coin koha to offset the cost of venue hire.

**Enquires to [thamesmanager@ageconcern.gen.nz](mailto:thamesmanager@ageconcern.gen.nz) or phone (07) 868 9790.**

## Chuckle Corner

"My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."

### AT THE BAR THE OTHER NIGHT

An elderly looking gentleman, (mid nineties) very well dressed, hair well groomed, great looking suit, flower in his lapel, smelling slightly of a good after shave, presenting a well-looked-after image, walks into an upscale cocktail lounge. Seated at the bar is an elderly looking lady.

The gentleman walks over, sits along side of her, orders a drink, takes a sip, turns to her and says, "So tell me, do I come here often?"

### NEW DOCTOR

I recently picked a new doctor. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age.

A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?" He asked, "Do you smoke tobacco or drink beer or wine?" "Oh no," I replied. "I'm not doing drugs, either." Then he asked, "Do you eat rib-eye steaks and barbecued ribs?" I said, "No, my other Doctor said that all red meat is very unhealthy."

"Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?" "No, I don't," I said.

He asked, "Do you gamble, drive fast cars, or have a lot of sex?" "No," I said. "I don't do any of those things."

He looked at me and said, "Then why do you want to live to 80."



## Social Care, Japanese style: Lessons from the world’s oldest population

Japan has long been known for its widespread respect for its seniors and a powerful sense of obligation to care for them. The involvement and responsibility of the family members has been paramount in the past.

Yet as the demographic structure of Japanese society has changed, and the population has progressively aged - Japan has the oldest population in the world - the provision of care is increasingly seen as a social and not exclusively family concern.

In 2000, Japan introduced a long-term care insurance (LCTI), designed to provide cover to all those over the age of 65, according to their needs. It is one of the most comprehensive social care systems for the older person in the world. It is built around the aim of reducing the burden of care for families.

### HOW DOES THE SYSTEM IN JAPAN WORK?

In Japan, people above the age of 65 can apply to their local government agency, and a complex test is done to assess their needs. A care manager advises on how their needs would be best met within their communities. The emphasis is on using providers of services that are smaller organisations, embedded in the local community of the older person. The number of residential homes is restricted and Japan is committed to an emphasis on community care so as to support the wellbeing of their elders.

The insurance is financed from premiums that are mandatory for all citizens aged 40 and above. Over time this LCTI system has become widely accepted as a part of the long-term aging process.

The LCTI system focuses on building communities of support for the older person. As in other countries isolation is seen as one of the greatest social and health problems facing older people. Fostering multiple social ties in the community, including a formal voluntary sector but also more informal activities and networks of support are seen by



older people as a way to maintain a degree of independence into their later years.

While the idea of ageing in one’s own home and fostering supportive communities of care is undoubtedly positive in many ways, it is important to recognise that it relies on the unpaid work of many volunteers, many of whom have cared for family members themselves and so understand the work involved. In fact, many of these volunteers are over 65 themselves. The Japanese culture considers volunteering for the older person to be a valuable and meaningful activity that holds many beneficial aspects for the volunteer.

Age Concern Thames fully support the valuable contribution volunteers make to the quality of life for older members of our community. We would cease to function if it not for the passion, energy and kindness of our many volunteers. Thank you to all of you.

Loneliness is often worse for those who have people around that they cannot or do not relate to. It’s due to a lack of communication and understanding. Loneliness is alleviated through listening, not talking.

## 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?**  
Membership subscriptions are a vital funding base for Age Concern Thames. Subscriptions and donations help Age Concern Thames to continue our work serving the needs of older people.

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Budget Delivers Cheaper Doctor Visits

The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget. This will give up to 540,000 people access to low-cost GP visits - making it around \$20 to \$30 cheaper.

Seniors who have either a combined SuperGold and Community Services Card or a Community Services Card should also see a reduction in the cost of visiting their GP by 1st of December 2018.

General practices can choose whether or not to provide the new low-cost visits so please check with your doctor later this year to see whether they have chosen to opt in.

Under the changes, people receiving the Accommodation Supplement or living in public housing will also get a Community Services Card, giving them access to cheaper doctors visits.

To find out more about these changes, go to [www.health.govt.nz](http://www.health.govt.nz) and search for 'primary health care subsidies'.

Wordsearch

R	O	L	E	M	O	D	E	L	S	E	Y	E	I	Optimism
O	V	A	D	A	P	T	A	B	I	L	I	T	Y	Love
N	H	E	Q	U	I	L	I	B	R	I	U	M	U	Family
D	E	A	E	T	T	Q	T	L	N	I	I	U	D	Friendship
N	V	M	I	N	D	F	U	L	N	E	S	S	I	Enjoyment
R	O	C	U	Y	N	L	L	C	U	I	U	S	G	Adaptability
S	L	E	U	N	O	P	T	I	M	I	S	M	N	Dignity
U	U	U	F	R	I	E	N	D	S	H	I	P	I	Mindfulness
T	M	T	C	A	I	M	R	O	A	N	I	Q	T	Generosity
P	L	A	N	A	M	O	E	O	G	S	P	L	Y	Curiosity
F	A	M	I	L	Y	T	S	Y	G	I	U	B	T	Role Models
U	C	U	L	T	U	R	E	I	F	V	I	R	Q	Culture
E	U	S	G	U	I	S	O	V	T	E	O	O	D	Plans
O	T	N	E	M	Y	O	J	N	E	Y	N	P	R	Equilibrium

Kitchen CORNER



Roast Chicken Dinner for One

Serves 1  
Preparation: 15 minutes  
Cooking: 30 minutes  
Few solo eaters would consider roasting a whole chicken - the leftovers would be daunting for days. Here's a very simple way to have a proper roast dinner with very little fuss (and very few dishes). Look for chicken thigh pieces with the leg attached (often called Chicken Maryland).

Ingredients  
1 x chicken thigh and leg piece  
2 medium Agria potatoes, peeled, cut into thirds  
1 carrot, peeled, cut into long batons  
½ red onion, peeled, cut into wedges  
2 cloves garlic  
A sprig of thyme or other fresh herbs  
A little knob of butter  
2 tablespoons olive oil



Method  
1. Preheat the oven to 200C. Fill the kettle with water and bring to the boil. Put the potatoes in a small saucepan and cover with the water. Add a pinch of salt, then cover and set over medium heat. Let the potatoes boil for about 10 minutes, or until a knife plunges into them easily. Drain well and shake in the saucepan to rough up the edges. Set aside.  
2. While the potatoes are cooking, line a small roasting dish with foil. Arrange the chicken, carrot and onion on top, leaving some space for the potatoes. Tuck the garlic and thyme around the chicken, then dot it with a little butter.  
3. When the potatoes are ready, add them to the dish and drizzle the oil over everything. Season well with salt and freshly ground pepper, then put in the oven.  
4. Roast for 30 minutes, until the chicken is cooked and the potatoes are crisp and golden. Remove to a warmed waiting plate (no eating from the roasting dish!) and eat immediately.

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



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[www.mirandahotsprings.co.nz](http://www.mirandahotsprings.co.nz)



## Working after 65? What's in it for me?

- **Maintains your social connections:** The workplace is a community. Work involves spending time with workmates, employees, bosses, and customers.
- **Keeps you physically and mentally active:** Mental challenges keep your brain healthy, and work keeps you fit by getting you moving.
- **Keeping busy and sense of purpose:** Being at work requires routine and focus. You can better appreciate your downtime and what you can do.
- **Enjoyment and learning:** Explore your interests and passions. Being in paid or voluntary work encourages life-long learning and opens the opportunity for new challenges.
- **Contribute to your community:** Share your wisdom by being a role model or mentor. Recognising you have something to offer helps break down negative stereotypes and ageism.

- **Financial:** Paid part-time, seasonal, and casual jobs, or even your own business will supplement your NZ Superannuation and improve your lifestyle.

### Job Hunting

Working with your employer on making your current role more flexible may be easier than seeking a new job.

If you want to change roles, first update your CV into a modern format. There are agencies that can help. Look at your strengths and think about the previous jobs and transferable skills you have. Consider life skills you have gathered along the way: for example, the skills you learned as a parent, or your lifelong love of gardening.

There are websites such as Older Workers and Wise Ones that connect older workers with age-friendly employers.

And do not underestimate the self-fulfillment that can be gained by undertaking voluntary work in your own community. You have a lot to offer, get out there and spread those skills around.



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](http://bupa.co.nz) or give our Care Home Managers a call.

 **Tararu Care Home**  
921 Tararu Road, Thames

 Call Jan Ward on (07) 868 6176

 **The Booms Care Home**  
604 Parawai Road, Thames

 Call Sharen Landy on (07) 868 7312

