

NOVEMBER 2018 MAGAZINE  
www.ageconcerntauranga.org.nz



# Age Concern Tauranga

*Serving the needs of older people*

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## Contact Information

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**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 month of November.

**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:



## Congratulations

Age Concern New Zealand's Tomorrow's Meals Honorary Dignity Champion in October was Roland Edwards from Age Concern Tauranga. Roland has been volunteering at Age Concern Tauranga for 18 years and is very dedicated to the vision of Age Concern. Roland received a huge prize pack from Tomorrow's Meals to thank him for all of his work.



### Words from Roland...

*I would like to thank our Manager, Tanya for nominating me for this award and Age Concern National Office for the approval. Also our sponsors, "Tomorrows Meals", for their generous gift. As a volunteer one does not expect tangible reward for the activities one is involved in. However I felt very privileged and somewhat humbled to receive this award. Although I have other interests, Age Concern, has been a substantial part of my retirement. I am sure that being involved with so many wonderful people has contributed to an enjoyable retirement and to my general well-being. Finally I would like to acknowledge the Age Concern management, my fellow volunteers and especially the members. During the past eighteen years all of these people have brought a lot of interest and pleasure to my life.*

Kindest regards, Roland

## 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.

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**Phone: 0800 829 477 or (07) 578 6086**  
 Advance bookings recommended.  
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*Editorial supplied by Tauranga Mount Taxis*

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*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.*

## 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](http://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/](http://www.facebook.com/ageconcerntauranga/) to follow us on Facebook.

## Kiwis urged to prepare for old age

71% of New Zealanders in rest homes have no advance care plan, and 25% no Enduring Power of Attorney.

Elderly people who are assessed to receive care at home are even less prepared. Only 4% have an advance care plan, and 60% an Enduring Power of Attorney.

“I urge people, especially as they approach old age, to prepare for the eventuality that someone else needs to make decisions for them. Giving someone an Enduring Power of Attorney means appointing someone to act on your behalf when you become unable to make or communicate decisions”, said Stephanie Clare, Chief Executive of Age Concern.

Only a very small number have Advance Care Plans, which are used to describe the healthcare and treatments a person wants to receive, or avoid, in case they can no longer tell family and medical professionals what they want. This includes funeral arrangements and whatever else matters to a person.

“Last year, more than 10% of the population over 65 years were assessed for home and rest home care in over 100,000 assessments, and this data gave us some unique insights into our older population”, said Catherine Cooney, Chair of the interRAI New Zealand Governance Board which is responsible for the assessment tools used at district health boards and in aged residential care.

The numbers are about the same for people with moderate to significant cognitive performance issues, particularly due to advancing dementia. For many of those people it is too late to be in control of their situation and to make arrangements for their future.

“See your local Age Concern office, or visit the Age Concern website at [www.ageconcern.org.nz](http://www.ageconcern.org.nz) for resources to get you started on preparing for the future, including Enduring Power of Attorney”, suggested Stephanie Clare.

Please note: If you would like a copy of “My Advanced Care Plan” copies are available at our office, Age Concern Tauranga, 177a Fraser Street, Tauranga.

Source: [www.interrai.co.nz](http://www.interrai.co.nz)



## WE ONLY DO DENTURES

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## Coffee and Conversation

The October meeting of the Te Puke group was attended by our regular members and a few new ones, so welcome to Marie, Doreen and Diann. New members are always welcome to join the group for interesting conversation and lots of laughter.

If you're thinking about getting a medical alarm but don't know much about them, come along to the November meeting as we have a rep from St John to guest speak and demonstrate the medical alarm system. Meetings are held at the Te Puke Citizens & RSA club from 10am to 11am on the second Tuesday each month.

After the meeting, the group will be travelling to The Red Barn Bakery Café at Thornton for lunch. A 10-seater minivan and one or two cars may also be provided to transport everyone. Transport bookings are on a first-in-first-served basis so phone Alma on (07) 573 7062 to book a seat.

## The Power Plate difference

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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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## Friendly, convenient and local!

Freedom Drivers Tauranga, run by Gavin Bennett, brings a warm and friendly driving service right to your door. Gavin has lived in Mt Maunganui since 1988 and, as a retired policeman of over 30 years standing and a former Age Concern volunteer, he will be well known to many in the area.

"We specialise in providing safe caring transport and assistance for our senior citizens. We cover a wide area including Tauranga, Mt Maunganui, Papamoa and Te Puke and we also travel further afield to pick up those living out of the main urban areas. Its common to see us driving clients to important appointments in other centres such as Auckland and Hamilton." says Gavin.

Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras.

Gavin looks forward to meeting you and driving you wherever you need to go in a friendly, reliable, professional and safe manner. Call Gavin directly with any enquiries on 07 575 6324 or 027 489 7621.

## Age Concern Tauranga Dignity Champion

Dani Jurgeleit was presented with the Age Concern Tauranga Dignity Champion Award for her dedicated commitment to ensure older people are considered, valued and respected in our community.



Left - Dani Jurgeleit and Anna Bones Age Concern Tauranga Chairperson.

## 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**

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

## Dedicated computer store in Tauranga

We want to remind you about the biggest computer store in town (since 2017) at 86 Second Avenue named PB Technologies (PB Tech). They have sensible experienced technical and friendly staff dedicated to providing sound computer advice.

Good pre-sales advice improves the post-sale experience. Avoid shopping for new computer equipment at the usual suspects of past, and increase the potential of a successful outcome with your new technology.

Silver Service IT can also meet you at PB Tech and show you around, or we can visit you at home for a chat.

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## Age Concern Seminar Series 2018

### Decision Making in Senior Years

### Retirement Villages and Residential Care

- Retirement Villages - things you need to know.
- Independent living.
- Types of villages.
- Legal framework
- Costs

#### Sponsors:



### Rest Home Care - Assessment and Subsidies

- Options and costs
- Income and asset testing
- Qualifying for a subsidy
- Family trusts and gifting.

**Presenters:** Deeanah Winders & Michelle Carabine. Associates at Harris Tate

**Where:** Tauranga RSA, Hinton Lounge, 1237 Cameron Rd, Tauranga

**When:** Tuesday 13 November 2018

**Time:** 10.30am to 12.00pm

**Cost:** \$4 per person

**To avoid disappointment registration is essential.**

**Phone Age Concern Tauranga 578 2631.**

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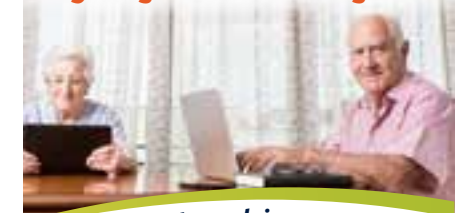


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Editorial supplied by Silver Service IT

## New eligibility guide

### Not sure what help you might be eligible for?

Then check out the new online eligibility guide from the Ministry of Social Development.

The 'Check What You Might Get' guide was launched in late June and since then more than 87,000 people have used it to find out if they might be able to get help from MSD.

The guide will take you through a series of simple questions about your circumstances, your family, children, income, health, expenses and living situation.

Once you have answered all the questions you will get a list with details of the services you may be able to get, along with an estimate of how much you might qualify for.

You can then view further information about these services and how to apply.



The guide is very user-friendly and will work on any computer or mobile device. It does not keep any of the information you enter.

### Need extra help?

Some people may be eligible for extra help with their NZ Super, like the Accommodation Supplement, Disability Allowance or Temporary Additional Support.

In these situations, the guide is a great first step to understanding what may be available to you, and how to access it.

If you don't have access to a computer, you can contact the Seniors line on 0800 552 002.

For more information or to access the guide go to [www.check.msd.govt.nz](http://www.check.msd.govt.nz)

## Have you sorted your will? If not, now is the time

With less than half of the New Zealand population currently holding wills, it's something people need to think about.

Public Trust General Counsel (Retail), Henry Stokes, said September was Wills Month and a reminder for people to think about their future.

"As we go through life, we acquire assets and develop relationships that come with certain responsibilities. Think of these things as the stuff in the 'room of your life' and a will as the way to sort and tidy that room when you die," he said.

"Dying without a will means no clear instructions for how these things are to be sorted. At best, this will mean some second-guessing and deliberating between those left behind. At worst, it can easily lead to squabbling and conflict between family and friends.

"Having an up-to-date will means taking responsibility for the people and things in your life. It means leaving well and doing what's right for those left behind."

There's more to a will than just how you want your house or financial assets to be divided.

It's also where you can:

- Name a guardian for your children
- Outline your funeral wishes
- Name who will receive particular valuable items as special gifts
- Provide special instructions around the distribution of particular assets
- Detail your preferences for the ongoing care of your pets.
- If you have a SuperGold Card you may be eligible for a discount for any legal services. Check the SuperGold directory to find a provider near you at [www.supergold.govt.nz](http://www.supergold.govt.nz)

While setting up a will, it's also important to think about choosing an Enduring Power of Attorney.

Find out more about making a will and what you need to do to set up an Enduring Power of Attorney by visiting the Community Law website at: [www.communitylaw.org.nz](http://www.communitylaw.org.nz)

## Caring for the carers

The Carers' Strategy Action Plan is being refreshed for 2019 - 2023.

The Action Plan will identify what the government is committed to achieving in the next five years to support those people providing care for friends or family/whanau members with their everyday living because of a health condition, injury, frailty, or disability.

The role that families and whanau provide in New Zealand is important, and the government is committed to recognising and supporting this contribution.

We are keen to hear from anyone who provides care for a friend or member of their family/whanau. Hearing about your experience, and how caring impacts your life and well-being, and what you think would make a difference will help inform the actions government can take to help.

We will be talking to different groups of people around the country to learn about their experiences. We are also carrying out an online survey.

You can find out more, including how you can have your say, at [www.msd.govt.nz/about-msd-and-our-work/work-programmes/policy-development/carers-strategy/engagement-for-the-nz-carers-strategy-action-plan-2019-2023.html](http://www.msd.govt.nz/about-msd-and-our-work/work-programmes/policy-development/carers-strategy/engagement-for-the-nz-carers-strategy-action-plan-2019-2023.html)

Above articles sourced: [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz)

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## Armistice Day NZ - 11 November 2018 - 100 year anniversary

After four terrible years, the First World War finally came to a close with the signing of an armistice between Germany and the Allied Powers on 11 November 1918. On the 11th hour of the 11th day of the 11th month, the guns famously fell silent. New Zealanders celebrated enthusiastically, despite having recently celebrated the surrenders of the three other Central Powers - Bulgaria, Turkey and Austria-Hungary - and the premature news of an armistice with Germany.

The celebrations for the various armistices had similarities with each other, with those held overseas, and with other celebrations in the past or

near future. Bells rang, bunting went up, songs were sung and speeches made. More organised celebrations came later in the day or over the following days. Most people anticipated the armistice with Germany and made plans in advance.

Variations in the celebrations reflected the perceived importance of the various surrenders, the depth and spread of the influenza pandemic, and the forethought given to the preparations. The limited amount of advance warning and the disruption caused by the influenza pandemic contributed to the enthusiasm, with which New Zealand's official peace celebrations in July 1919 were embraced.

The signing of the Armistice is observed annually in New Zealand at 11am on 11 November (the 11th hour on the 11th day of the 11th month). Two minutes silence is observed in memory of those New Zealanders who died while serving their country.



## 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](http://www.villageradio.co.nz) for further information.

## Did you know?

### NOVEMBER HAPPENINGS

• **1898 Old-age Pensions Act becomes law.** A world first, the Act gave a small means-tested pension to elderly people with few assets who were 'of good moral character'.

• **1886 Birth of Anchor butter.** From a dairy factory at Pukekura, Waikato, Henry Reynolds launched his Anchor butter. The brand name, allegedly inspired by a tattoo on the arm of one of his workers, would become one of this country's best-known trademarks.

• **1974 'Summer time' reintroduced on trial basis.** The trial proved popular with most New Zealanders and daylight saving of one hour between October and March was made permanent in 1975.

• **1896 Mount Tongariro erupts.** At 12.40pm on 13 November 1896, Te Maari, a crater at the northern end of the Tongariro range, erupted spectacularly. It continued to erupt sporadically for nearly a year.

• **1947 41 die in Ballantyne's fire.** The fire in Christchurch's prestigious department store was one of the worst in New Zealand's history.

• **1949 First female Māori MP elected.** Iriaka Rātana was elected as New Zealand's first Māori MP following the Western Māori election on 29 November 1949.

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Tauranga	Abundant Life Church, Judea
Tauranga	Salvation Army, Cameron Road
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.



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Mount Maunganui Lioness and Lions Clubs Book Fair



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(No Encyclopaedia's or Readers Digests Please)

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*Book Fair will be held Auckland Anniversary Weekend at  
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## Safer Gardening and Legionnaires' disease

Gardening is one of the most popular leisure activities in New Zealand. It lets people enjoy nature and grow their own produce.

However, despite its quiet, healthy image, there are some risks involved in gardening. This simple safety guide is designed to help you reduce these risks and get even more enjoyment from your garden.

### Organisms in garden soil, mulches, compost or potting mix

Wash hands thoroughly after working with soil or handling soil-type products, mulches, compost or potting mix. Although soil is rich with many organisms that help the growth of healthy plants, there are also unwelcome organisms, such as tetanus and legionella. These can be found in garden soils and composted organic material,

including commercially prepared products such as potting mix and soil conditioners. These products can be reinfected even after sterilisation.

### Legionella

Legionellosis (or legionnaires' disease) is a form of pneumonia. It's caused by a bacteria called legionella, an environmental organism that lives in moist conditions. You can catch the disease by inhaling airborne droplets or particles containing the bacteria. There has been no reported person-to-person spread of legionellosis.

The illness may be mild or severe and can sometimes be fatal. It is more common in older people, particularly if they smoke, have poor immunity or have a chronic illness. To reduce the risk of exposure to legionella:

- minimise the amount of dust when working in the garden
- water your garden and indoor plants using a gentle spray
- read the warning on bags of



- composted potting mixes
- wear gloves when handling soil, mulches, compost or potting mix
- wear a dust mask when opening bags or using potting mix and compost to avoid inhaling dust
- open bags of soil products or composted potting mixes slowly and away from the face
- dampen potting mixes before use
- make sure the working area (glasshouse, potting shed) is well ventilated.

See your doctor immediately if you develop a flu-like illness that is worsening. Antibiotics are effective against legionellosis if given early.

Sourced: [www.healthed.govt.nz/resource/safer-and-healthier-gardening](http://www.healthed.govt.nz/resource/safer-and-healthier-gardening)

# Recipe CORNER



## Diabetic friendly blueberry muffins

(Recipe from - [geniuskitchen.com](http://geniuskitchen.com))

### Ingredients

- 1 cup Blueberries - fresh
- 1 tsp lemon rind
- 1 tsp orange rind
- 1 egg
- 1 3/4 cups all-purpose flour
- 1/2 tsp allspice, ground
- 2 tsp baking powder
- 1/4 tsp salt
- 3 tbsp Splenda sugar substitute
- 3 tbsp sugar
- 1 tsp vanilla extract
- 1/4 cup vegetable oil
- 3/4 cup milk - non-fat



### Directions

1. Combine flour, sugar, Splenda sugar substitute, baking powder, salt and allspice into a medium bowl, add blueberries, and toss to coat. Make a well in centre of flour mixture.
2. Combine milk, vegetable oil, egg - lightly beaten, lemon rind, orange rind, and vanilla extract and add to flour mixture, stirring just until dry ingredients are moistened.
3. Spoon batter into muffin pans coated with cooking spray, filling two-thirds full.
4. Bake at 200 degrees Celsius for 20-25 minutes or until golden. Remove muffins from pans immediately and cool on wire racks.

**Did you enjoy reading this copy of Age Concern Tauranga?**

**If you enjoyed reading this copy of Age Concern Tauranga and would like to receive it regularly, you can join Age Concern Tauranga for only \$25.00 and receive your copy every month in the mail!**

## Computer Conundrum

Hi, Dirk here to address your computer conundrums. This month I'd like to talk about where computing is heading into the future. I've been doing some study about quantum computing and am amazed at how far we have come already.

Basically computer processors at the moment consist of millions of tiny transistors all zapping away processing the ones and zeroes with electrical currents. With quantum computing all this is taken down to the atomic level. Instead of transistors quantum computers use atoms, or more specifically quazars to perform millions of computations simultaneously. This technology is only in its early stages at the moment of course and the computers are about the size of a warehouse, about the same size as the standard PC was originally. The mind boggles to think what the norm will be in another 50 years. Anyway, if you need help with your standard PC now, please let me know.

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**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".

**What's On...****Minibus Adventures****Thursday 8 November****Visit Thames and lunch****Cost:** \$25pp**Thursday 15 November****Transport to Coffee & Conversation - Tga RSA****Cost:** \$5pp**Saturday 17 November****Tauranga Farmers Market****Cost:** \$10pp**Friday 23 November****Z Blokes Day Out – Frankton Classic Car Museum****Cost:** \$40pp includes entry fee**Thursday 29 November****Transport to Monthly Meeting****Cost:** \$5pp**Sunday 2 December****Visit to Athenree Homestead and afternoon tea****Cost:** \$30pp includes entry and afternoon tea**Thursday 6 December****Christmas Theme Morning Tea with Audrey****Cost:** \$10pp**Friday 14 December****Transport to Christmas Lunch – Tga RSA****Cost:** \$5pp**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.****Monthly Meeting****When:** Thursday 29 November 2018**Where:** Tauranga RSA, 1237 Cameron Road, Gate Pa**Time:** 10.00am to 11.30am**Cost:** \$3pp - light refreshments provided prior to meeting commencing**Guest Speaker:** U3A Tauranga - Marianne Lammers**Members and non-members are very welcome.****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 13 November**Time:** 10.00am to 11.00am**Where:** Te Puke Citizens RSA**Cost:** \$3pp**Tauranga Group****When:** Thursday 22 November**Time:** 10.30am to 12.00noon**Where:** Tauranga RSA, Greerton**Cost:** \$3pp**Welcome Bay Group****When:** Tuesday 20 November**Time:** 10.30am to 11.30am**Where:** Welcome Bay Community Centre**Everyone Welcome****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****Wednesday Walking Group**

All walks start at **10.00am** unless stated otherwise.

**Wednesday 14 November:**

Meet at Carmichael Rd Reserve, Bethlehem.

**Wednesday 21 November:** Meet at Mt Maunganui Hot Pools.**Wednesday 28 November:**

Meet at Omanu Surf Club, Mt Maunganui.

**Wednesday 5 December:** Meet at Briscoes, Chapel Street, Tauranga.**Wednesday 12 December:** End of year Christmas lunch, Tauranga RSA.**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.

**Steady As You Go Falls Prevention - Opotiki****Our hour of Fun!**

There is no doubt that everyone appreciates the time frame: punctuality and starting on time. They rarely come late, and ready to begin on arrival.

The company is not challenging - no one feels embarrassed even when right or left hand is in the wrong order. We are all too busy concentrating too hard on our own work to be aware of mistakes made by others. And anyway, who cares!

The companionship is welcoming even if we were strangers before. The exercises are challenging, and mental concentration is necessary for many of them. The patterns give a great core workout, with relaxation such as walking forwards and backwards as a break. Peripheral eye work is great: especially when the dreaded eighty-year old driver test is on the horizon.

Several of us agree that we sleep best on Tuesday night after spending time doing these exercises. Yes, I know we should do them at home...

Many thanks for the invitation to join you.

*Sonia***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.**



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Sender:

**Age Concern Tauranga Incorporated**

177a Fraser Street, Tauranga 3112

**Phone:** (07) 578 2631

**Email:** ageconcerntga@xtra.co.nz

**www.ageconcerntauranga.org.nz**



## World Diabetes Day 14 November 2018

Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas, that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood (known as hyperglycaemia). Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues.

Diabetes New Zealand's mission is that every person in New Zealand affected by, or at risk of diabetes has access to the information and support needed to manage their health and well-being.

**Contact:**

**0800 DIABETES - 0800 342 238**

**www.diabetes.org.nz**



### 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.

Name: ..... Email:.....

Address: ..... D.O.B:.....

Phone:.....  New Member /  Existing Member /  Receive Magazine by email

Pakeha (NZ European)  NZ Maori  European (incl British)  Pacifika  Other.....

**Subscription per household \$25.00 (1st April to 31st March)**

**Donation:** \$5 / \$10 / \$15 / \$20 / \$50 / \$..... other **Sorry EFTPOS not available**

Internet Banking: 03-0445-0172665-00 Westpac (e.g.. Particulars - Sub, Reference - Surname & Initial)

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