

**AUTUMN 2019 QUARTERLY MAGAZINE**  
www.ageconcerntauranga.org.nz



# Age Concern Tauranga

*Serving the needs of older people*

**KEEPING YOU CONNECTED**



For advertising phone Dave 027 652 5220 or email [dave@pukeprint.co.nz](mailto:dave@pukeprint.co.nz)

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## Contact Information

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**OFFICE HOURS**  
 8.30am - 2.30pm Monday to Friday

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**Social Activities Co-ordinator**  
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# Welcome

## Welcome to new members

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

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

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

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



*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.*

## Many hands make light work!

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

**Facilitating Workshops | Data Entry | Accompanying Minibus Trips | Outdoor Maintenance Office work**

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



## Jigsaw Puzzle LIBRARY

# Welcome

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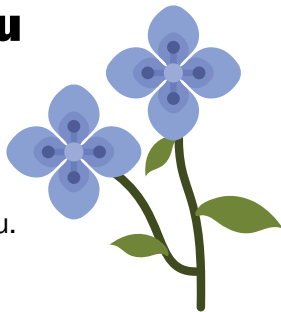
# Services

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

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

## PLEASE SUPPORT OUR ADVERTISERS

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

### 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



Good information keeps you in control.

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## DO SOMETHING GOOD TODAY.

Be part of our community, meet new people, gain a new experience, learn new skills, make a difference, enrich your life and your community through volunteering.



**VOLUNTEERING BAY OF PLENTY**

*Betty likes to volunteer because it keeps her 'brain occupied' and gives her something to do.*

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*"You'll hear a lot of laughter around the village".*

Katherine, Charles Upham resident

Remember when neighbours had time to stop for a chat, cared for each other, and waved a friendly hello in passing? That's the community Katherine found at Charles Upham Retirement Village in Canterbury.

Explore our village community today,  
phone Jan on 07 579 2519  
[www.rymanhealthcare.co.nz](http://www.rymanhealthcare.co.nz)



## Enduring Powers of Attorney (EPA)

If you were no longer able to make decisions on your behalf have you ever thought about who would do this for you? You may be surprised to learn that decisions relating to your property and welfare can only be made by legally appointed people.

We've set out 10 facts regarding Enduring Powers of Attorney (EPA) to help you on your way to putting these valuable documents in place.

### 10 EPA facts

1. Every adult, no matter what age, should have EPAs in place.
2. There are two types of EPAs
  - a. Property; and
  - b. Personal Care and Welfare (welfare).
3. Unlike a will, which only has effect after death, EPAs have effect during your life.
4. You can appoint more than one person to act as your property attorney but only one person at any one time can act as your welfare attorney.
5. Your welfare attorney can only make decisions for you if you lose mental capacity.
6. Your property attorney can make decisions for you immediately, if you choose to give them the power to do so.
7. You may choose the same person to act as your attorney for both welfare and property if they have the qualities required for both distinct roles:
  - a. Your welfare attorney should be compassionate and caring;
  - b. Your property attorney should be financially savvy.

8. If you choose two (or more) different people to act as your attorney, be sure that they get along and can work well together to avoid disastrous and detrimental results.
9. Without valid EPAs in place your nominated trusted family or friends will be prevented from working with your financial service providers and health care providers and the Court will decide who will act for you.
10. A lawyer, qualified legal executive or a representative of a trustee company (such as Public Trust) or your solicitor can help you put in place EPAs or sign them off if you're able to prepare them yourself.

For more information speak to your local Age Concern branch, your solicitor or take a look at the documents online at the SuperSeniors website [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz)

Written By: Deeanah Winders | Associate | Trusts & Estates HARRIS TATE LIMITED. 29 Brown Street Tauranga

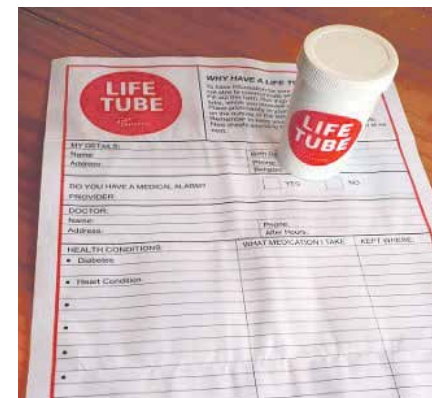


Maddy and Luke, Anna's grandchildren helping prepare your February Newsletter

## Do You Have A LIFE TUBE?

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

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



## The Power Plate difference

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

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

**Strength** - Improve muscle strength and tone, posture and endurance

**Obesity** - Aid weight management by speeding up

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

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

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

*Editorial supplied by PHARMABIZ Ltd*

## COMPUTER CONUNDRUM?

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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.**

## Dementia – what to look for.

The early signs and symptoms of dementia can be subtle and hard to recognise.

Many conditions, such as stroke, depression and infections, as well as normal ageing, can cause dementia-like symptoms. It's important not to assume any changes are due to dementia.

It's very important to see a GP if you have concerns that you or someone you know may have dementia. If the symptoms are caused by a treatable condition, they can be diagnosed and treated.

If the symptoms are caused by dementia, an early diagnosis means early access to support, information, and any appropriate medication will be available, and there will be time to plan for the future.

### Ten warning signs of dementia

- 1. Recent memory loss that affects daily life.**  
It's normal to forget meetings, names or telephone numbers occasionally and then remember them later.  
A person with dementia might have trouble remembering recent events.
- 2. Difficulty performing regular tasks**  
It's normal to make a wrong turn occasionally while driving.

Someone with dementia might have regular difficulty driving a familiar route.

- 3. Problems with language**  
Many people have trouble finding the right words sometimes.  
But someone with dementia might have difficulty following, or initiating a conversation.

- 4. Disorientation of time and place**  
It is normal to occasionally forget what day it is or where you are going  
A person with dementia may be confused about the time

of day, and what is appropriate for that time.

- 5. Decreased or poor judgment**  
Making a bad decision once in a while is normal. A person with dementia might make bad decisions more frequently and start paying less attention to their physical appearance.
- 6. Problems with abstract thinking**  
It's normal to have difficulty balancing a budget. A person with dementia might completely forget what the numbers are and what needs to be done with them.
- 7. Misplacing things**  
Anyone can misplace their wallet or keys. A person with dementia might repeatedly put things in inappropriate places.
- 8. Changes in mood and behaviour**  
Everyone becomes sad or moody from time to time.  
A person with dementia can have rapid mood swings, from calm to tears to anger, for no apparent reason.
- Changes in personality  
People's personalities can change a little with age  
A person with dementia might have problems in social situations they have previously been comfortable with.
- 10. Loss of initiative**  
It is normal for people to tire of housework, business activities or social obligations.  
A person with dementia may no longer initiate things that they once enjoyed.

Based on Ten Warning Signs, Dementia Australia

*If you are worried that you or someone you know is showing signs of dementia, see your GP for a full assessment. For information and support, contact your local Alzheimers organisation.*



## Photos, photos everywhere

One of the advantages of living in 2019 is our ability to synchronise photos between devices, including the TV! This means you can take a photo with your fancy phone, it arrives automatically on your computer (via WiFi) and finally, you can look at the photos on your TV using a Chromecast device.

Google Photos is really handy in taking a copy of all your pics and sorting them chronologically but keeping them separately from the originals. It is from here that we can run slideshows and look at photos on the TV.

**Give us a call if you want to sort your photos out!  
Call us 7-days on (07) 262 1000.  
We come to you!**

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*"It turns out, I knew what I was doing all along, but the computer wasn't set up correctly"*

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[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)

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companion driving





# Recipe CORNER



## Fish Cakes

This recipe makes approximately 6-8 cakes. If you live on your own, make the whole batch and freeze the leftovers in meal sized portions.

### Ingredients

185 g tinned salmon or leftover cooked fish  
2 cups cold mashed potatoes  
1 small onion, finely chopped  
1 T fresh parsley, chopped  
Salt and pepper to taste  
¼ cup flour  
1 egg  
1 T water  
1 ½ cups polenta\* or breadcrumbs  
2 t oil

\*Polenta, also known as cornmeal, can be purchased from most supermarkets or Binn Inn.

### Method

1. Drain tinned fish and flake.
2. Place in bowl with potato, onion, parsley, salt and pepper.
3. Mix well to combine.
4. Shape the mixture into small balls and gently roll in flour. Flatten into rounds.
5. Lightly beat egg and water together.
6. Dip each fish cake in egg mixture.
7. Pour the polenta/breadcrumbs onto a plate and roll each fish cake to coat.
8. Lightly oil and heat fry pan.
9. Add fish cakes and cook until golden on both sides.

Serving Suggestion: Garnish with lemon wedges and serve with fresh bread and green vegetables or a green salad.

Recipe sourced: [www.seniorchef.co.nz/recipes/main-course-fish/134-fish-cakes](http://www.seniorchef.co.nz/recipes/main-course-fish/134-fish-cakes)

## Responsive Model of Care for Older people

The Responsive Model of Care is about greater flexibility in the way you receive your home-based support. It is about responding to your changing needs.

A support plan will be developed with you to identify your goals and the support that will be put in place to help you achieve your goals.

Home and Community Support Services help you stay healthy and live as independently as possible. The following list gives some examples of ways Support Net can work with you to help you remain in your home longer:

- Meal supervision, developing strategies with you to enable you to prepare or purchase meals.
- Ensure nutritional intake, meal planning and supervision.
- Showering and dressing, assistance if needed.
- Rongoa Maori, mirimiri and traditional healing remedies.
- Falls prevention, encouraging you to attend balance programmes.
- Medication supervision or management.
- Companionship, access to an accredited visitor service.
- Housework, developing strategies with you to help maintain household hygiene – Community Service Card required.

### How does it work?

Each person receiving support via the Responsive Model of Care will have their care co-ordinated by a registered health professional. Your health and lifestyle goals will be identified and be individual to you.

### How is it different?

These services are focused on keeping and maintaining your independence. The main difference is that support is no longer allocated in hours or half hours but more specifically in terms of tasks. Some tasks may take less time to complete, some tasks may take longer.

As a result the time your support worker spends with you may be shorter (e.g. for medication supervision) or longer (e.g. for exercise) - if these are part of your supports.

Over time your needs or goals may change and this will be reflected in either an increase or decrease in the services you receive and a review of your support plan. If you have any questions about your services, please call the team at Support Net (07) 571 0093.

## Friendship

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

Friendship is like cream. It adds richness to life and takes out the sting when things get too piquant.

Our friends and the networks we are part of help bring out the best in us. They also help us get through tough times.

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

Keep connections on the boil:

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

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



## 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.



**Care On Call**  
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Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

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Please call us or visit our website for more information.



[tauranga@careoncall.co.nz](mailto:tauranga@careoncall.co.nz)

**(07) 985 6381**  
**[www.careoncall.co.nz](http://www.careoncall.co.nz)**

# Understanding Melanoma

Melanoma is a form of cancer that develops in the skin's pigment cells (melanocytes).

Melanocytes produce melanin to help protect the skin from ultraviolet (UV) radiation i.e. sunlight. When melanocyte cells combine together in the skin they form a mole.

Most moles are quite safe, however sometimes the melanocytes in a mole begin to grow and divide in an uncontrolled way. If they start to grow either expanding outwards or upwards they can become a melanoma.

Melanoma is the most serious type of skin cancer and it can progress quickly. Anyone in New Zealand can get melanoma. It is treatable if diagnosed early, but if the cancer spreads to other parts of the body the prospects can be fatal.

Melanoma spotted early can be successfully treated by surgery and if a melanoma is discovered when it is less than 1mm thick, the outcome is excellent. The first sign is often a change in the size, shape or colour of an existing mole, or the appearance of a new mole.

Checking yourself and your loved ones  
Start by checking your entire body, including skin not normally exposed to the sun. You could ask for help from someone else to check difficult-to-see areas, such as your back, neck and scalp.

We recommend that you follow the 'Ugly Duckling' rule. The idea behind the Ugly Duckling rule is that you compare your moles with each other. If any mole stands out or looks different from that of nearby moles, it is the ugly duckling, and we advise you contact a doctor to get an expert opinion. Know the skin you are in.

Melanomas can often be detected using the ABCDE system, although not all melanoma lesions show these characteristics.

## ASYMMETRY

Two halves of the mole are different from one another

## BORDER

The edges of the mole are poorly defined. It is ragged, notched, blurred or an irregular shape

## COLOUR

The colour is uneven with shades of black, brown and tan. Melanomas may also be white, grey, red, pink or blue

## DIFFERENT

from other lesions (ugly duckling) there is a change, particularly an increase, in size. Melanomas are usually bigger than the end of a pencil (6mm)

## EVOLVING

Any change in growth? New or elevated?

What else to look for

- new spot or an existing spot, freckle or mole that has changed in colour, shape or size
- spots that bleed or are itchy
- spots that become raised quickly and catch on clothing
- the colouring of the problem spot may be multi-coloured, white or the same colour as your skin
- melanoma spots can develop over various time periods
- a type of melanoma called 'nodular melanoma, which grows rapidly and is found on the head and neck and in older people, particularly men. They are raised, firm and often uniform in colour.

## When in doubt head straight to your doctor or a specialist.

Sourced: [www.melanoma.org.nz/early-detection](http://www.melanoma.org.nz/early-detection)



# Bloke's Day Out

Our last trip of the year was to the car museum in Hamilton on another bright sunny day.

Z started the ball rolling with a very tasty coffee and we strolled over the Kaimais in the Blokesmobile otherwise known as the Age Concern minibus.

It's a great place to visit which brought many memories back to the blokes. The cars on display were in an awesome condition and I'd recommend a visit to this place by everyone.

The restaurant at the museum is like visiting the rock and roll era so we stayed there to eat.

## 2019 brings a new bunch of places to go to blending with a few from the past.

The new sites include a visit to the Rhodesian Services Lion and Tusk museum, Watchorn Truck museum, the newly furnished Whakatane Museum, The Opotiki Museum and the local model train club display just to name a handful.

Keep an eye out for the magazine to book your trips.

RED

# Keeping Fire Safe

Your local fire station is here to help you. For no cost to you, they are happy to visit your home and:

- install smoke alarms if you do not have them installed already. All you have to do is buy your smoke alarm/s before they come to you.
- check existing smoke alarms to ensure they are working and are in the right places. They can also replace batteries. You will need one 9 volt battery for each smoke alarm.
- help you make an escape plan so you can get out of your house quickly if you have a fire.

Call your local Fire & Emergency NZ station for more details:

<b>Tauranga</b>	<b>578 7099</b>
<b>Greerton</b>	<b>541 1357</b>
<b>Mt Maunganui</b>	<b>574 8953</b>



## 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:

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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".

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





## What's On...

### Wednesday Walking Group

**Wednesday 20 March - 10am**

Meet at Historic Village 17th Ave

**Wednesday 27 March - 10am**

Meet at Palmers Garden Centre, Welcome Bay

**Wednesday 3 April - 10am**

Meet at The Lakes, Lakeview Road Bus Stop

**Wednesday 10 April - 10am**

Meet at Greerton Countdown

### Minibus Adventures

**Tuesday 12 March**

Lunch at Parkside, Rotorua and visit Mamaku Blue Blueberry Farm. **Cost: \$25pp.**

**Thursday 21 March**

Transport to Coffee & Conversation – Greerton Senior Citizens Hall. **Cost: \$5pp**

**Saturday 23 March**

Waikato Museum. National Geographic 50 Greatest Photographs and lunch.

**Cost: \$25pp plus Koha entry fee**

**Thursday 28 March**

Transport to Monthly Meeting. **Cost: \$5pp**

**Friday 29 March**

Z Blokes Day Out - Visit the Lion and Tusk Museum, Mt Maunganui and lunch.

**Cost: \$35pp includes entry fee**

**Saturday 6 April**

Visit The Depot Garden Café for Devonshire Tea, Paeroa. **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.**

### 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 12 March  
Time: 10.00am to 11.30am  
Where: Te Puke Citizens RSA  
Cost: \$3pp

#### Tauranga Group

When: Thursday 21 March  
Time: 10.30am to 12.00noon  
Where: Greerton Senior Citizens Hall, Greerton  
Cost: \$3pp

#### Welcome Bay Group

When: Tuesday 19 March  
Time: 10.30am to 11.30noon  
Where: Welcome Bay Community Centre

### Everyone Welcome



### Monthly Meeting

**When:** Thursday 28 March 2019

**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: Taoist Tai Chi.**

**Kitty Barsdell, Instructor.**

**Members and non-members are very welcome.**

## Age Concern Tauranga Presents

### Staying Safe

## Driver Refresher Workshop for Senior Drivers

Refresh your knowledge and understanding on -

- Give way rules
- Intersection rules and use of roundabouts
- Road markings and signs
- Searching and scanning skills
- Car care and maintenance



- ✓ Free to Senior Drivers aged 70 plus
- ✓ No test or exam
- ✓ The workshop starts at 9:15am and finishes at 1:30pm
- ✓ Tea and coffee will be provided. Please bring your lunch
- ✓ Workshops are free and theory based (meaning we're not going to be behind the steering wheel of a car)
- ✓ To register, contact Age Concern Tauranga on (07) 578 2631
- ✓ If these dates aren't suitable, contact Age Concern and place your name on the waiting list.
- ✓ You're welcome to attend as many times as required. Register with a friend

### Upcoming workshops:

- Mount Maunganui RSA  
544 Maunganui Road | Tuesday 5th March
- Matua Bowling Club  
108 Levers Road | Tuesday 12th March
- Katikati Community Centre  
45 Beach Road | Thursday 21st March
- Greerton Senior Citizens Hall  
33 Maitland Street | Friday 29th March
- Te Puke Country Lodge  
1, Number 1 Road | Tuesday 2nd April

## 2019 / 2020 Subscriptions Due

**Age Concern Tauranga's membership period is from 1 April to 31 March**

- Annual subscription is \$25.00 per household
- Donations help us to continue to promote the welfare of older people in the Tauranga area
- Donations over \$5.00 are tax deductible

To renew your membership or join as a new member, please complete the details on the back page of this Magazine, cut out and post with your cheque payment to the address provided or call into the office.

If you would like to pay online, our account details are:

Age Concern Tauranga Inc | 03 0445 0172665 00

Please use your initials and surname as reference. **Payment is due by 1st April 2019.**



Sender:

**Age Concern Tauranga Incorporated**

177a Fraser Street, Tauranga 3112

**Phone:** (07) 578 2631

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

**www.ageconcerntauranga.org.nz**



## Use your SuperGold card as photo ID

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

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

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

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



### The AA's involvement

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

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

## Age Concern Tauranga Membership Form

**Please forward your subscription with this form to:** Age Concern Tauranga, 177a Fraser St, Tauranga 3112.

Age Concern Tauranga is a registered charitable entity (CC25758) and appreciates the generosity of the community by way of subscriptions, donations and legacies. Donations are tax deductible over \$5.00.

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.**