

SEPTEMBER 2018 NEWSLETTER

www.ageconcerntauranga.org.nz



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 newsletter. 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 September.

Happiness is not having what you want. It is appreciating what you have.

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



PLEASE SUPPORT OUR ADVERTISERS
 Their support enables the production of this newsletter, so please support them.

Supporting someone with Alzheimer's

Sourced from Alzheimers website

While learning that a family member or friend has received a diagnosis of dementia can be shocking, there is much that can be done to help people and their families/whānau to live well with dementia. There are no easy answers to the challenges that will be faced and no simple rules to follow that will work every time. But what may help is some information about how you can support a family member, friend, or neighbour to live well following a diagnosis of dementia.

Dementia is an umbrella term used to describe a group of symptoms that affect how well our brains work. Alzheimer's disease is the most common form of dementia. Dementia can affect anyone, and as people get older the chances of developing dementia increase. The symptoms each person experiences depends on the parts of the brain that are affected. Dementia is progressive, which means that for most people the changes gradually spread through the brain and lead to the symptoms getting worse. Dementia is different for everyone - what they experience, and how quickly they are affected is unique to them. What they (you) can do, remember and understand may change from day to day.

Be patient - People with dementia still have feelings and emotions even if they don't understand what's being said, so always consider their dignity and self-

esteem. Allow time for a response. Don't finish their sentences for them, and don't cut them off. Allow them to express themselves however they can. Where appropriate, use touch to keep the person's attention and to communicate feelings of warmth and affection.

Caring for someone affected by dementia can be stressful, as well as physically and emotionally tiring. It can also be socially isolating for family/whānau members if they can't - or don't feel they can - leave the person they are caring for. But it's important that anyone in a caring role can take regular breaks. That might be just a short break - to meet friends, participant in a hobby or sport, do errands or some business. Ideally, they should also feel they can take a weekend away or go on holiday. Breaks are also good for someone with dementia. It's good for them to get out, see other people, socialise and maybe go somewhere new. It's also good for

continued on page 4

Tauranga Mount Taxis

Spring has sprung 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 possible. Tauranga Mount Taxis can help. Set fares and customised travel for Seniors will allow passengers to reconnect with the best of the Bay of Plenty.

From advice on travel, places of interest and itinerary suggestions, to tailored travel to suit passenger needs, regular shopping trips for the necessities or retail therapy, it can all be accommodated. Seniors will reap the benefits of getting out and about more easily and safely.

Passengers with additional needs can also be catered for. Tauranga Mount Taxis boast 10 total mobility vehicles and fully trained staff to assist with access in and out of the vehicle. Total Mobility Vouchers can be used against travel at any time.

Call (07) 577 5565 for more information.



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Editorial supplied by Tauranga Mount Taxis

The views expressed in this newsletter 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

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.

them to get used to having other people supporting and caring for them.

Ask family/whānau members to step in and friends may be happy to help out by giving you a break from caring. Often, it's just a matter of asking. Try suggesting specific ways they can help you get a break - also ask them about bringing a meal or helping with the housework or shopping to give you a break in those areas, too. There are day programmes or services available also, not only do these give you both a break from each other, they provide the person with dementia with social contact and interesting activities. It gets them out into a new space and gives them experience of having others care for them.

Take each day one step at a time: Don't worry about what happened yesterday because you can't change it, and don't stress about what you need to do tomorrow as you'll deal with that when it comes. Just focus on what you need to do right now.

The GP who is looking after your family/whānau member or friend who has dementia should be a good source of advice and support. They, along with the practice nurses, should explain things so you can understand them, answer your questions and make you both feel comfortable and respected. Although it's not you who has been diagnosed with dementia, you will very likely be present at the person's visits to the GP and you need to understand what's happening to them.

Caring for someone with dementia often isn't easy. Just remember there is help out there for you - both practical and emotional. There are support groups for people who have family/whānau members and friends dealing with dementia, so ask your local Alzheimer's organisation to put you in touch with one near you.

Contact your local Alzheimer's organisation for support or information on 0800 004 001.

Age Concern Seminar Series 2018

Decision Making in Senior Years

Evidence-Based Natural Therapies

- Scientific based evidence behind natural products and remedies.
- Discussion on products you use or are interested in.
- The pros and cons of medical uses of marijuana

Presenter: Dr Shaun Holt

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

When: Tuesday 11th September

Time: 10.30am to 12.00pm

Cost: \$4 per person

Numbers are limited please phone to reserve your seat.

Phone 578 2631 for registration.

Sponsors:



Not all retirement villages are the same...

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We understand that your health needs change as you age. Our full continuum of care means that Ryman villages can provide independent living, serviced apartments, resthome care; and in the majority of villages, hospital and specialist dementia care. You can be reassured that, if your needs change, we can continue to look after you.



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This makes it one of the lowest in the retirement sector. And it's even capped if you transfer to another townhouse or apartment within a Ryman village. There are no hidden costs.



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For more information about the Ryman difference please phone Jan on 07 579 2519

112 Carmichael Road, Bethlehem



Oak Tree Restaurant **Protect yourself from Phone Scams**

If you're wanting a buffet-style dinner with class, you needn't look any further than the Oak Tree Restaurant in Greerton.

"We're turning buffet dining on its head," says manager Graham Howard.

Oak Tree Restaurant is located at The Tauranga RSA, 1237 Cameron Road.

Open to the public daily for lunch and dinner, plus breakfast, on the weekend

Breakfast costs \$21.50, or \$12 for a continental breakfast.

Lunch costs \$27.50, or \$25.50 for Tauranga RSA members, RSA Club members and Gold Card carriers.

Dinner costs \$39.90 for the public, \$37.90 for Gold Card and RSA Club members, and \$35.90 for Tauranga RSA members.

Special Prices for Kids + kids packs to keep little ones entertained.

Spotting a Scam

- A scammer can disguise the original caller ID with a number they choose, such as a local kiwi number. This is called number spoofing - the call is actually coming from overseas, but the scammer hopes that by disguising the overseas caller ID they will appear authentic.
- The scammer may claim they have identified a problem with your modem/computer and offer to help by taking control of the home computer using remote access. This may be more convincing if you have had recent technical issues.
- They may know your full name, address and date of birth. This information can be found through research online or bought on the black market and you should not assume they are legitimate for knowing these details.

- Scammers may call from an international call centre with a large number of staff - it is often very noisy in the background.
- Some scam callers may ring, then hang up before you can answer. These often come from an overseas number. This type of scam is called a Wangiri 'one ring' scam. The aim is to get you to call back, so they can collect a premium calling fee.
- You're told that you have won a prize or money for a competition you haven't entered.

How to Stay Safe

- Be careful where and to whom you provide your personal details.
- Make sure you keep your software and anti-virus programmes up to date.
- Use a different password for all your online accounts.
- Change your passwords often and don't reuse old passwords.
- Use 2 Factor Authentication (2FA) for online accounts where it's available.
- If you can't tell if a call is

legitimately from a company you do business with, hang up and call the company directly on their numbers listed in the phone book or their official website.

- If you receive a missed call from a number you don't recognise, ignore it and don't call back. This may be a scam designed to lure you into calling back, and being charged premium calling rates as a result.
- Be cautious about unexpected contact - even from legitimate organisations.
- Keep up to date by visiting spark.co.nz/scams

I think I've been scammed

- If you've done anything on your computer (or another device) at their request, immediately disconnect your computer from the internet.
- If you've given out bank or credit card details, contact your bank straight away.
- Change your online account passwords for all your devices, and if you've given access to your computer, seek assistance from a computer services company.
- Report the scam to your telecommunications provider and Netsafe.
- Let your friends and family know the details of the scam, so they can also be on the lookout.
- Keep up to date with the latest scam information at spark.co.nz/scams

Scammers are constantly changing their approach, both through the technology they use and the stories they tell. Their goal is to obtain money or personal details from you. Anyone can be

caught out by a scam so the best way to protect yourself is to be vigilant. Read on for our top tips on identifying scams.

Report It

- scamhelp@spark.co.nz
- 0800 809 806 (weekdays 8.00am to 6.30pm, excluding statutory holidays)
- For txt message scams, report them to the Department of Internal Affairs by forwarding the message to 7726
- Report to Netsafe at netsafe.org.nz/report

For more information and examples of scams, visit www.spark.co.nz/scams

Don't fall for



phone scams

Computer help for visually impaired

Macular degeneration, is a medical condition which may result in blurred or no vision in the centre of the visual field. This makes using a computer challenging and a magnifying glass is required a few centimetres distance from the screen in order to read it.

For people who need to get up-close to the screen, Silver Service IT organise 'robotic' arms for desks, or portable 'monitor (screen) frames on wheels', that allow for the monitor to be manoeuvred forward with ease, right up to eyes of the user.



Auto-synchronise photos from your phone to the computer

Tell us about your problem. Call us 7-days in Tauranga on (07) 262 1000.

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Editorial supplied by Oak Tree Restaurant

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.

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

Don't Forget!

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

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Editorial supplied by Silver Service IT

Winter Energy Payment

By now you will have had a few of these payments to help keep you warm and your home dry this winter.

The winter energy payment runs through until 29 September this year. This means in your NZ Super payment on 2 October you will get a final Winter Energy Payment of 11 days. The winter energy payment will begin again in May 2019.

Reminder about travelling overseas

If you're heading away from New Zealand over the winter months you can keep getting your Winter Energy Payment for up to 28 days.

It's really important you let Work and Income know if you will be away for more than 28 days, otherwise you might be paid too much and they will have to ask for the money back.

The easiest way to let us know



is to fill out the online form (or search for 'overseas travel' on the Work and Income website). Or call the Seniors line, on 0800 552 002.

If you're back before the end of September remember to get in touch so your payment can be started again.

If you'd prefer not to get the Winter Energy Payment

It's fine if you'd prefer not to get this payment. Just let us know and we will stop it for you.

There's an easy form to complete on the Work and Income website at www.workandincome.govt.nz. You can also call the Seniors line on 0800 552 002.

If you'd like to start the Winter Energy Payment again at a later date, please get in touch.

Getting NZ Super and working

People often ask whether they can work and get NZ Super too. The short answer is yes, but there are some things you need to know.

NZ Super isn't income or asset tested if you've reached the qualifying age. This means you can earn other income or have assets and still get your payments.

However, income may change your NZ Super payments if you:

- include your partner (if they're under 65)
- get extra financial help from Work and Income
- have to pay a higher rate of tax.

Including your partner in your NZ Super if they're under 65

If you have a partner who doesn't qualify for their own NZ Super, you can decide whether to include them in your payments. If you choose to include them, you'll both get paid but any other income either of you earn may affect how much you get. Work and Income can help you work out the best option.

Getting extra help

Some people can get extra help with their NZ Super, like Accommodation Supplement, Disability Allowance or Temporary Additional Support. If you have other income it will change the amount of extra help you get.

Make sure your tax code is right

When you have two or more sources of income (such as NZ Super and your earnings from work or investments), the highest is treated as your main income. The other is treated as secondary

income and is taxed at a higher rate.

It's important to check you're using the right tax code, whatever you're earning, and review it from time-to-time. There's useful advice and a calculator on the Tax on your income when you retire page on Inland Revenue's website www.ird.govt.nz

Deputy Health and Disability Commissioner

New Zealanders are living longer. Many are healthy and active as they age. However, meeting the healthcare needs of our ageing population is one of the challenges facing New Zealand's healthcare system.

All older people should consider what they would like to happen should they no longer be able to communicate their wishes.

One action is for them to appoint enduring powers of attorney to act on their behalf regarding care, welfare, and property decisions.

They should discuss his or her wishes with the person appointed as attorney so that person is able to advocate on their behalf and make the decisions the older person would have made.

The Health and Disability Commissioner (HDC) frequently sees cases where well-meaning family members tell residential care facilities about the decisions the family member wants made, for example, regarding medications or restraint, while the resident is still competent to make

decisions for themselves.

On-going communication between whānau, friends and service providers is invaluable to allow caregivers to be informed about the person's values and wishes, if the person is unable to express these.

Many complaints to HDC result from poor communication between families and service providers - if concerns are responded to promptly and changes implemented a complaint is less likely.

It's important that everyone understands what their rights and responsibilities are, particularly in relation to the Code of Health and Disability Services Consumers' Rights.

A free advocacy service is available by phoning 0800 555 050.

For more information go to www.hdc.org.nz

Above articles sourced from Office for Seniors.

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.

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• Property

Downsizing or moving into a Residential Village? We can help with both the sale and the purchase process and the paperwork for your Occupation Licence.

• Mortgages

Repaid your mortgage and now want to discharge the banks security? Entering into a reverse mortgage to free up some equity? We can advise on reverse mortgages and can attend to registrations on your title.

• Wills and Enduring Powers of Attorney

Provide clear instructions about how your estate should be managed by making a Will. Legally appoint a trusted Attorney to make decisions for you if you are incapacitated. We can help you with both.

Did you know?

September happenings

- September in the Northern Hemisphere is similar to March in the Southern Hemisphere.
- 2nd September 1666 - The Great Fire of London started. It burnt over 10,000 homes.
- 15th September 1916 - Tanks were first used in combat during the Allied offensive at the Battle of the Somme In World War I.
- 1st September 1939 - Nazi Germany invaded Poland, the act that started World War II.
- 15th September 1944 - The first entry of American troops into Hitler's Germany occurred as elements of the 5th and 7th Corps reached the southwestern frontier of Germany.

Evidence Based Natural Therapies

Do you know the difference between a chiropractor and an osteopath? A homeopath and a naturopath? Fish oil and krill oil? Whether rescue remedy, ginger, or B vitamins are worth taking? What in the natural world can help with stress or pain or sleep.

Most people take vitamins, supplements or herbal products, or use other forms of natural, complementary or alternative medicines. In this seminar you can ask also about the science of any that you use, are thinking of using, or are simply interested in.

The seminar will also discuss the science, medical uses and the pros and cons of a natural health product that is very much in the news at the moment - marijuana.

The presenter, Dr. Shaun Holt is an Adjunct Professor at Victoria University of Wellington and has both Pharmacy and Medicine degrees. He has been the Principal Investigator in over 50 clinical trials and has over 200 publications in the medical literature. He is the Scientific Director and a founder of HoneyLab, has been a regular contributor on TV1's Breakfast programme and national radio shows and is the author of 9 books including the bestseller "Natural Remedies That Really Work". He was a finalist in the 2015 New Zealander of the Year Awards in the Innovator category.

To avoid disappointment phone 578 2631 to register your seat for Tuesday 11 September Seminar, 10.30am start.

Blue September Prostate Cancer Awareness Campaign

Blue September is about getting the word out. If you hold a Blue Do, buy a blue ribbon, paint your face blue, donate money or simply share information with others, you will be directly helping to eliminate death and suffering from Prostate Cancer.

Every year around 3,000 men are diagnosed with prostate cancer in New Zealand and more than 600 will die. That's about the same number as women who die from breast cancer.

The good news is that early detection can significantly reduce the risk of death from prostate cancer. Mostly, men don't know how dangerous this disease is, they don't talk to their doctor about it, their doctor doesn't talk to them about it, or they simply don't have any symptoms and don't feel unwell.

The Prostate Cancer Foundation receives no government funding, relying instead on your generosity to help them spread the message for men to get regular checks, fund research that will improve diagnosis and treatment outcomes, and provide support for those who need it the most - the men and their families living with prostate cancer every day. Visit www.prostate.org.nz if you'd like to know more.

Source: www.blueseptember.org.nz

Free Staying Safe Driver Refresher Workshop

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Wednesday 10 October

Te Puke Country Lodge, 1 No.1 Road Te Puke
9.15am - 1.30pm

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

Computer Conundrum

Hi, it's Dirk here again to address your computer conundrums. This month we'll talk about social media. This includes Facebook, Instagram, Snapchat and Youtube. These are the most popular platforms and seem to be the only way kids communicate with each other these days aside from texting on their phones. They are engrossed in the things!

They aren't just for kids though as I've had quite a few adult clients wanting to know more mainly so they can communicate with their kids and see what they're up to! Facebook is handy for keeping in touch with Grandkids and family overseas, so if you want to learn more about it please let me know.

Thank you, Dirk.

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94 Parton Road
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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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Tauranga	Abundant Life Church, Judea
Tauranga	Salvation Army, Cameron Road
Tauranga	St John's Church, Bureta
Tauranga	Greerton RSA
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.

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".

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.



Suffrage and beyond

On 19 September 1893 the governor, Lord Glasgow, signed a new Electoral Act into law. As a result of this landmark legislation, New Zealand became the first self-governing country in the world in which all women had the right to vote in parliamentary elections.

In most other democracies – including Britain and the United States – women did not win the right to the vote until after the First World War. New Zealand's world leadership in women's suffrage became a central part of our image as a trail-blazing 'social laboratory'.

That achievement was the result of years of effort by suffrage campaigners, led by Kate Sheppard. In 1891, 1892 and 1893 they compiled a series of massive petitions calling on Parliament to grant the vote to women. In recent years Sheppard's contribution to New Zealand's history has been acknowledged on the \$10 note.

Today, the idea that women could not or should not vote is completely foreign to New Zealanders. Following the 2014 election, 31% of our Members of Parliament were female, compared with 9% in 1981. In the early 21st century women have held each of the country's key constitutional positions: prime minister, governor-general, speaker of the House of Representatives, attorney-general and chief justice.

Source: www.nzhistory.govt.nz

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.



What's On...

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



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 September
Time: 10.00am to 11.00am
Where: Tony's Café, 160c Jellicoe St, Te Puke (old railway station)
Cost: \$3pp

Tauranga Group

When: Thursday 20 September
Time: 10.30am to 12.00noon
Where: Tauranga RSA, Greerton
Cost: \$3pp

Welcome Bay Group

When: Tuesday 18 September
Time: 10.30am to 11.30am
Where: Welcome Bay Community Centre

Monthly Meeting

When: Thursday 27 September 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: Janet Thackery, Continence Educator

Members and non-members are very welcome.

Wednesday Walking Group



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

Wednesday 12 September: Meet at end of Takitimu Drive, Waihi Road end carpark.

Wednesday 19 September: Meet at Ferguson Park, off Tilby Drive, Matua.

Wednesday 26 September: Meet at Countdown, Greerton.

Wednesday 3 October: Meet in Katikati behind Robert Harris Café.

Wednesday 10 October: Meet at Briscoes, Chapel Street.

Minibus Adventures

Thursday 13 September
Lunch at Kawerau and Rotorua Lakes
Cost: \$25pp

Saturday 15 September
Lunch, Waihi Beach RSA
Cost: \$25pp

Thursday 20 September
Transport to Coffee & Conversation - Tga RSA
Cost: \$5pp

Friday 21 September
Z Blokes Day Out - Visit Aratiatia Dam and lunch
Cost: \$25pp

Thursday 27 September
Transport to Monthly Meeting
Cost: \$5pp

Saturday 6 October
Lunch at Katikati
Cost: \$15pp

Thursday 11 October
Thames tour and lunch
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.



Welcome Bay Lions

Welcome Bay Lions in partnership with Age Concern Tauranga

Coffee and Conversation Group

Needing a bit of company?

Wanting a friendly chat over a cuppa?

Come and join our Coffee and Conversation Group for a relaxing hour of fun in a friendly environment.

We meet at Welcome Bay Community Centre at 10.30am.

Next meeting 18 September

If you would like to join us, please call Age Concern on 578 2631 to register and we will have a cuppa ready for you.

Transport is provided for Age Concern members in the Maungatapu, Ohauiti and Welcome Bay areas. Phone 578 2631 to reserve your seat.

Looking forward to meeting you on the 18th!

Recipe CORNER



Quick and Easy Lemon Drizzle Cake

Ingredients

For the cake:

8oz Butter
8 oz White Caster Sugar (okay to use brown)
8 oz Self Raising Flour
4 Large Eggs
1 and half tsp Baking Powder
Zest of 2 lemons

For the icing:

Juice of 2 Lemons
110g Icing Sugar



Instructions

1. Start by pre-heating your oven to 180 degrees before preparation.
2. Add the butter into a bowl and beat for 2 minutes or until smooth, then add the sugar and beat until well combined.
3. Mixing the baking powder in with the flour and add half of it to the mixture along with 2 eggs.
4. Add the rest of the flour and eggs along with the zest of 2 lemons.
5. Obviously you can use any cake tin, but I like to use a bread tin. Line your tin with grease proof paper/parchment paper and pour the mixture in.
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.
7. Mix lemon juice and icing sugar together and poke holes in the cake and pour the juice all over it.

Source: Annabel Langbein



Sender:

Age Concern Tauranga Incorporated

177a Fraser Street, Tauranga 3112

Phone: (07) 578 2631

Email: ageconcerntga@xtra.co.nz

www.ageconcerntauranga.org.nz



Are you thinking about your next move?

Talk to one of our team about how **we can help you** make the next step **easy**.

Contact one of our team on **0800 743 837** today

Visit eves.co.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 Newsletter 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.