

DECEMBER 2018 MAGAZINE
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Age Concern Tauranga

Serving the needs of older people

KEEPING YOU CONNECTED



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Contact Information

Phone: (07) 578 2631
 Email: ageconcerntga@xtra.co.nz
 Address: 177a Fraser Street, Tauranga 3112

OFFICE HOURS
 8.30am - 2.30pm Monday to Friday

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Welcome to new members

Welcome to all our new members that have joined over the last few months. We hope you enjoy reading our monthly magazine. We love hearing from our members so if you have any feedback regarding our services please do not hesitate to contact our office on 578 2631.

Happy Birthday to our members that have just recently celebrated a birthday or to those that are celebrating one in the months of December and January.

PLEASE SUPPORT OUR ADVERTISERS

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

Age Concern Tauranga thank the following Funders and Sponsors for their continued support:



Changes ahead in the New Year

Your Age Concern Magazine will be delivered quarterly next year, the first issue in March. The months in between you will receive a Newsletter keeping you up-to-date with our monthly meetings, walking group, bus trips and local and national updates.

A message from the team...

We wish all our volunteers, members, families and supporters a very Merry Christmas and Happy New Year. During this time, some people will have their families around them and some may not - we can all be mindful of this and look out for those that maybe on their own and maybe pay them a visit.



Total Mobility Tax Vouchers

If you receive Tax Vouchers and require another booklet or two over the holiday period, please phone the office on 578 2631 to order them early so that you receive them to see you through.



Christmas Hours

Our office will close Friday 21 December at 12noon and reopen Monday 7 January 2019 at 8.30am.

Many hands make light work!

If you have some spare time on a regular basis and would like to join Age Concern Tauranga's Volunteer Connections team, please make contact to volunteer in one of the following capacities.

- Facilitating Workshops
- Data Entry
- Accompanying Minibus Trips
- Outdoor Maintenance
- Office work

Please contact: Fiona Gregg, Office Administration, Age Concern Tauranga (07) 578 2631 or ageconcerntga@xtra.co.nz

Front Cover photo:

Marie, Dianna and Roland helping paint discs on behalf of Age Concern Tauranga which will be displayed on a Christmas tree down the Strand and Red Square in the 12 days run up to Christmas. Pop on down with family and friends and enjoy the atmosphere.

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

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Services

- Accredited Visiting Service
- Total Mobility Scheme
- Staying Safe Driver Refresher Workshops
- Steady As You Go Classes
- Social Support Services
- Walking Group
- Coffee & Conversation Groups
- Monthly Meetings
- Seminars
- Mobility Scooter Workshops
- CarFit
- Minibus Outings
- Information Kiosk
- Volunteer Opportunities

Contact our office on (07) 578 2631 for further information or go to our website www.ageconcerntauranga.org.nz

Thinking of You

If you are recovering from being unwell or have recently suffered a loss the team at Age Concern Tauranga are thinking of you.



Go to www.facebook.com/ageconcerntauranga/ to follow us on Facebook.

Sun Protection

Skin cancer is the most commonly diagnosed cancer in New Zealand. Melanoma is the most serious type, and our rates are amongst the highest in the world.

Skin cancer is largely preventable. Over 90% of all skin cancer cases are attributed to excess sun exposure. We encourage all New Zealanders to be SunSmart and to 'slip, slop, slap and wrap.'

When to be SunSmart

It is important to be SunSmart in the months between September and April, especially between the hours of 10am - 4pm when UV radiation levels are very high.

Sun protection should also be used throughout the year when at high altitudes or near highly reflective surfaces, such as snow or water.

Note: People with a history of skin cancer, sun damage or those taking medicines that make them sensitive to the sun should use sun protection all year round.



The Little Black Book of Scams

Finally, a booklet which gives a clear overview of the different types of scams and how to avoid them!

The Little Black Book of Scams contains key information to help fight scammers. It details different types of scams, how to avoid falling for them, and what to do if you're caught.

The booklet has been produced by the Commission for Financial Capability (CFFC) and is the first New Zealand edition following the release of a similar booklet in Australia.

"Knowledge is power, and we hope this booklet will spread the knowledge of how to stay financially safe" states CFFC Education Manager Bronwyn Groot.

She says scams are sophisticated, constantly changing and causing devastating losses to New Zealanders. It is hard to know the true extent of how much people lose through scams as most go unreported. Netsafe estimates New Zealand may be losing up to \$500 million each year to cybercrime and scams run through the email, phone calls, text, mail and door knocks. Older people are specifically targeted by scammers as they are seen as a vulnerable group.

The Little Black Book of Scams outlines how scammers target their victims and trick them into parting with their money, gives tips on how people can protect themselves, points out the 'red flags' that give away a scam, what

to do if you've fallen for one, and the various agencies to which you can report different types of scams.

The Little Black Book of Scams can be read and downloaded for free from the CFFC website - www.cffc.org.nz. or we have some copies at Age Concern. Please contact us on (07) 576 8231 or email: ageconcerntga@extra.co.nz for a copy.

Sending Love - Christmas Card Project

What is it?

The Sending Love - Christmas Card Project is about people and communities coming together to make a festive gesture towards another person who may experience loneliness over Christmas. It is one person putting love and thought into a card to pass a smile and a sense of feeling remembered and loved onto another person.

What can you do?

Write a card for a care home resident who may not have a family, friends or visitors over the Christmas period. Place your card and envelope in to the drop box at the Age Concern office, 177a Fraser Street, Tauranga before 12 noon on Thursday 13th December.

Tips

- Cards can be handmade, or store bought.
- Make sure your card is filled with love.
- Make sure writing is legible. Parents - if your child's writing is illegible, please rewrite in brackets underneath.
- Make it as creative as you can.
- Keep your envelopes unsealed.
- Avoid religious quotes - your recipient may not be religious.
- Just be you!



CHRISTMAS FUNCTION

End of Year Buffet Lunch

Tauranga RSA, Oak Tree Restaurant, 1237 Cameron Road, Greerton

Age Concern Tauranga invites you and friends to join their end of year get-together on:

Friday 14th December at 12 noon

\$25.50 for Gold Card Members

\$27.50 for Non-Gold Card Members

RSVP and pay to the office to reserve your seat by Thursday 6th December. Ph: 578 2631



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Computer Conundrum

Hi, Dirk here again to address your computer conundrums.

As we are coming up to Christmas and the school holidays the kids and grand kids are usually searching for something to do and that something usually entails jumping on your or their own computers. Kids are known for clicking anything and everything in sight so it pays to have a good Antivirus program installed to keep the viruses at bay. Eset Nod 32 is my preferred paid Antivirus solution. Windows has Microsoft Family Features bundled into Windows 10 which enables you to monitor their activity, provides web filtering and restricts screen time. Norton Family is also a good solution to monitor and restrict children's activity online.

If you need assistance setting these up or would just like your security and Antivirus checked please let me know. Thank you, Dirk.

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Email: cyba.info@gmail.com
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Editorial supplied by Cyba IT

Friendship

Here's a little food for thought from our new positive ageing 'cookbook', Ageing is living: Recipes for life.

Friendship is like cream. It adds richness to life and takes out the sting when things get too piquant. Our friends and the networks we are part of help bring out the best in us. They also help us get through tough times.

Some connections are made when we're young and last a lifetime. Others develop later in life. It's important to keep building new friendships, and to stay connected with the people and communities you care about.

Keep connections on the boil:

- Friendships need constant nourishment. Make a habit of being in touch with your friends regularly. Try making a 'contact diary', otherwise one week just runs into the next.

- Lean on your friends when you need support - this gives them permission to do the same with you.
- Decide what communities you would like to be part of (neighbourhood, marae, church, night classes, hobby groups, social organisations) and get involved.
- Find a hobby that brings you into regular contact with others. It's so much easier to get to know people through a common interest.
- Make a point of getting to know people who are not of your generation - younger and older. This will add even more richness and depth to your recipe for life.

Walking with a friend in the dark is better than walking alone in the light - Helen Keller



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* When Age Concern Tauranga is nominated at time of purchase.

Do You Have A LIFE TUBE?

The Life Tube is a plastic container which, once completed, will contain information about you, your next of kin, who has your Enduring Power of Attorney, who your doctor is, your medical conditions and your medication. In the event of any emergency this tube can save your life. Place the RED sticker on the fridge door and the Life Tube inside your fridge door.

You can purchase your Life Tube for \$6 at the Age Concern office at 177a Fraser Street Tauranga.



The Power Plate difference

Unlike the cheap rocking wobble boards you come across in shopping malls and on TV shopping channels, Power Plate offers a comprehensive, non-pharmacological and evidence-based solution to improve quality of life. Certified as a Medical Device in EU, Power Plate has over 200 research studies showing that when used regularly as part of a targeted wellness programme, Power Plate training can significantly aid:

Flexibility - Increase range of motion, balance, coordination and stability to improve daily life functioning and prevent falls

Strength - Improve muscle strength and tone, posture and endurance

Obesity - Aid weight management by speeding up

the metabolism to burn calories
Heart Health - Increase circulation and cardiovascular fitness, reduce arterial stiffness delivering oxygen and nutrients to the cells

Pain - Promote faster recovery of damaged muscles and tendons, and reduces aches and pains

In countries like Japan, where they have a vast ageing population, there is significant support for the unique vibration Power Plate produces, and the potential it offers in maintaining independence and improving quality of life. In New Zealand Power Plate is used in physiotherapy practices, rehabilitation centres and retirement homes. Local experts are available to answer any questions or concerns you may have. **Call Vince on 0800 842 728 for more information.**

Editorial supplied by PHARMABIZ Ltd





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Aphasia - Giving a voice to people with Aphasia

What is Aphasia?

Imagine going to sleep tonight and waking up in a foreign country.

It's hard to:

- Speak the language - ask for bread in a shop, ask for directions, join in conversations, use the telephone.
- Understand what is spoken to you - conversations, jokes, TV, films
- Understand what you are reading - books, magazines, street signs.
- Write - sign your name, fill in forms.
- Get your thoughts out - you know what you want to say, but can't find the right words. Communication fails or is limited to facial expressions and gestures.
- Use numbers - work out change, use the ATM.

This is what it's like to have aphasia.

Aphasia affects a person's ability to communicate.

It affects each person differently - it may be hardly noticeable or very severe. A person with aphasia may not have a physical disability, or look any different to someone who doesn't have aphasia.

- It is a loss or disruption of language
- It is NOT a loss of intelligence, hearing or vision.

Communication difficulties may vary from day to day and are likely to be worse when it is noisy, or if the person is tired, unwell or under pressure.

Imagine how frustrating it must be when a person with aphasia knows what they want to say, but can't make themselves understood.

Quotes from people with aphasia:

"My mind is one hundred percent ...um... all the time. Speaking is bad."

"The brain is thinking. He cannot get the words out but he's thinking."

What causes aphasia?

The most common cause of aphasia is a stroke. Every day in New Zealand, 6 or 7 people acquire aphasia after a stroke. We estimate there are at least 17,000 New Zealanders living with stroke-acquired aphasia right now - but the actual number is probably closer to 20,000.

Aphasia can also result from head injury, brain tumour, and other neurological disease. The true extent of aphasia in New Zealand is unknown.

Quotes from people with aphasia:

"They were talking to me and sometimes I didn't even know... they'd say something but by the end of the sentence they were saying I didn't know what it was because I'm still thinking of the first little bit. It was...that was strange, you know, because I really wanted to get into people's conversations, but I couldn't...and I would look at them.

Communication Tips

These are the strategies you can use to make communication easier with someone with aphasia:

- Speak slowly and clearly, pausing at natural breaks such as commas and full stops.
- Give them time to respond.
- Avoid background noise/

distractions/more than one person speaking at once.

- Use short clear sentences - one question/piece of information at a time.
- Use easily understood gestures to support what you are saying.
- Have a pen and paper handy to write things down or draw pictures. Some people read or write better than they can speak.
- Ask yes/no questions - eg. 'Do you want a cup of tea?' not 'What do you want to drink?'
- Offer choices - eg. 'Do we need to go to the bank or the post office?'
- Be honest if you don't understand and check that they have understood you.
- Be flexible - use any way to communicate - understand their message, don't aim for perfect speech.
- Ask for help.

For further information phone 0508 APHASIA (0508 274 274)

Email: info@aphasia.org.nz

Website: www.aphasia.org.nz

Source - Aphasia New Zealand Charitable Trust



Move Management

Over & Above Moving provides a service to relocate, declutter, downsize or prepare a property for sale. We can help whether you are faced with the challenge of downsizing, the transition of a family member to rest home living, deceased estate dispersal or need help clearing a home for sale or rent.

Call us on **0800 22 88 24**
027 517 4999 or visit www.oamoving.co.nz

Home Maintenance and Safety

The Home Maintenance and Safety programme aims to help older people stay in their own homes longer by keeping on top of house maintenance and repairs. Often this work is put off because it feels like it is too hard or could cost too much.

There is an online checklist for inside and outside the house, which gives information on priority and who might do the repairs. You can download this tool from Age Concern's website:

www.ageconcerntauranga.org.nz

A printed copy is available from our office at a small cost.

If you would prefer to have your home assessed by a professional company, Age Concern will refer you to Total Home Inspection Services, who have agreed to do the inspection for us at an agreed price. They will provide a report with photographs and give an indication of priority work. Age Concern will provide follow up assistance.

Give us a call if you would like more information on 578 2631.



Tauranga Mount Taxis

Tauranga Mount Taxis began operating in 1967, and for 50 years has been servicing the Tauranga and surrounding areas. Over the years the fleet has grown and changed considerably. We now have the biggest wheelchair capable fleet in Tauranga with 10 total mobility vehicles which also become vans when the seats are dropped. We also have a fleet of 45 cars. Our combined fleet provides a truly community focused service. All our vehicles are modern and we set high standards for our drivers to keep their vehicles clean and tidy at all times. Our commitment to safety and community responsibility means vehicles are equipped with security cameras and all our drivers have the required driver endorsements.

Summer has arrived and with it a new desire to get outdoors

and enjoy life a little more. For some, the freedom of getting out and about is not always easy. Tauranga Mount Taxis can help. Set fares and customised travel for Seniors will allow passengers to connect with the rest of the Bay of Plenty.

From advice on travel, places of interest and itinerary suggestions, to tailored travel to suit passenger needs, Christmas shopping trips, upcoming local events and functions, it can all be accommodated. Seniors will reap the benefits of getting out and about more easily.

We are happy to assist in making our services as cost friendly as possible and can offer discounted set rates.

For all enquiries call our friendly local team.

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www.taurangataxis.co.nz

Editorial supplied by Tauranga Mount Taxis

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Recipe CORNER



Sticky Dippy Lamb Chops

(Sourced: Easy Recipes for One or Two)

Ingredients	1 Serve	2 Serves
Oil	2 tsps	1 Tbsp
Lamb loin chops	2	4
Tomato sauce	2 Tbsp	3 Tbsp
Runny honey	2 tsps	4 tsps
Soy Sauce	2 tsps	1 Tbsp
Minced garlic	1/4 tsp	1/2 tsp
Mild chilli powder (optional)	1/4 tsp	1/2 tsp

Directions

1. Heat oil in a fry pan and cook the chops over a medium heat for 4-5 minutes on each side until nicely browned.
2. Mix tomato sauce, honey, soy sauce, garlic and chilli powder in a bowl.
3. Stir sauce mixture into the pan and heat until bubbly. Cook for a further 2-3 minutes, turning the chops once or twice, until the sauce is thick, sticky and coats the meat.

Serving suggestions: Serve with sour cream chive dip, salad or vegetables and oven fries. Bon appetite.

Trusting Remote Support

Word of mouth often leads us directly to people aligned with our support approach who need our help. Mitch and Mavis in their eighties, live two hours north of Whangarei. Mitch had terrible sound problems when making his daily Skype call to his cobbler in Tauranga.

Using remote support, we determined the probable issue, sent a new UE Boom speaker to him and helped talk him through turning it on while we controlled the computer to connect it. Problem solved! Because Mitch is an existing Silver Service customer, we only charged him for the speaker and delivery.

Call us 7-days for remote support on (07) 262 1000.



Auto-synchronise photos from your phone to the computer

Staying cool in the heat

Summertime and the living...is getting hotter.

As the weather patterns change it is likely that our summers will become warmer for longer. While this is perfect for evening walks, gardening, eating outdoors and longer swimming seasons, very high temperatures and humidity can present a risk to health.

Climate change is also likely to increase the frequency and intensity of heat waves. There is no universal definition of a heat wave; the term is relative to the usual weather in the area. Commonly, a heat wave is described as a prolonged period of excessive heat. The definition recommended by the World Meteorological Organisation is when the daily maximum temperature exceeds the average maximum temperature by 5 degrees Celsius on more than five consecutive days. ⁽¹⁾

Older people can be particularly susceptible to heat-related illness. Aging causes a reduced ability to tightly control body temperature. There is a raised sweating threshold and reduced sweat volume. Some medications and medical conditions make people more susceptible to hypothermia.

Hot weather and dry conditions can cause your body to overheat and dehydrate. Two complications of overheating are heat exhaustion and heat stroke.

Heat exhaustion is the milder form of heat related illness that can occur after exposure to high temperatures with inadequate or

unbalanced replacement of fluid. Symptoms of heat exhaustion include headaches, dizziness, nausea or vomiting, cramps, intense thirst, heavy sweating and a fast pulse. If it has been very warm and you develop any of these symptoms try and do the following:

- Find a cool place to lie down
- Loosen any tight clothing
- Remove any unnecessary clothing
- Drink plenty of water or diluted fruit juice
- Sponge yourself with cool water or have a cool shower
- If you live alone consider calling a family member or friend
- You should be starting to feel better within half an hour - if you are not you should call your doctor or an ambulance on 111⁽²⁾

Heatstroke is a serious condition that can develop if heat exhaustion goes untreated. However, it can also develop suddenly and without warning. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. The symptoms can include an extremely high body temperature, red, hot and dry skin, and absence of sweating, throbbing headache, nausea and dizziness. This is a serious condition that requires treatment in hospital. Call 111 for an ambulance if you suspect you or someone else has heat stroke.

To prevent heat exhaustion and heat stroke you need to prevent overheating and dehydration in warm weather or a heatwave. Below are some ways of doing this:



- Avoid spending long periods of time outside during the hottest part of the day which is generally, from 10am to 4pm. If you do need to go out during the hottest part of the day, wear a broad-brimmed hat and stay in the shade as much as possible. While some direct sun exposure is essential for the production of vitamin D, The Cancer Society of New Zealand supports this recommendation (with the addition of an early morning or late afternoon walk) between the months of September to April with respect

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to skin health. Between May and August some sun exposure is important to make vitamin D. A daily walk in the hours around noon, with face, arms and hands exposed, is recommended. This should ensure you make sufficient vitamin D.

- If you are travelling by car take a bottle of water with you and sip from it regularly
- Avoid strenuous activity and limit activities such as gardening or housework to the morning or evening
- Try and keep your home cool. Keep curtains and blinds closed in rooms that catch the sun. Lights generate heat so turn them off. Avoid using the oven during the hottest part of the day.
- Fans can help sweat evaporate but they don't cool the air itself, so don't rely on them to keep you cool
- If you have air conditioning, use it
- Wear loose, light-weight, light coloured clothing
- To help cool off, splash your face with cool water or place a damp cloth on the back of your neck
- Drink lots of fluid, aiming for 6 to 8 glasses a day. If it is very hot you may need to drink more. If you usually take fluids with caffeine e.g. tea and coffee, consider limiting these or switching to decaf as caffeine has a mild diuretic effect. Alcohol also makes dehydration worse so try and avoid this in very warm weather. Once the weather has cooled off you can resume these.
- If you are on a fluid restriction or diuretic medications e.g. frusemide to manage heart failure, you should speak to your

GP as to whether your current prescription is suitable during hot weather.

- Eat normally - even if you don't feel hungry in the heat. You need a normal diet to replace the salt you will lose from sweating. Remember salads and fruit contain a lot of water so try and eat more of these. You may feel like eating later in the evening once it has cooled down.
- If you are outside remember "slip, slop and slap". Slip on a shirt, slop on sunscreen (SPF15) and slap on a hat. Don't forget the sunglasses. ⁽²⁾⁽³⁾

Other suggestions for taking care of yourself if there is a period of extreme heat:

- If you live alone, ask a friend or relative to visit or phone to check that you are not having any difficulties during periods of extreme heat
- If you have a neighbour who is alone check in on them by phone or in person in the cooler part of the day
- Remember, most medications need to be kept in a cool area and away from direct sunlight
- If there is a heatwave or unusually hot weather listen to the advice on your local radio, check weather forecasts and the civil defence website www.civildefence.govt.nz
- Have a supply of basic food items and essential medications at home so you don't have to go out during a heatwave
- Remember food will go off more rapidly in very hot weather which increases the risk of food poisoning. Be vigilant about food hygiene.
- If you feel unwell or have any

concerns about your health during a period of extreme heat seek help. This can include calling 111 for an ambulance. ⁽²⁾⁽⁴⁾

If you would like more detailed information, please take a look at the references below.

References

1. Learn about your community's risks from a heat wave. Working from the same page consistent messages for CDEM Published by the Ministry of Civil Defence & Emergency Management www.civildefence.govt.nz/assets/Uploads/publications/consistent-messages-part-B-heat.pdf. Version 1.0 April 2010.
2. Staying cool in a heatwave. Tips to keep you cool when it is very hot. www.ageuk.org.uk/informationadvice/health-wellbeing/mind-body/staying-cool-in-a-heatwave/ January 2017
3. Cancer Society of New Zealand. www.cancernz.org.nz/
4. Ministry of Civil Defence and Emergency Management. www.civildefence.govt.nz

Article Sourced: *Age Concern Auckland*



Steady As You Go[©]

A Strength, Balance and Falls Prevention Programme

Strength and Balance classes available in your area

Katikati	St Peter's Church
Papamoa	Diamond Sands
Mt Maunganui	RSA Club
Tauranga	Havenbrook - Pyes Pa
Tauranga	Orange Grove - Pyes Pa
Tauranga	Abundant Life Church, Judea
Tauranga	St John's Church, Bureta
Te Puke	Citizens/RSA Club
Edgecumbe	Presbyterian Church
Whakatane	Knox Church
Kawerau	Kawerau Concert Chambers
Opotiki	Anglican Church

Please contact Age Concern Tauranga for contact details on 578 2631.

Support your local community radio station - Tauranga Village Radio

Tauranga Village Radio Museum, Tauranga's only Community Radio Station operates from studios within the Historic Village. We broadcast on the AM frequency on 1368 KHZ.

Programmes of nostalgic music, from the 1940's to the 1990's are broadcast each weekday from 10am until 5pm and from 9am until 5pm on weekends and Public Holidays.

Community notices for non-profit organisations and individuals are broadcast at 11am each weekday.

Listeners can ring the station on 571 3710 for requests to be played.

Visit our comprehensive website: www.villageradio.co.nz for further information.

FORM OF BEQUEST

Take or send to your Legal Advisor for incorporation in your Will.

"I give and bequeath the sum of \$_____ (or) _____% of my estate, (or) residue of my estate, (or) property or assets as follows:

free of all charges, to Age Concern Tauranga. The official receipt of the General Manager or other authorised officer of the Board shall be a sufficient discharge to my executors".

WE ONLY DO DENTURES

PHONE: 07 576 0620
www.denturestauranga.co.nz



What's On...

Minibus Adventures

Thursday 17 January
Transport to Coffee & Conversation - Tga RSA
Cost: \$3pp

Thursday 24 January
Lunch at Katikati
Cost: \$20pp

Saturday 2 February
Visit Julian's Berry Farm and lunch, Whakatane
Cost: \$25pp

Please Note:

- **ALL LUNCHEAS AND MORNING TEAS AT OWN COST.**
- *Keep hydrated - take a bottle of water.*
- *Make it easier for the driver; please wait outside by your letterbox. All pick up times are approximate.*

Minibus trips are subject to the availability of a volunteer driver.

500 Card Group

Have you always wanted to play but don't know how? We will teach you. A friendly fun group gets together at 9.30am every Monday (except Public Holidays) held at 177a Fraser Street to play 500.

Light refreshments provided
\$2 donation -
All are welcome



Due to the office closing over the holidays the last day for December cards is Monday 17th and will resume Monday 7 January 2019.

Coffee and Conversation Group

Do you miss having someone to chat with over a relaxing cuppa? Then come and join our Coffee and Conversation Group to meet others who are friendly and like-minded. **For catering purposes**, please register your interest by phoning 578 2631 and talk to one of our volunteer reception staff.

Te Puke Group

When: Tuesday 11 December
Time: 10.00am to 11.00am
Where: Te Puke Citizens RSA
Cost: \$3pp
Secret Santa, bring \$5 gift.

Tauranga Group

When: Thursday 17 January
Time: 10.30am to 12.00noon
Where: Tauranga RSA, Greerton
Cost: \$3pp

Everyone Welcome



Providing care and delivering products to your home

Miranda Smith Homecare is New Zealand's longest running private homecare agency. Our focus is on providing a personalised service ensuring clients maintain their independence and feel safe within their own homes. Care arrangements are tailored specifically to our clients' needs, lifestyles and preferences.

Whether you are looking for a carer to assist a loved one with daily living activities, respite for someone living with dementia, short-term convalescence care or end of life palliative care, we can help. Support can be for as little as two hours through to 24-hour care. Carers are trained to help with medication management and Registered Nurses are available for oversight of specialised nursing care needs.

Miranda Smith Homecare can also provide a wide range of products, including continence supplies, mobility equipment and bathroom and kitchen aids.

Call us today for more information or to arrange an obligation-free home visit. We are here to help.

Miranda Smith Homecare
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Quality, tailored home-based care

- Home Help and Advanced Care Services
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0800 600 026
 WWW.MSHOMECARE.CO.NZ

Editorial supplied by Miranda Smith Homecare

What a NZ study of people 85+ has taught us about ageing well

Today there are 83,000 people over 85 living in New Zealand. In 2050, there will be 383,000. How do we prepare to support this incoming army of elders? In 2006, the government funded a study of older New Zealanders to help figure out just that. Professor Ngaire Kerse talks to Jesse Mulligan about what we've learnt from the LiLACS NZ longitudinal study.

"The 85-year-olds of today are probably the 60-year-olds of 50 years ago."

For the study, Professor Kerse's team recruited 400 Māori aged 80-90 and 500+ non-Māori born in 1925 - and interviewed them every year for five years.

The survey had a 55 - 60 percent response rate, she says, with some people declining because they were too unwell but others simply too busy.

Some older people still have full lives contributing to their family and society and 20 percent of the older Māori were raising grandkids.

The researchers chose residents of the Bay of Plenty to study because the region has a strong, tightknit Māori community and a reasonably stable population, Professor Kerse says.

LiLACS NZ is also the world's first longitudinal study of an indigenous population aged 80 and over.

A "successful" person aged 85+ could be regarded as someone still largely making their own choices, with reasonable control of their

own lives and in reasonable health, Professor Kerse says.

The researchers were interested in how and why people living 'successfully' were faring better than others.

Those more active physically and socially tended to do better, she says.

Those who were underweight struggled: "People are really skinny do badly, whatever group they are." The study revealed that we need to think of cultural groups distinctly in terms of wellbeing because Māori and non-Māori were affected differently by some of the same things, she says.

For Māori elders, the amount of money they had, made no difference to their wellbeing, while for non-Māori this did make a difference. For non-Māori, the risk factors for dementia were as anticipated, but dementia predictors among Māori were different.

"Actually being a little bit heavier was protective against dementia for Māori, whereas obesity predicted a decline in cognition for non-Māori." Even though it may seem that dementia is increasingly common, the prevalence of dementia in those over 85 is actually going down, Professor Kerse says.

The reason there are more dementia sufferers is because the number of people living beyond 85 is so much larger than ever before. Many of the interviewees told the researchers that they find the health system complex and confusing. "They said no-one tells them anything (when they're in hospital). No-one tells them when they're going to go home or what's going to happen next, the hospital tends to be a very confusing place. Lots more talking is needed...but then of course who has time for that? I think we need to take a step back

and look at how we use the time within the health system."

Whether someone is lonely is more about the quality of their social contacts and whether they want more than they get than the amount of time they spend alone, Professor Kerse says.

"Some people have always been lonely. Others develop it as they age and potentially their family and friends die." She is hopeful we'll see more programmes and action taken on combating isolation amongst elders, like the home visiting service run by Age Concern.

"I'm all for having more freely available transport so that people can get to things." The elders own personal health was usually not their primary concern, the researchers found.

"When you ask older people what they're worried about they're worried about wellness in their friends and family and their ability to have interactions and be socially active. So social things are more important than health, then comes the health of the family, then comes their own health... then comes financial issues."

There's still a lot of work to do on accessibility and housing for the older New Zealanders of the future who'll need good footpaths easily accessible public transport and traffic lights that stay green long enough for someone who doesn't have full mobility to cross the road. She hopes more new houses will be built using the principles of universal (or lifetime) design, which make life easier for older people and also suit young families.

Professor Ngaire Kerse is a GP and the Head of the School of Population Health at the University of Auckland.

Sender:

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Use your SuperGold card as photo ID

The SuperGold Card is a free discounts and concessions card available to New Zealand residents who are aged 65 years or over and those under 65 years receiving New Zealand Superannuation or the Veteran's Pension. If you want to add a photo to your card, you can do this at your nearest AA Driver and Vehicle Training Licensing Agent.

SuperGold Card carriers may choose to add a photo to their SuperGold Card. This could be useful if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus, evidence of your address. It's a free service for all SuperGold card holders.

Your photo will be taken and a new card posted to you - all free of charge.



The AA's involvement

AA has a nationwide network of driver licensing outlets and is the only New Zealand organisation with Digital Counter Capability across the country. They decided to participate in the SuperGold initiative to ensure that the New Zealand public had easy access to a free photograph service.

With 70% of all SuperGold Card holders already holding a New Zealand driver's licence, we hope a majority of people are already aware of where their local AA Licensing agent is.

Age Concern Tauranga Membership Form



Please forward your subscription with this form to: Age Concern Tauranga, 177a Fraser St, Tauranga 3112.
Age Concern Tauranga is a registered charitable entity (CC25758) and appreciates the generosity of the community by way of subscriptions, donations and legacies. Donations are tax deductible over \$5.00.

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Donations help us to continue to promote the welfare of older people in Tauranga and are welcomed.