

OCTOBER 2018 MAGAZINE
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Age Concern Tauranga

Serving the needs of older people

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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 October.

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



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.



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.

International Day of Older Persons 2018

The theme of the 2018 commemoration is “Celebrating Older Human Rights Champions”. On this 70th anniversary of the Universal Declaration of Human Rights (UDHR), the United Nations International Day for Older Persons (UNIDOP) celebrates the importance of this Declaration, and reaffirms the commitment to promoting the full and equal enjoyment of all human rights and fundamental freedoms by older persons.

Growing older does not diminish a person’s inherent dignity and fundamental rights.

Almost 40 years following the adoption of UDHR, issues of human rights for older persons were taken up in 1991 in the formulation of the United Nations Principles for Older Persons, which provided guidance in the areas of independence, participation, care, self-fulfilment and dignity.

A decade later, the Madrid International Plan of Action on Ageing (MIPAA), adopted in 2002, represented the first time Governments agreed to link questions of ageing to other frameworks for social and economic development and human rights. The interdependence between older persons’ social integration and the full enjoyment of their human rights cannot be ignored, as the degree to which older persons are socially integrated will directly

affect their dignity and quality of life.

The 2018 theme of UNIDOP is “Celebrating Older Human Rights Champions”. What better way to celebrate this day than by celebrating the older people around the world who dedicate their lives to championing human rights?

Older human rights champions today were born around the time of the adoption of the UDHR in 1948. They are as diverse as the society in which they live: from older people advocating for human rights at the grass root and community level to high profile figures on the international stage. Each and every one demands equal respect and acknowledgement for their dedication and commitment to contributing to a world free from fear and free from want.

The 2018 theme aims to:

- **Promote** the rights enshrined in the Declaration and what it means in the daily lives of older persons;
- **Raise the visibility** of older people as participating members of society committed to improving the enjoyment of human rights in many areas of life and not just those that affect them immediately;
- **Reflect** on progress and challenges in ensuring full and equal enjoyment of human rights and fundamental freedoms by older persons; and
- **Engage** broad audiences across the world and mobilize people for human rights at all stages of life.

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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- Volunteer Opportunities

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

What would you do?



As we have seen recently in the news worldwide, emergencies can happen anytime, anywhere, and often without warning. Floods, storms, earthquakes, tsunami, volcanoes and other hazards can disrupt our lives, damage property and cause serious harm.

When an emergency does happen, civil defence and emergency services will be busy helping the people who need them most.

It's up to you to make sure your family, and the people you care about, know what to do, and you all have what you need to get through on your own.

The good news is, it's really easy to get ready now. Have a chat with your family and work out what you'll do.

NO POWER

What would you do if the power was out for days? How will you see, cook, keep warm? Power cuts could affect EFTPOS and ATM machines, so make sure you have some cash at home, or enough supplies to see you through three days or more.



GET READY

1. Make sure you have torches and batteries, either in your emergency kit or somewhere everyone can find them in the dark.
2. Have a solar or battery powered radio so you can keep up with the latest news and alerts. Know which radio stations to tune in to for information during an emergency.
3. Have a stock of food that doesn't need to be cooked (canned is good) or something to cook your food on (BBQ, camp stove). Don't forget food for babies and pets.
4. If the power goes out, eat the food from your fridge first, then your freezer, before you eat the food in the cupboard or your emergency kit.

TOP TIP

Talk to your neighbours about what they'll do if the power is out.

You might find they have a gas BBQ and you have enough food to share (or the other way round).

NO INTERNET OR PHONE

If the phone and internet lines were down how would you keep in touch, arrange to meet up, keep up with news and weather alerts? In most emergencies it's best to stay in our own homes, so make your home your meeting place and have an alternative in case you can't get there.



GET READY

1. Talk to your family about how you will get in touch and where you will meet up in an emergency if the phone lines and/or internet are down.
2. If you have kids, make sure you know the school/ day care's emergency plans and give the school names of three people who could pick the kids up if you can't get there.
3. Have a solar or battery powered radio so you can keep up with the latest news and alerts. Know which radio stations to tune in to for information during an emergency.
4. Have an out of town contact that everyone knows about (sometimes when local phone lines are down you can still reach people outside your area). Get everyone to check in with your out of town contact by text or online messaging in an emergency if you can.
5. Keep a written list of important phone numbers.

TOP TIP

In an emergency phone lines can become overloaded quickly. Keep

them clear so emergency calls can be made and, if you can, use text or online messaging to keep in touch.

DURING A FLOOD

- Do not try to walk or drive through flood water.
- Move valuable or dangerous items as high as you can off the floor.
- Listen to the radio and follow the instructions of emergency services.

DURING A STORM

- Secure, or move inside, anything that could cause damage in strong winds (like garden furniture or trampolines).
- Close windows and doors, close curtains to prevent injury from breaking windows.
- Stay inside and bring your pets inside. If you have to leave, take them with you.
- Listen to the radio and follow the instructions of emergency services.

DURING AN EARTHQUAKE

- If you are inside, Drop, Cover and Hold - do not run outside or you risk getting hit by falling masonry and glass.
- If you are outside, move away from buildings, trees, street lights, and power lines, then Drop, Cover and Hold.
- Stay there until the shaking stops.
- If an earthquake is very strong and/or long and you are near the beach or coast, move quickly to higher ground in case a tsunami follows the quake.

DURING A LANDSLIDE

- Get out of the path of the landslide quickly.

Computer Conundrum

Hi, Dirk here from Cyba IT. This month I'd like to talk about Windows 10 updates and how they have been keeping me very busy as of late.

In 2015 Microsoft fired about 9000 workers, most of which were the update and beta testers. They would test all the updates on all the different kinds of platforms and then when they were ready would ship them out over the internet to everyone's computers. Now, without those testers we are the update testers. If an error is found on a Windows 10 PC the error is sent back to Microsoft and they should fix the error in the next update. I say should because they get sent so many errors that they don't have the resources to fix all of them in time.

This is great for Microsoft because they don't have to pay 9000 people to test but obviously not so good for anyone with a Windows 10 computer as there will be a lot more errors. If you are having a problem with Windows 10 please let me know and I'll assist you promptly.

Thank you, Dirk.

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Wednesday 10 October

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9.15am - 1.30pm

Phone Age Concern on 07 578 2631 to book your space.
To avoid disappointment booking is essential

Continued on Page 6

Editorial supplied by Cyba IT

- Warn neighbours and help others if you can.
- Contact emergency services and your local council.

For more information on what to, visit www.getthru.govt.nz

Emergency supplies

In an emergency you could be stuck at home for three days or more. You probably have most of these things already, and you don't have to have them all in one place, but you might have to find them in a hurry and/or in the dark. Make a plan to work out what you will need to get your family through.

Basic supplies to have at home

- Water for three days or more – make sure you have nine litres of water for every person. (Save large fizzy and juice bottles, give them a good clean and overfill them with water from the tap, replace every 6 months.
- Long lasting food that doesn't need cooking (unless you have a camping stove or BBQ), and food for babies and pets

- Toilet paper and large plastic buckets for an emergency toilet
- Dust masks and work gloves

Basic supplies to have in a bag in case you have to evacuate

- Torches and batteries
- Radio - wind up or with batteries
- Hand cleaner
- Cash
- Copies of important documents and photo ID (online or paper)
- Walking shoes, warm clothes, raincoat and hat, First Aid Kit and prescription medicine
- Water and snack food (remember babies and pets too)

REMEMBER...

Visit the website for more information on households, people with disabilities, schools, workplaces, neighbours, travel and pets. Or contact your local Civil Defence group.

www.happens.nz



Budget Delivers Cheaper Doctor Visits

The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget. This will give up to 540,000 people access to low-cost GP visits - making it around \$20 to \$30 cheaper. Seniors who have either a combined SuperGold and Community Services Card or a Community Services Card should also see a reduction in the cost of visiting their GP by 1st of December 2018. General practices can choose whether or not to provide the new low-cost visits so please check with your doctor later this year to see whether they have chosen to opt in. People receiving the Accommodation Supplement or living in public housing will also get a Community Services Card, giving them access to cheaper doctors' visits. To find out more about these changes, go to www.health.govt.nz and search for 'primary health care subsidies'.

Successful Ageing Symposium

**Monday 15th October 2018
Club Mount 9.30am - 4pm**

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Kawerau	Kawerau Concert Chambers
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Did you know?

October happenings

• 3 October 1888 - NZ Natives team plays first game in UK - the privately organised rugby team was the first to wear the silver fern and an all-black uniform.

• October 6 1769 - Young Nick sights land - Ship's boy Nicholas Young received a gallon of rum and had a headland named after him for being the first aboard HMS Endeavour to spot land in the south-west Pacific. It was 127 years since Abel Tasman had made the first known European sighting of New Zealand

• 1919 - Women can stand for Parliament - The passing of the Women's Parliamentary Act enabled women to stand for election to the House of Representatives, 26 years after winning the right to vote.

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Phone Cushla O'Brien
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Recipe CORNER



Halloween Spiced Pumpkin Cake

Ingredients

For the cake:

- 1 cup vegetable oil
- 3 eggs - whisked
- ½ cup pumpkin puree or mashed pumpkin
- ½ teaspoon vanilla essence
- 2 ½ cups (300gm) plain flour
- 1 teaspoon baking soda, ground nutmeg, ground allspice, ground cinnamon, ground cloves
- 2 ½ cups (625g) white sugar
- ¼ teaspoon salt
- ½ cup chopped walnuts (optional)



Directions

1. Preheat oven to 180 deg C. Grease one 25cm ring tin.
2. Cream together the oil, eggs, pumpkin and vanilla.
3. Sift the flour, bicarb soda, nutmeg, allspice, cinnamon and cloves together then combine in the sugar and salt.
4. Add the flour mixture to the pumpkin mixture and mix until just combined. If desired, stir in some chopped walnuts. Pour batter into the prepared tin.
5. Bake at 180 degrees C for 1 hour or until a toothpick inserted in the middle comes out clean. Let cake cool in the tin for 5 minutes then turn out onto a plate and ice with your favourite icing - cream cheese butter cream would be very nice.
6. Bake for 15 - 20 mins or until you poke a skewer in and it comes out clean. While its still hot, remove from tin.

Cream Cheese Butter Icing:

- ½ cup butter - room temperature
- 1 x 250 gm pot cream cheese
- 5 cups icing sugar
- 1 tablespoon vanilla
- 1-2 tablespoons milk or cream

1. In a large mixing bowl, cream together butter and cream cheese.
2. Slowly add in icing sugar and continue beating until well combined and creamy.
3. Add vanilla and 1 tablespoon of milk and beat again until combined. If mixture is still too thick for your liking, add an additional tablespoon of milk and beat again until you reach your desired consistency.

Is it a stroke? Learn FAST and call 111 immediately if you suspect a stroke!

The FAST campaign encourages everyone to learn the key signs of stroke and to act FAST by calling 111 if they suspect a stroke. Prompt action can save lives - as well as improve recovery.

It is vital to recognise when someone is having a stroke and to start treatment as soon as possible, because the sooner medical treatment begins, the more likely brain damage can be reduced, and a better outcome achieved.

That's because Time is Brain - the quicker a clot can be dissolved or removed, the less damage is done, and the better the chance of a strong recovery.

A stroke is a brain attack - it's very serious. The symptoms might show on the face, arm or in speech, but it's the brain that's being damaged.

Even if the signs seem to come right by themselves, call 111. Don't call your doctor or drive yourself - get help immediately. Ambulance staff want to hear from you if you recognise the FAST signs - call 111 and tell them it's a stroke.

What are the signs of stroke?

The signs and symptoms of stroke usually come on suddenly. The type of signs experienced will depend on what area of the brain is affected.

Common first signs of stroke include:

- Sudden weakness and/or numbness of face
- Sudden weakness of the arm (and/or leg)
- Difficulty speaking, or lost voice
- It's believed that the FAST symptoms are present in 85% of strokes

How can you tell if someone is having a stroke?

By learning to recognise the symptoms of stroke you could save a life! Learn the FAST check.

Sourced from NZ Stroke Foundation Website - www.stroke.org.nz



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.



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027 517 4999 or visit www.oamoving.co.nz

Talk to your doctor about taking fewer medicines



The Council of Medical Colleges (CMC) is encouraging older people to talk to their doctor about whether they could take fewer medicines.

The CMC coordinates the Choosing Wisely campaign, which encourages patients to ask their health professional:

- Do I really need this test or procedure?
- What are the risks?
- Are there simpler, safer options?
- What happens if I don't do anything?

More isn't always better when it comes to medical tests, treatments and procedures. Unnecessary interventions are stressful, and potentially expose

patients to harm, leading to more testing to investigate false positives.

Medicines review

In New Zealand, 35 percent of people aged over 65 are taking five or more long-term medications.

Choosing Wisely advisory group chair Dr Derek Sherwood says it is important older people get their medicines reviewed regularly.

"Ask your GP for a medicines review - this helps make sure you are receiving the best treatment. When a doctor or pharmacist reviews your medicines they will check things like what medicines you are taking and why, how many different medicines you are taking and any side effects you may be experiencing."

He says some medicines are more likely to cause side effects in older people.

"Benzodiazepines like diazepam and antipsychotic medicines like clozapine or risperidone are two examples of this. Side effects include feeling dizzy when standing up, feeling sick, not thinking clearly and having blurred eye sight.

"These side effects can also make the person unsteady on their feet, increase the risk of falling, and affect driving.

"The benefits of taking such medicines need to outweigh the risks - that's why it's so important to review your medicines regularly with your doctor."

Stopping a medicine

Sometimes your doctor may recommend that you stop taking a particular medicine. This can seem daunting, especially if you've been taking it for a long time.

Stopping a medicine might be recommended because:

- the medicine is causing, or may cause, harmful side effects and medicine interactions
- the medicine isn't working or won't help you achieve your treatment goals
- the medicine is no longer needed for your current medical conditions
- you are having difficulty taking the medicine
- other treatment options are more suitable for you.

Dr Sherwood says for many older people, stopping a particular medicine can benefit their health.

"The more medicines you take, the more likely you are to experience side effects and interactions.

"Many older people successfully stop medicines without feeling worse. In fact, you may feel better and improve your quality of life - especially if your symptoms were being caused by your medicines."

He says your doctor or another health professional will recommend the best way to stop your medicines when this is necessary. "Their advice is very important, as your medicines may need to be stopped carefully."

Choosing Wisely sponsors are the Council of Medical Colleges, Southern Cross Health Society,

Pacific Radiology and PHARMAC. Consumer NZ and the Health Quality & Safety Commission are Choosing Wisely partners, and there is wide health sector support for the campaign.

For further information see the Choosing Wisely website, and in particular the patient resources on:

Medicines - Review

Medicines - Stopping a medicine

Medicines - When can medicine problems occur?

Medicines - Making decisions for older people

Everyone needs a friend to talk to

Do you know somebody who would benefit from the St John Caring Caller service?

This telephone friendship service gives people an opportunity to make a new friend and share their day with somebody new.

They will be discreetly matched with a St John volunteer who will call them regularly at agreed upon times which are convenient for them.

The friendship develops from there - the Caring Caller is there to listen and have a friendly discussion.

All St John Caring Callers are carefully vetted and undergo training and consist of a wide range of people from all walks of life.

Call today to find out more on 0800 000 606 and ask about the Caring Caller service, or look on www.stjohn.org.nz for more information.



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.



The computer is your squire

The Fourth Industrial Revolution has arrived and technologies linked to ageing are changing our world. The reality is that more people in their seventies, eighties and nineties are not tired and worn out with limited abilities.

A computer in 2018 can be programmed to anticipate a person's many needs. Walking into the home, the photos taken on the mobile

phone or tablet can automatically arrive onto the computer. This is only one example how a good setup can deliver service to active and technology-wise older people.

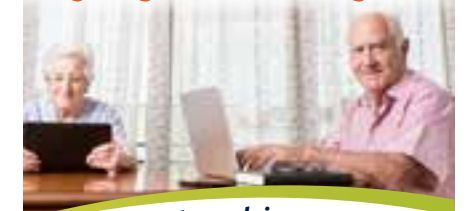


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Parkinson's



What is Parkinson's?

Parkinson's is a progressive neurodegenerative condition. It is caused by insufficient quantities of dopamine - a chemical in the brain. Dopamine enables quick, well-coordinated movement. When dopamine levels fall, movements become slow and awkward. Parkinson's has both motor and non-motor symptoms, and while it cannot be cured it can be treated. As Parkinson's is a progressive condition, it can often take many years to develop and has little effect on life expectancy. Different people will experience a different number and combination of symptoms.

Who gets Parkinson's?

Parkinson's is relatively common. Approximately 1 in 500 people have the condition. It becomes more common with older age groups, and it is believed 1% of people above the age of 60 have Parkinson's. The average age at diagnosis is 59.

Although there is a slight increase in risk of development of Parkinson's in people who have family members with Parkinson's, the risk is very low.

What causes Parkinson's?

Although we know a lot about the changes in the nerve cells of the brain in Parkinson's, we do not yet know what causes or triggers the development of Parkinson's. Symptoms can be treated but there is no known cure. Researchers across the world continue to investigate new treatments. Parkinson's is often referred to as 'Parkinson's disease' but it is not contagious, and you cannot pass it from one person to another.

FAMILIES AND WHANAU

Caring for the Carer

Carers play an extremely important role in the lives of many people with Parkinson's, by providing much needed practical and emotional support. Caring for someone can be very rewarding however it can also be extremely hard, especially when the carer feels isolated. The needs of the carer are as important as those of the people they are caring for, yet they often get overlooked because attention tends to focus on the person with Parkinson's. It is vital that carers maintain their own health and wellbeing while caring in order to cope with the challenges they can be presented with. Below is a checklist for carers to consider.

1) Getting information

Make sure you have all the information you need to care for the person you are supporting. Parkinson's NZ and Carers NZ can be important sources of information as can the health



professionals you are in contact with.

2) Keeping records

Keep a diary of the symptoms and difficulties the person you are caring for has and the details of your caring role. This can help you keep track of how living with a disability affects you and can assist you when communicating with health professionals.

3) Financial help

Check what financial benefits you could be entitled to, ask a Parkinson's Community Educator or Work and Income to advise you on this.

4) Dealing with emotions

Don't be surprised if you have complex, conflicting and fluctuating emotions about caring. Talking about your feelings and what you are doing is important. Some people prefer to talk to the person they are caring for, or friends and whanau. Others find it helps to talk to someone who is not so closely involved in their lives such as a counsellor or support group.

5) Networking and support

Try to have contact with other

carers. Many carers find contact with other people who are in a similar position is the key to providing invaluable mutual support, information, ideas and friendship. The internet can be a great place to start with this.

6) Encouraging independence

Wherever possible, promote independence on the part of the person you are caring for, even if this means activities take longer. This can help to improve their self-esteem and can ease some of your responsibilities.

7) Asking for help

Make it clear what you are willing to do. Set priorities and don't be afraid to ask for help when you need it. Sometimes breaking down large difficulties into smaller, more manageable pieces can help. Remember you don't have to do everything single handedly and talk to health professionals or support groups for advice on solutions.

8) Maintaining a lighter perspective

Try to keep your sense of humour. Many carers say that seeing the funny side of things has helped them and the person they are caring for enormously.

9) Taking time off

Where possible, try not to make Parkinson's the sole focus of your life. Make sure that you and the person you are caring for have things that you like to do together that are not related to Parkinson's or health. Having time away from each other to pursue individual interests is also important.

10) Looking after yourself

Make sure you maintain your own health and wellbeing. Try to eat well, exercise regularly and consider learning relaxation techniques. Take advantage of any respite care facilities that are available to you and the person you care for. If you find your responsibilities overwhelming you or you are feeling depressed or exhausted, make talking to your doctor your top priority.

Source: European Parkinson's Nurses Network Journal, March 2009.

Disclaimer: The information on this article is for your interest only. For medical advice on your individual needs, please see your doctor or other health professional.

Sometimes all you need is a hug from the right person...

And all your stress will melt away!



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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...

Wednesday Walking Group



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

Wednesday 17 October: Meet at St Stephens Church, Brookfield Terrace.

Wednesday 24 October: Meet at 7th Avenue, Memorial Park.

Wednesday 31 October: Meet at Wylie Street, off Bongard Street, Gate Pa.

Wednesday 7 November: Meet at Quarry Road, bring lunch.

Wednesday 14 November: Meet at Carmichael Rd Reserve, Bethlehem.

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



Minibus Adventures

Friday 12 October

Z Blokes Day Out Bus Trip - Frankton Classic Car Museum and lunch

Cost: \$37pp include entry fee

Thursday 18 October

Transport to Coffee & Conversation - Tga RSA

Cost: \$5pp

Thursday 25 October

Transport to Monthly Meeting

Cost: \$5pp

Saturday 27 October

Lunch at Maketu Beachside Café

Cost: \$20pp plus lunch

Saturday 3 November

Kaimai Café for lunch

Cost: \$15pp plus lunch

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.



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

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 9 October

Time: 10.00am to 11.00am

Where: Te Puke Citizens RSA

Cost: \$3pp

Tauranga Group

When: Thursday 18 October

Time: 10.30am to 12.00noon

Where: Tauranga RSA, Greerton

Cost: \$3pp

Welcome Bay Group

When: Tuesday 16 October

Time: 10.30am to 11.30am

Where: Welcome Bay Community Centre

Everyone Welcome

Monthly Meeting

When: Thursday 25 October 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: George Stewart - Tauranga Village Radio

Members and non-members are very welcome.

Safety Mobility Scooter & Footpath Users Workshops



This **free** one-hour mobility scooter footpath user workshop helps you to be mobile - safely. We want you to be able to participate in your community, without having to give up your independence and the things you enjoy.

Bring your mobility scooter, or just yourself - everyone welcome!

Come along and have fun, meet like-minded people, get great tips, free safety equipment and we can talk about issues you may have to help get them solved! Enjoy a chat over a cuppa and morning tea. Tell your friends and family! It's about keeping you mobile - safely.

Phone the Age Concern office on 578 2631 to register.

These will run from 10.30am to 11.30am.

Wednesday 24 October: Althorp

Friday 26 October: Otumoetai Colomba Church

Wednesday 31 October: Katikati Memorial Lounge Hall

Thursday 1 November: Bayswater

Friday 2 November: Coppercrest

Wednesday 7 November: Te Puke RSA/Citizens Club

Friday 9 November: Greerton Senior Citizen

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 quarter in the mail!

Most of the problems in life are because of two reasons, we act without thinking or we keep thinking without acting.

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.

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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



FREE

CarFit Check up

Get the safest fit for your car in 15 minutes

Free CarFit sessions as below

Please phone Age Concern on 07 578 2631 to secure a time.

Where	When	Time
Coppercrest	Wednesday 17 October	10am - 12pm
Bayswater	Thursday 18 October	10am - 12pm
Althorp	Friday 19 October	10am - 12pm
Katikati RSA/Citizens Club	Tuesday 23 October	10am - 12pm
Te Puke RSA/Citizens Club	Thursday 25 October	10am - 12pm

AA CARFiT
Helping Older Drivers Find Their Safest Fit

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.....

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