

**SUMMER 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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## Contact Information

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**Email:** thamesmanager@ageconcern.gen.nz  
**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

Hello to Everyone,  
 Almost two years ago I was honored to be asked to be a Board Member of Age Concern Thames. I had been personally to a number of Age Concern workshops run by the then Age Concern Hamilton and also had hosted two “Eat Well Live Well” courses at Richmond Villas so I was familiar with Age Concern and what it stood for. I had also known Julia our first Age Concern Thames Manager personally.

When asked to be deputy chair of the Board I assumed that Jenny would be here for a long time yet. Life changes, and a need to go back to family meant I had to step up to fill a really large gap left by Jenny. Her knowledge and experience and achievements will be and are dearly missed.

We have been lucky in having a great new Board with experienced and new faces bringing a wealth of knowledge to take us through the coming year.

<b>Deputy Chairperson:</b>	Rae Waterhouse	Waihi
<b>Secretary:</b>	Lisa Jury	Whitianga
<b>Treasurer:</b>	Moira McLean	Whitianga
<b>Board Members:</b>	Wendy Adams	Thames
	Pam Keall	Waihi
	Anthony Hewitt	Waitakaruru
	John Renneberg	Thames

I look forward to supporting Kathryn and the amazing team that have come together to make up Age Concern Thames.

I look forward to the challenges and achievements that this board will endeavor to work through over the next 12 months.

Warmest regards,

*Christine Rogers*

Board Chair

**Old age ain't no place for sissies!**

~ Bette Davis ~



## Holiday Hours

**The office of Age Concern Thames will close for the year on Friday 21st December 2018 and will re-open on Monday 14th January 2019 at 9.30am.**

**Chin wag café will resume on Monday 14th January 2019 at 10am.**

**The staff and Board of Age Concern Thames would like to wish everyone the best for the holiday season and we look forward to serving you again in 2019.**

At 100 years old there is less peer pressure.

## The Winter Energy Payment stopped on 30 September 2018

This means people got their final Winter Energy Payment in the first week of October. Because this is the first year this payment has been sent out, the Office for Seniors emailed or wrote to people about a month before it stopped to remind them it was ending.

The good news is that the payment will continue in 2019. From next year on, Winter Energy Payment will be paid from 1 May until 1 October 2019.

## 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.

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*Editorial supplied by Miranda Hot Springs*

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## Managers Memo

Welcome to the final newsletter of 2018. The holiday season is rapidly approaching and I sincerely hope that the weather settles down soon.

As you will see upon reading this issue Age Concern Thames has been very busy. Our cover photo comes from a very successful International Day of the Older Person (IDOP) event that was held in Thames. Margrit Neukomm of Age Concern Hamilton was ably assisted with a cooking demonstration by Colin Hovell. All of those present got the opportunity to taste test the resulting delicious and nutritious carrot, cumin and feta dip.

Please also see within this issue a photo and write up from the Waihi IDOP event. As you will see from the photo kindly taken by one of our Board Members Rae Waterhouse the display on the walls was both stunning and very poignant for an event being held so close to Armistice Day 2018.



### Dates for your calendar:

On Monday **17th of December** we will be holding our final Thames chinwag café for the year.

On Tuesday **18th of December** the Ngatea group will hold their final chin wag café for 2018.

Friday **21st December** the Thames office will close for the festive season.

Monday **14th December** the Thames office will re-open and the first chin wag café for 2019 will be held from 10am - 12.00noon.

Please do not forget to pop into the Thames office anytime you are around Thames. You are welcome anytime the office is open (9.30am - 2.30pm weekdays). We really enjoy it when someone pops in for a chat and/or a cuppa and has a look around the resources we hold here. So please do not hesitate to visit. This office is for everyone to use and you would be very welcome.

I wish you all a safe and happy festive season.

Kind Regards,

*Kathryn Jury*



## Can you help us?

**If you have some spare time on a regular basis and would like to join Age Concern Thames volunteer team. We cover the entire Thames Coromandel and Hauraki regions.**

**Please contact Robyn Sinclair, AVS Coordinator based in the Thames office on (07) 868 9790 or email: [robyn@ageconcern.gen.nz](mailto:robyn@ageconcern.gen.nz)**

## Seasonal Joke:

We all know the seasonal story that involves 3 wise men. What if there were 3 wise women....

Three wise women....

Would have asked for directions

Arrived on time

Helped to deliver the baby

Brought practical gifts

Cleaned the stable

Made a casserole

And there would have be

Peace on Earth!

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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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## Thames International Day of the Older Person celebration

On Thursday 18th October Age Concern Thames, in conjunction with Mobilise Thames, Te Korowai Hauora o Hauraki, Thames Community Churches and Richmond Villas held a very successful International Day of the Older Person celebration.

A great time was had by all. Richmond Villas were exemplary hosts as around 50 local elders converged on their lounge area. Te Korowai Hauora o Hauraki provided a yummy morning tea and hot drink as people started to arrive. Mobilise Thames were on hand with displays of many different aids and devices that make life much easier for anyone who needs a bit of support.

Our MC for the day TCDC councillor Sally Christie kept the crowd engaged with laughter, dance moves and even bubbles! First up we had the lovely Dawn Finch generously sharing her many musical talents. This excellent music had people singing, dancing and jiggling in their seats for the best part of an hour.

Margrit Neukomm, a visiting nutritionist from Age Concern Hamilton kept us all salivating with her cooking demonstration and discussion regarding the nutritional needs of the older person (something else that changes as we age!) All present enjoyed a yummy tasting session.

Our very own Robyn Sinclair provided some amazing spot prizes as well as excellent dance moves.

All of those on the organising committee would like to issue a sincere thank you to everyone that was involved. A great day was held by all and I am sure that every participant will be talking about this event for a while.



## A word from Robyn

Hello all. I must start on the wrong foot, with an apology; there was a word missing from last issue's word search. Thankfully Jean from Waihi found the Generosity missing and I will be sure to be vigilant about future word finds.

I am truly fortunate in that I see Generosity present in life every working day. The entire volunteer visiting service is founded on this virtue; volunteers giving their time freely to help another. If you're not yet familiar with the visiting service, I receive referrals from clinicians, family, friends, and people who themselves recognise they could do with more company, and then match them with a suitable volunteer who can come and spend that time. I have seen some great friendships develop, and once in a fluke matched a pair of (distant) cousins! There has recently been an interest group set up in Thames to tackle social isolation, and our visiting service is obviously an important part of that. I'm looking forward to being able to share some of the information and ideas that come from that group around the peninsula

and into the plains in the new year. In the meantime, I am always happy to hear from generous people, who are good listeners, keen learners and have an hour a week of time to give...call the office Monday to Wednesday or pop in to see me during the Chin Wag (Mondays 10am-12noon). You will have to pass a police check and I will provide you with initial training and then ongoing support and training.

We're lucky enough to be able to close the office for a couple of weeks for a decent holiday. I like the summer holidays and usually have a stack of books to get through when it's too hot to pull weeds out and the tide is out. This editions' word find contains characters from my aspirational summer reading list; some classics that I've been meaning to get into for a while (and there's nothing too obscure, I promise). I also have an aspirational "movies I've missed at the cinema recently" list, but that might have to wait for the longer winter nights. Happy reading, happy watching and best of all, happy Summer.

Kind Regards,

*Robyn*



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**WE'LL GIVE YOUR SMILE BACK**

## Ageing Equal Campaign

The Ageing Equal Campaign will last 70 days (from 1st October 2018, the International Day of Older Persons, to 10th December 2018, which marks the 70th anniversary of the International Human Rights Day). Each of the 10 weeks of the campaign covers a specific theme to illustrate the widespread effect of ageism and how it affects different groups in society.

- Understand ageism
- Ageism and gender
- Ageism and social rights
- Ageism and migration
- Ageism and international solidarity
- Ageism and sexuality
- Ageism and race
- Ageism and abuse
- Ageism and religion
- Ageism and disability

### Ageism and social rights

Social rights include the human right to work, the right to an adequate standard of living (incl. food, clothing and housing), the right to physical and mental health, to social security, and the right to education.

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The Universal Declaration of Human Rights recalls that access to social rights is indispensable in order to ensure people's dignity and the free development of everyone's personality. Yet, due to ageism many older people are not treated equally in these aspects of their lives.

**Older people have relatively low employment rates** compared to other age groups. Although pension ages are rising, mandatory retirement ages still apply and many older people face age discrimination when they try to find a new job. Older women face an even bigger disadvantage, as they have fewer opportunities to access employment.

**Opportunities for participation in education and lifelong learning in older age** are also largely missing, as such initiatives often include age limits. This creates a vicious circle of unemployment and also does not allow older people to benefit from learning new skills and contribute to society.

**Older people are also often excluded from health treatments**, preventive screening, rehabilitation or receive far less assistance and support when they acquire a disability or need care. Similarly, family caregivers, in their majority older women, lack training and support to cope with the challenges of care-giving and to continue working and as a result they are at higher risk of poverty and have more mental health problems.

**Many older people face barriers in securing their right to affordable, accessible and suitable housing.** They may be forced to leave their homes in the context of rapid urbanisation or because they cannot receive care in their own homes. They often lack financial support and cannot access loans to adapt their houses to their changing needs. They may even be segregated in neighbourhoods without access to necessary services, to places where they can practice their religion or culture and meet with peers or other generations.

If you are internet savvy please visit the address below and contribute to this discussion during the campaign.

[www.ageing-equal.org/ageism-and-social-rights/](http://www.ageing-equal.org/ageism-and-social-rights/)

## We can all Champion Human Rights and be Human Rights Champions - Take the Pledge!

International Day of Older Persons is a day to celebrate all older people - to highlight the value of all older people and to promote dignity and respect. The 2018 international theme is "Celebrating Older Human Rights Champions". This year Age Concern New Zealand want all New Zealanders to sign up as Age Concern Dignity Champions and stand up for the human rights of older Kiwis.

### An Age Concern Dignity Champion pledges to:

- Reject stereotypes and focus on the uniqueness of every individual
- Speak up when they hear people speaking negatively about growing old

- Have the courage to question practices they feel are disrespectful to older people
- Not patronise older people
- Be patient, polite and friendly
- Have zero tolerance for abuse or neglect
- Build relationships - they combat isolation and loneliness by getting to know the older people in their lives.



Please email **Kirsty Robinson** at [communications@ageconcern.org.nz](mailto:communications@ageconcern.org.nz) with your name and preferred postal address and we will send you a welcome pack in the post.



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difference!**

### *New Apartment Block Under Construction*

**1 and 2 bedroom apartments are still available. REGISTER YOUR EXPRESSION OF INTEREST TODAY!**

1 and 2 bedroom floor plans to choose from that are beautifully designed, open plan living with North and South facing balconies overlooking the firth of Thames and surrounding hills. Enjoy the luxury of living in an apartment with elegant features providing amenities of shared lounges on 3 levels - ground, second and top floor with balconies. This will join the village as a natural extended lifestyle option with the Community Lodge right next door to use at your own leisure.



## Ngatea Natter offering for Summer 2018



Hello again, or perhaps for the first time. I am so delighted you are reading this publication right now. My attention has recently been brought to the present moment and how precious 'right now' really is. In fact there is no other moment that you can be in. Often I'm not aware of 'right now' because I'm thinking about what I need to do later or remembering something that happened earlier causing me to miss the experience of the present. This is how I forget where I put my keys or have to ask my son to repeat his question. My mind has simply wandered off to another thought.

The mind is designed with the useful functions of memory and forethought, planning, reflecting, thinking. But there is another part of us, the part that experiences what our senses are telling us right now. If it is being neglected then we are not truly experiencing each moment of our lives. I want to take this opportunity to suggest to you that every moment is precious and has something to offer in your continued experience of life. There are many ways in which to practice living 'right now'. Some of the names are 'mindfulness' and 'presence' and you have likely heard of these. They are simple practices, which do need to be practiced and I'd like to encourage you to practice being right here, right now.

"Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non judgementally" Quote from Jon Kabat-Zin.

"The more you are focused on time - past and future - the more you miss the Now, the most precious thing there is." Quote from Eckhart Tolle

If you would like more information about this simple practice, I am very happy for you to come and see me at the Hauraki Plains medical centre or get in touch. You don't need to be missing any of these precious moments of life where the joy is in just being.

Enjoy the summer warmth and your Christmas or other celebrations.

I have a poem to leave you with.

*Ester Bassett*

### If I Had My Life To Live Over - Nadine Stair (85 years old)

If I had my life to live over,  
I'd dare to make more mistakes next time.  
I'd relax, I would limber up.  
I would be sillier than I have been this trip.  
I would take fewer things seriously.  
I would take more chances.

I would climb more mountains and swim more rivers.  
I would eat more ice cream and less beans.  
I would perhaps have more actual troubles,  
But I'd have fewer imaginary ones.

You see I am one of those people who lived sensibly and sanely,  
Hour after hour, day after day.  
Oh, I've had my moments, and if I had it over again,  
I'd have more of them.  
In fact I'd try to have nothing else.  
Just moments  
One after another,  
Instead of living so many years ahead of each day.

I've been one of these people who never goes anywhere  
Without a thermometer, a hot water bottle,  
A raincoat and a parachute.  
If I had to do it again I would travel lighter than I have.  
If I had my life to live over,  
I would start bare foot earlier in the spring  
And stay that way later in the fall.  
I would go to more dances.  
I would ride more merry-go-rounds.  
I would pick more daisies.

## Local Actions

Research is showing that loneliness and social isolation are increasing, and Age Concern New Zealand is committed to working with others to make a difference. In late October they met with key partner organisations to draft terms of reference, and identify first steps on our collaborative path towards ending loneliness.

Representatives from Age Concern New Zealand, St John, RSA, Alzheimer's New Zealand, MyCare, and The Salvation Army met nationally. The group plan to work together on joint projects, information-sharing, joint advocacy, and public messaging to tackle loneliness in New Zealand, and create communities in which people can be connected with others. Carers New Zealand will also be part of the core group, and ACNZ have met with a range of culturally specific, and special interest groups who have offered information and support for our joint mahi.

At a local level, many representatives from the Thames Coromandel social community have set up a local Social Isolation Forum which meets in Thames every two months to find better ways of supporting the elders in our communities.

It is also great to see local government recognizing the importance of tackling loneliness, and supporting the work of the community and voluntary sector. We would particularly like to acknowledge our two Councils Thames Coromandel District Council and Hauraki District Council for the ongoing support they provide to Age Concern Thames.

Tackling loneliness can seem a big task, but small things can help. Let's work together and don't forget to look up and exchange smiles with others.



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





# Steady As You Go<sup>®</sup>

## Falls Prevention

Age Concern Thames currently has five different Steady As You Go<sup>®</sup> 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 9.30am - 10.30am**

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.**

## Book review

**Spirited ageing: Cultivating the art of renewal.**

Author: Juliet Batten

Publisher: Ishtar Books, Auckland 2013

Juliet Batten is a New Zealand Author who offers practical guidance on how to attain an increasingly rich and satisfying life as we age. Chapters cover diverse subjects such as the body, attitude, possessions and clutter, identity, relationships, passion and purpose. This is a practical and light hearted book about the realities of the changes we move through as we age.

There are sprinkles of humour throughout the book and it is peppered with comments from real people within a New Zealand context.

The chapter on clutter was quick to make the link between identity, memory and what we keep hold of. "Each object we have acquired over the years contains a cue, to a past self, past moment or old identity. To age with grace and cultivate the art of renewal we must be able to relinquish what is no longer relevant and move on, to open up space for new events, fresh responses and unexpected possibilities...if an object no longer makes you smile, is not truly useful, or is not loved, then it constitutes clutter".

Whilst the chapter on building your own small community to limit loneliness and isolation offers practical advice such as "ask what you can give, rather than what you need. Learn to listen...no-one really wants to hear about your gall bladder operation." It also gives great feedback from other ageing New Zealanders who have managed to maintain a personal community of support people and friends. The book speaks of gaining a life where you have a sense of belonging and inclusion. By being conscious of the value of creating and maintaining a sense of community. "Nourishing your relationships now will bear sweet fruit in your old age."

This book is available from the Thames Library.

## Waihi's International Day of the Older Person celebration



On Friday 2 November, an International Day of the Older Person celebration for Waihi's older residents. The event was held in the Waihi Memorial Hall and folks enjoyed the privilege of the Armistice Display, organised by the Waihi Heritage Vision team.

We began our morning with a lovely morning tea in the Supper Room, sponsored by Hauraki District Council and prepared by teachers and students from Waihi College. They did an awesome job including the cleanup.

Following morning tea, we moved into the hall and enjoyed an informative and poignant presentation by Waihi Heritage Vision, led by Sue Baker-Wilson, about the participation of Waihi people in World War 1. A significant part of the display in the hall is 3000 hand knitted poppies - created by many older hands in Waihi and surrounding districts. The poppies frame the photos of 100 service men and women who served New Zealand in the war. It was a privilege to see this presentation.

Kit Wilson of Oceana Gold was MC for the event, and the company also sponsored entertainment by Aroha Thompson of Tauranga, along with providing the design and printing of pamphlets and posters advertising the event. The team from Oceana Gold also assisted with setting up the tables and chairs for the event, and clean up.

Waihi Resource Center were alongside Age Concern, providing information on all the resources they have available, and our Accredited Visitor Service coordinator, Robyn, also provided information on Age Concern, and giveaway bags, pens, pads etc.

The 40+ older people attending ensured a successful, enjoyable morning of laughter, singing and precious memories.

## Life Tubes

*(Endorsed and promoted by the New Zealand Police)*

A Life Tube can speak for you when you can't. A special tube contains vital personal information for emergency services in case of accident or illness.

Age Concern Life Tubes are small sealable plastic containers with a red label. Inside, you'll find a form you can use to communicate medical conditions, medications, doctor, next of kin, and contact numbers to be used by emergency services coming to your aid in a medical or civil emergency.

This container is kept inside your refrigerator, with the red sticker (provided) placed on the front door of the refrigerator to alert emergency personnel. (If there are changes to your medications, we advise you to add a dated note advising the changes.)



## Why the refrigerator?

It has a good chance of surviving earthquakes or floods. It's distinctive and hard not to miss, it can usually be found in the same place, and almost all homes have one. It's the humble fridge - your emergency information storage vault!

## Where are these Life Tubes available?

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### Wordsearch

P	Y	T	D	L	A	M	R	B	A	D	G	E	R
C	M	C	I	E	I	I	Y	R	R	A	H	D	V
B	I	S	R	E	G	G	A	J	R	M	E	U	W
B	S	A	G	G	P	P	Y	T	R	I	R	M	I
H	S	H	A	V	I	S	H	A	M	L	I	B	L
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R	R	V	O	L	D	E	M	O	R	T	J	E	U
T	O	O	M	R	G	A	R	A	T	T	Y	D	R
O	E	T	T	O	L	R	A	H	C	L	R	O	M
A	T	R	T	M	E	T	A	E	T	F	E	R	N
D	D	A	O	E	T	R	R	A	L	D	T	E	P
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**Charlotte**

**Fern**

**Hermione**

**Mr Jagers**

**Pip**

**Ron**

**Dumbledore**

**Hagrid**

**Mole**

**Mr Toad**

**Portly**

**Voldemort**

**Estella**

**Harry**

**Mr Badger**

**Otter**

**Ratty**

**Wilbur**

The great thing about getting older is that you don't lose all the other ages you have been.  
~ Madeline L'Engle

To err is human.  
To blame it on someone else shows management potential.



### Fruity Brown Rice

Preparation time: 15 minutes

#### Ingredients

- Brown rice 1 cup, cooked.
- Red pepper, seeded and diced.
- Whole kernel sweetcorn 1 x 420g can, drained.
- Currants or raisins 3 tablespoons.
- Pineapple pieces 1 x 400g can in natural juice (save juice for dressing).
- Spring onions 4, thinly sliced.
- Roasted peanuts ½ cup, roughly chopped.

#### Dressing:

- Juice from canned pineapple 1/3 cup.
- Soya sauce 1 tablespoon.
- Canola oil 1 tablespoon.
- Crushed garlic 1 teaspoon.
- Grated root ginger 1 teaspoon.
- Salt and pepper to taste.

#### Method

1. Mix all salad ingredients together in a bowl.
2. Mix dressing ingredients together in a jar and shake well; stir through salad just prior to serving.

Source: [www.appetiteforlife.org.nz](http://www.appetiteforlife.org.nz)



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## Chuckle Corner

“Poor Old Fool,” thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he’d humor the old man and asked, “So how many have you caught today?”

The old man replied, “You’re the eighth.”

### A SEASONAL HALLOWEEN CHUCKLE

After trick-or-treating, a teen takes a shortcut home through the cemetery. Halfway across, he’s startled by a tapping noise coming from the misty shadows. Trembling with fear, he spots an old man with a hammer and chisel, chipping away at a headstone.

“I thought you were a ghost,” says the relieved teen. “What are you doing working so late?”

“Oh, those idiots,” grumbles the old man. “They misspelled my name!”

An elderly couple had dinner at another couple’s house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, “Last night we went out to a new restaurant and it was really great, I would recommend it very highly.”

The other man said, “What is the name of the restaurant?”

The first man thought and thought and finally said, “What is the name of that flower you give to someone you love? You know, the one that’s red and has thorns?”

“Do you mean a rose?”

“Yes, that’s the one,” replied the man.

He then turned toward the kitchen and yelled, “Rose, what’s the name of that restaurant we went to last night?”

**George Burns at 97 years old was asked about any adaptations he has made to ageing replied “Now I ask for my applause in advance, just in case. And I don’t buy green bananas.”**



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