

**AUTUMN 2019 QUARTERLY NEWSLETTER**  
www.ageconcern.org.nz



# Age Concern Thames

*Serving the needs of older people*

**Covering Thames-Coromandel District and Hauraki District (Ngatea, Paeroa and Waihi)**



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**OFFICE HOURS**  
 9.30am - 2.30pm Monday to Friday

## We are grateful to all our funders:



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## A note from our Chair

*Hello to Everyone*

The recent events of Christchurch have prompted me to think about our friendships and how we tend to do the “same old things” time and time again. Building friendships with older friends is a bit like having grandparents; they let you do whatever your parents forbid. They are like the first breath of freedom.

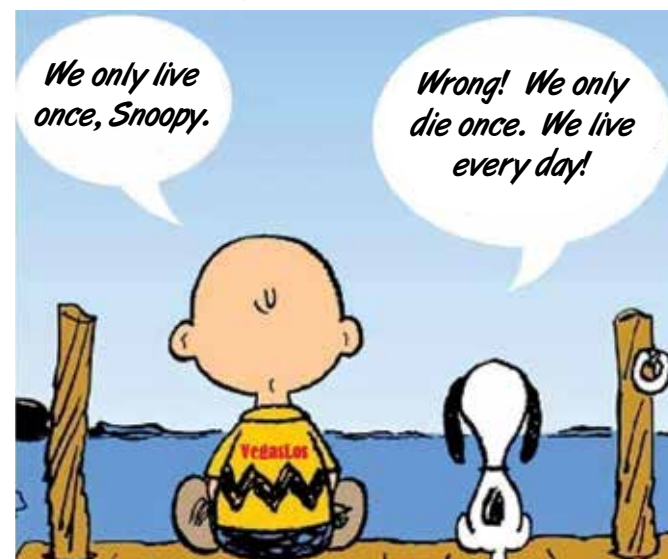
Expanding your circle of friends does wonders for your mental health and indeed your physical health. Some mature age people think they already know everything and then they meet someone older and realise that there are still things to learn. The fact is that people learn throughout life and older friends are there to remind us of it.

Finally try to consider all the reasons why your life should have at least one older friend who will teach you, advise you and understand you. In your presence they will feel forever young. Go in search of this person.

Mixed age friendships have advantages. In the company of different generations you can hear wisdom, you will be richer for different experiences. Remember: “one of the most beautiful qualities of true friendship is to understand and to be understood.”

Warmest regards,

*Christine Rogers* - Board Chair



## THE BOARD OF AGE CONCERN THAMES

Age Concern Thames is a Registered Charity and Incorporated Society, and as such our governance requirements are ably met by the talented volunteers on our Board of Trustees. We are very grateful for their continued expertise and support.

One of our newest Board Members: Rae Waterhouse from Waihi has written the below statement as a self-introduction. Welcome Rae.

I was raised on a farm in the Waikato region (Whangarata), hence developed a strong sense of community, and was blessed to learn to sew, garden etc along with a good education. Raised a child on my own, dealt with the prejudices around that from both family and the wider community. I have a strong antipathy towards injustice and negative attitudes as well as laziness and neglect. Having worked in the public sector, front line for many years, and also sat on the Board of Age Concern Manukau for a term, I have a strong empathy towards the elderly and their care.

Currently, I am also a volunteer and Board member of Hauraki CAB, and am also Deputy Chair of Go Waihi - our local business association in Waihi. I am also blessed to be passionate about my painting, having taken this up some 17 years ago. I am also blessed to be a grandmother and thoroughly enjoying it.

*Life is good.*

“To make a difference in someone’s life, you don’t have to be brilliant, rich, beautiful or perfect. You just have to care.” ...

## 100% Natural Mineral Pools

Come and relax with us at Miranda Hot Springs in our thermally heated fresh mineral water. Centrally located, we have three pools to suit all swimmers.

Our largest pool is 47m by 17m of hot thermal mineral water at a temperature of between 36°C and 38°C depending on the season. This pool has accessible entry by an aqua-lift. The children’s pool is maintained at a cooler temperature while the adult-only sauna pool sits at around 40°C - 41°C. In addition, we have four private spa pools.

Miranda Hot Springs have been used since pre-European times, with the present pool being built in 1959-60.

Nestled in 2 acres of picturesque grounds, we are perfect for a day out.

We have coin-operated electric BBQ’s and a separate shop operating on site supplying hot food, ice-cream confectionery, as well as hot and cold food.

*Editorial supplied by Miranda Hot Springs*

Front Miranda Road, Miranda, Thames  
 Phone: 07 867 3055 | Freephone: 0800 132 077  
 Email: [info@mirandahotsprings.co.nz](mailto:info@mirandahotsprings.co.nz)  
[www.mirandahotsprings.co.nz](http://www.mirandahotsprings.co.nz)



## Managers Memo

Welcome to our latest issue. Things in our office have been a little different this week mainly because there is an independent film company in Thames. They are causing quite a stir everywhere and many locals are being employed as extras. The Company is based within the complex our office is a part of. Every time you look out of the office window there will be trucks, cameras, props and actors or security people moving around. Some in costume and some not. This morning without moving my head too much I had a view of actors with a real fire truck acting a scene as fire fighters, a stuffed peacock and various security guards. The security people are so friendly and one popped his head into the office yesterday and offered to get me a coffee, he advised that Thames was such a nice and friendly town that he had no work to do and was getting bored just standing there.

A general theme for this issue is friendship. Too often the value of friendship is misunderstood and not celebrated as much as it should be. It is a privilege to

be considered someone's friend and a great blessing to have true friends in your life. I hesitate to decide if it is harder to be a true friend than it is to find one.

We hope that some of the quotes and photos in this issue will get you thinking about what kind of friend you are to others and how you value the friends you have. The photo alongside the 'Recipe For Friendship' was taken of Shirley and Kerry, two of our regular Monday chin wagers as they sat outside the office having a friendly chat one morning.

We are also looking at trialling a new finance column in this newsletter. Please do not hesitate to write to us with any financial questions you have or ideas for a financial topic you would like to know more about. You may post any suggestions for questions you would like specifically answered or subjects you would like to have covered to us at PO Box 466 Thames. No need for a stamp please just write the words "Freepost 256272" as part of the address.

Kind Regards,

*Kathryn Jury*



### Can you help us?

**If you have some spare time on a regular basis and would like to join Age Concern Thames volunteer team. We cover the entire Thames Coromandel and Hauraki regions.**

**Please contact Robyn Sinclair, AVS Coordinator based in the Thames office on (07) 868 9790 or email: [robyn@ageconcern.gen.nz](mailto:robyn@ageconcern.gen.nz)**

The strong bond of friendship is not always a balanced equation; friendship is not always about giving and taking in equal shares. Instead, friendship is grounded in a feeling that you know exactly who will be there for you when you need something, no matter what or when.

*Simon Sinek*



## WINZ Funeral Grants amounts forcing people to cremate

(Stuff article)

Auckland Action Against Poverty is calling on the Ministry of Social Development to increase the amount people can obtain through a funeral grant after reports that people are being forced to cremate their lost ones, often against their beliefs, due to the high costs of burials. The current limit of \$2058.52 is set by the Ministry and could be adjusted without substantive legislative changes.

"People in poverty whose cultural practices include burials are being made to go through the humiliation of not being able to give their loved ones the send-off they deserve", says Kathleen Paraha, Auckland Action Against Poverty co-chair.

"We agree with the Funeral Directors Association that the Work and Income grants did not reflect the actual cost of the funeral was causing additional hardship. The funeral grants are not recoverable, but assistance for travel to a funeral often is. Because families are often not able to meet the costs of a funeral through the grant, they often end up taking up additional debt with Work and Income or private lenders in order to meet the high costs of burials.

While we accept that some people are choosing cremation as an option, these decisions should be coming from a place of choice not hardship. No one should be begging to a case manager so that they can give their deceased a dignified funeral.

"We are calling on the Ministry of Social Development to increase the funeral grant limit to reflect the actual costs of funerals. Everyone deserves to lead a life with dignity until the very end."

### Senior citizens have taken to texting with gusto. They even have their own vocabulary:

- BFF: Best Friend Fainted
- BYOT: Bring Your Own Teeth
- CBM: Covered by Medical Insurance
- FWB: Friend with Beta-blockers
- LMDO: Laughing My Dentures Out
- GGPBL: Gotta Go, Pacemaker Battery Low!



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Also conducting clinics at Coromandel, Paeroa, Tairua and Whangamata

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SHOP AROUND AND COMPARE OUR PRICES



## A poem from Chuck one of our volunteer visitors.

Looking back, I started as a cleaner.  
A wooper, sometimes even a gardener.  
I met heaps of people from around the world.  
Guys, girls, young and old.

Staying here for 3 weeks happened so fast,  
everything is now part of the past.  
3 weeks turned into 3 years.  
My, oh my! After which I gained heaps of peers!!

It may be a small town which is known for pottery  
and art.  
But it sure occupies a big piece in my heart.  
As I embark on my next adventure,  
the people and this place I will always treasure!

Thank you Age Concern for giving me the opportunity to share my time, knowledge, skills and stories to my visitee. The organisation did not just help my visitee but it also helped me to become a better person, a better version of myself. To the people who work and volunteer for Age Concern, please continue to do what you have been doing. We may just be ordinary people to others, but what we do and contribute to society is way too extraordinary!!! A friend once told me that "the greatest currency you can spend is the time you have." USE AND SPEND IT WISELY!

*Chuck Navarra*

## Pedicare Service

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The greatest healing therapy is friendship and love.  
*Hubert H. Humphrey*

## Recipe for a Friendship

### Ingredients

- 1 cup loyalty
- 2 cups kindness
- 3 teaspoons forgiveness
- 5 tablespoons thyme for each other
- 4 gallons honesty
- 1 cup faith

### Procedure

1. Combine all ingredients with love and affection, and mix carefully.
2. Stir well, and should you notice any lumps or flaws, handle gently and overlook as often as possible.
3. Sweeten generously with a firm belief in each other and keep warm with a caring heart, and watchful eye.
4. Never serve hot or cold, just room temperature.
5. Let stand for a lifetime of special memories.



## A word from Robyn

The first issue of 2019 and we are focussing on friendship and connectedness.

It's been a lovely summer for me with exciting international visitors, much laughter and that seamless comfort of slipping back into a friendship separated by distance but otherwise strong and stable. And a bit silly at times.

We're living in times that are simultaneously connected and disconnected - a disturbing paradox. I was opshopping with my Mum and a friend and 3 minutes after my friends purchase her daughter in Western Australia had a photo of the purchase and we'd received a thumbs up. And yet, some of the technologies to communicate are barriers and an inflexibility from either side can cause breakdowns and unintentional isolation. If I was allowed to offer advice it would be to practice flexibility in friendship; perhaps you could learn to send text messages to your younger people, and they could practice the

dying art of handwriting once a year with an actual birthday card.

This editions' word find is some of history and literatures best partnerships, at least some famous ones. There is a famous and enduring culinary partnership hidden in there too. Eyes peeled though, it's hidden!

Kind Regards,

*Robyn*

## RIDDLE ME THIS....

Q: take away my first letter, and I still sound the same. Take away my last letter, I still sound the same. Even take away my letter in the middle, I will still sound the same. I am a five letter word. What am I?

*A: Empty*

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# Dementia Awareness

On 19th February several of our volunteers were able to attend a Dementia Awareness seminar run by Jill Edmunds, Dementia Support Co-ordinator for Dementia Waikato. We are very grateful to Jill for sharing her time, expert knowledge and experience in this field. Jill advised that she has been in this professional position for 2 years. She is a qualified occupational therapist and has extensive experience with brain injury. Jill covers a large geographical area that includes Te Aroha and Waihi as well as the TCDC area.

Our AVS co-ordinator Robyn Sinclair did a fantastic job of organising this event and excelled as the hostess with the “mostess”.

As part of her introduction Jill acknowledged how valued our accredited visitors were, particularly by whanau who have a member with dementia. She acknowledged that our visitors often become unofficial members of the family who give a well needed regular break for the carers of dementia patients.

Jill helped the audience understand that dementia is an umbrella term for several different conditions. It is best for the person concerned that they have a correct assessment to ensure that the correct condition is being treated. Common symptoms of

dementia include when a person:

- Has changes to memory and confusion.
- Is less able to do familiar tasks.
- Has changes in initiative.
- Gives vague, general answers with a loss of specific detail.
- Is less able to reason.
- Has a reduction in self confidence.
- Shows signs of being withdrawn socially and or losing social judgement.

Those volunteers present were advised that when interacting with a person who has dementia it is vital that you practice being patient and prepare yourself for conversations that contain repetition. There is progressive memory loss and a common understanding that memories are often lost in reverse sequence. So talk about what the elder does remember and not what they have forgotten. Otherwise a well- intentioned visitor may cause the elder increased anxiety.

It is also valuable to show support to the elder concerned and their whanau by educating yourself about this condition.



One of the most beautiful qualities of true friendship is to understand and to be understood.

*Lucius Annaeus Seneca*

## Get Password Smart

CERT NZ's Cyber Smart mini campaign focusing on helping over 65s protect themselves, their families and their finances online is running **4 – 31 March 2019**.

These days we access and share some of our most important information online – about ourselves, our family and our finances. Keeping in touch via email and social media, and managing our finances online, does make life easier but it also can open us up to cyber attack.

Cyber attacks can have profound, negative impacts on our lives, so it's really important to improve our cyber security and protect our online accounts from attack. One of the best ways to do this by being password smart.



There may be strength in numbers but you can use a string of words to create a strong password. Long

passwords are strong passwords. Use four or more words to make up your passwords. Not only will this be easier to remember, it's as strong as a password that uses a mix of numbers, letters and symbols. You can use a sentence or fun phrase that is unique to you. For example popcornwithbutterisbest. Avoid using names, birth dates or addresses-this type of information is easy for people to find or guess.



You could embrace your uniqueness and have a unique password for every online account. That way if anyone gets hold of one of your passwords, they won't get access to all of your accounts.



Keep your passwords a secret and store them somewhere safe. We all struggle to remember multiple passwords. It is ok to write them down-just make sure you keep them somewhere safe, separate from your computer and mobile phone.

## There's no doubt that older people are vulnerable to loneliness and social isolation – Age Concern research, amongst others, show that very clearly.

Their vulnerabilities arise from the loss of a spouse, loss of mobility, loss of income, the children have moved away, or perhaps they're all by themselves in a big house and everyone else in the street's out at work.

This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. British research suggests that lonely people are more vulnerable to chronic diseases, eat less well and give up on themselves, are more likely to be smokers, overweight or underweight though poor diets, drink heavily and are less likely to engage in physical activity.

Breaking the cycle of loneliness takes conscious effort. Break the cycle by making a plan – talk to your local barista or call someone rather than sending a text. Volunteering and hobbies are almost certain ways to make new friends. Pets offer a good antidote – it's important to think beyond oneself.

The vulnerabilities above often trigger a move to a village. It's a great opportunity to make new friends in a community of like-minded people. Villages often have a vast array of new activities, events and entertainment designed to pique residents' interests and encourage involvement.

From time to time we survey our residents to see how we're going in meeting their needs and expectations. The last survey asked 1,300 randomly-chosen residents about their life in the village.

66% reported a greater sense of security and confidence, one third said they enjoy better physical health, and a satisfactory 67% said their social life had improved. So we can tick all those boxes!



*editorial supplied by Retirement Villages Association*

# PENINSULA OSTEOPATHS

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## Ngatea Natter offering for Autumn 2019



There is something special about friendship. Being in the presence of a person who knows our circumstances and encourages us, with whom we feel safe to share our real selves. Friends are the people I think of first when considering who I'd like to do pleasurable activities with, and for when I'm tackling something not so pleasant. And so it seems friendship is something we'd appreciate having an abundance of.

It takes a bit of effort to make a friend, and a bit of time. But it all starts with connection. With openness to hearing what another has to say and a warmth that allows them to feel safe to share. And often what that looks like is a smile. Or offering someone a cup of tea. So any environment can be a source of potential friendship, be it the local dairy or a social group, during a volunteer or work activity. In fact anywhere we have human interaction is a time we can offer friendliness, patience, and tolerance. So that every interaction is a potential beginning of a friendship. Also it makes the day more pleasant to only ever be greeted with kindness.

So many people feel alone or isolated and it's not always easy to guess who might become a good friend. There is no barrier, age, gender, language, or world view. So, when we feel we can, we need to make the most of invitations to get together, try something new, or to just connect by saying hello in passing.

I would love to hear about special friendships or connections you've made if you can, write in to:

Thames Age Concern  
PO Box 466  
Freepost 256272  
Thames.

*Ester Bassett*

## Age Concern Thames is trying out a possible new service that may help guide members regarding money matters.

We have been lucky enough to have secured the voluntary services of a person who is knowledgeable with financial concerns.

We would like to invite any readers to write in to the office with suggestions about what kind of financial advice you would like to know, or read more about. This will not be a service for people who have serious financial difficulties. If you need help here please do not hesitate to contact the local Budgeting Service in your town. We envisage this advice to be more helpful for those who may like some help to improve their knowledge of their financial options. Often there are little changes that can be made which give meaningful improvement to your income.

Perhaps readers may have questions that include advice on future investment options, paying for funerals, reverse mortgages, advice when considering the financial implications of rest home, or village life. Perhaps others may want help understanding the 'fine print' details and often hidden charges relating to an investment option, or even help to understand what realistic other options they actually have.

If this service comes to fruition it will be free and confidential. Please write into Age Concern at Freepost 256272, PO Box 466, Thames. There is no need for a stamp, simply write the freepost number as part of the address and pop it in the post.

You are also welcome to email any questions or suggested financial topics you would like to see covered to [thamesmanager@ageconcern.gen.nz](mailto:thamesmanager@ageconcern.gen.nz).

We look forward to hearing from any interested readers.



## DEMENTIA FRIENDLY BANKING WESTPAC

Age Concern Thames is fully supportive of the extra services that Westpac offer their customers. The next time you are near a branch of Westpac please stop by and ask them about their Dementia Friendly Banking initiative.

Westpac has become New Zealand's first dementia friendly bank to support the two out of three Kiwi's affected by dementia. Their aim is to help customers with dementia to plan ahead, access financial services and get help to remain independent for as long as possible. Tellers are trained in how to better support those customers whose lives are complicated by dementia.

Westpac also offer a brochure that includes a checklist on how to stay safe and tips on how to spot the signs of possible financial abuse and where to go for further help and advice relating to financial matters. Age Concern Thames commends Westpac for partnering with Dementia New Zealand and Alzheimers New Zealand and taking this initiative to better serve their communities.

It is one of the blessings of old friends that you can afford to be stupid with them.

*Ralph Waldo Emerson*



Care Homes

**Caring for you is our priority.**

Our Bupa Thames Care Homes go the extra mile for their residents. Tararu and The Booms Care Homes pride themselves on getting to know you on a personal level. We tailor our Bupa Short Stay, rest home and hospital care to you, plus our dementia care at The Booms, so you can feel relaxed and at ease. We are here to help when you need it.

To find out more visit [bupa.co.nz](http://bupa.co.nz) or give our Care Home Managers a call.

 Tararu Care Home  
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 Call (07) 868 6176

 The Booms Care Home  
604 Parawai Road, Thames  
 Call (07) 868 7312







**Steady As  
You Go<sup>®</sup>**

## Falls Prevention

Age Concern Thames currently has five different Steady As You Go<sup>®</sup> classes in the Thames/Hauraki area:

**Tuesdays at The Booms conference room from 10.00am - 11.00am (class currently full)**

**Tuesday's at Ngatea in the Hauraki Fitness Club 10.30am - 11.30am**

**Wednesday's at Waihi St John's rooms from 10.00am - 11.00am**

**Wednesday's at Paeroa St John's Hall 1.30pm - 2.30pm**

**Thursday's at the Tararu Village Community Centre 9.30am - 10.30am**

All classes welcome new participants. There is no cost for the class but participants are asked to pay a gold coin koha to offset the cost of venue hire.

**Enquires to [thamesmanager@ageconcern.gen.nz](mailto:thamesmanager@ageconcern.gen.nz) or phone (07) 868 9790.**

The only reason I would take up jogging is so that I could hear heavy breathing again.

*Erma Bombeck*

An archaeologist is the best husband a woman can have. The older she gets the more interested he is in her.

*Agatha Christie*

Regular naps prevent old age, especially if you take them while driving.

*Author Unknown*

## Electric bikes could provide old people with brain boost

*by University of Reading*

Older cyclists who use electric bicycles may be getting the same brain benefits as those on standard bikes.

The new research, published in PLOS One conducted at the University of Reading and Oxford Brookes University found that cyclists between the ages of 50-83 experienced cognitive and mental health benefits from riding a bicycle, whether it was electrically assisted or pedal powered.

Lead researcher Dr. Louise-Ann Leyland, now at University College London, said:

*"It is really encouraging that this research suggests older adults' cognitive function (particularly what we call executive function as well as processing speed) could be improved by cycling in the natural/urban environment, even when that was on an electrically assisted e-bike.*

*Furthermore, we found that some aspects of mental health and well-being increased in participants, who cycled on an e-bike for an hour and a half a week for an eight-week period. This suggests that there may be an impact of exercising in the environment on executive function and mental health. It would be great to see the effect of cycling, particularly e-bike use, on cognition and well-being in a larger sample of participants over a longer period of time."*

### Mental Health boost

The study was one of the first to investigate the impact of cycling outside of a lab environment on cognition and well-being of older adults, the researchers said.

Contrary to expectations, the researchers found that people using e-bikes reported an even greater improvement in brain function and mental wellbeing as people who used standard bikes. The researchers suggest that the additional benefits that e-bikes provide to older users have an effect beyond increasing physical activity.

The team also noted that the people using e-bikes

used a variety of settings to assist their pedalling, spending on average 28 percent of the time in the lowest (eco) setting and 15 percent with the motor off altogether

Prof Carien Van Reekum, a Professor of Psychology at the University of Reading, said:

*"Among the older adults involved in this project, e-bikes have a number of very positive benefits and in some cases even more so than standard cycles. The findings were not fully what we expected as we thought that the biggest benefit would be seen in the pedal bike group, with cognitive and wellbeing benefits linked to cardiovascular exertion. This study confirms that getting out on your bike is good for the brains of older people. But what surprised us is that these benefits are not only linked to the extra levels of exercise.*

*"We had thought that those who used traditional, pedal-only powered bikes would have the greatest brain and mental health boost, as they would be giving their cardiovascular systems the biggest workout.*

*Instead, people who used e-bikes told us that they felt more confident in completing the requested activity of three 30-minute rides a week for eight weeks, compared to pedal bikers. The fact that the group was able to get outside on a bike, even without much physical exertion, is likely to make people feel mentally better.*

*If having a bit of extra help from an electric motor encourages more people to cycle, the positive effects can be shared across a wider age range and with people who are less confident on a bike."*

Dr. Tim Jones, from Oxford Brookes University, who led the cycle BOOM project of which this study was part, said:

*"Our research demonstrated that the wider therapeutic benefits of cycling outdoors need to be considered. Our participants reported improvements in confidence and self-esteem. The E-bike enabled them to explore their local area and interact with people and the natural environment secure in the knowledge that they could rely on powered assisted support to get then home safely and stress-free."*

The CycleBOOM team note that the paper was conducted with a sample of 100 participants and further research is needed to test the reliability of the cognitive and wellbeing benefits shown.

Remember that the most valuable antiques are dear old friends.

Jackson Brown Jr.

Walking with a friend in the dark is better than walking alone in the light.

*Helen Keller.*

## Hetherington House Residential Care Home

Hetherington House is a community owned charity rest home. Started in the 1970's, this home has continued to expand and now caters for up to 50 residents at 3 different levels of care. We have 12 Hospital beds, 32 rest home beds and a 6 bed secure dementia unit that opened in 2011.

Over the past 3 years the home has seen many improvements. With the support of the community we have upgraded our rest home rooms with new furniture and furnishings, built a pathway and Gazebo to allow the residents to enjoy the gardens, upgraded the happy hour lounge and completed several other projects including automatic opening doors, new medical grade carpets and general upgrades to various areas around the home.

Our goal is to continue to improve the home to provide a homely and friendly environment that promotes independence and choice for all who live here.



*Editorial supplied by Hetherington House*

## Wordsearch

S	Y	S	O	H	T	R	O	P	I	G	L	E	T
A	A	T	N	I	I	L	R	M	S	N	E	L	S
T	O	J	U	L	I	E	T	E	P	O	O	M	I
H	T	T	A	V	P	O	O	H	G	U	R	I	M
O	I	H	E	M	I	S	S	P	I	G	G	Y	A
S	E	O	E	B	O	E	M	S	A	K	S	A	R
O	Y	W	K	L	A	O	E	N	T	E	L	H	A
L	R	A	T	E	M	T	C	O	H	R	Y	B	H
E	A	T	H	P	P	A	M	C	O	M	A	S	O
L	R	S	M	E	O	B	H	A	S	I	L	C	L
L	O	O	E	I	N	N	O	B	N	T	H	L	M
E	B	N	H	C	T	U	H	P	O	P	E	Y	E
E	I	H	L	R	O	M	E	O	E	J	I	D	S
M	N	S	D	A	R	T	A	G	N	O	N	E	H

Starsky Hutch

Popeye, Olive Oyl

Romeo Juliet

D'Artagnan, Athos, Aramis, Porthos

Batman, Robin

Holmes, Watson

Bonnie, Clyde

Thelma, Louise

Miss Piggy Kermit

Pooh piglet

## OMAHU CEMETARY NATURAL BURIAL GARDEN

People in the Thames Coromandel and Hauraki areas are fortunate to have a more natural choice for their final resting place. The Omahu cemetery and natural burial garden is situated at 17 Wharepoa Road, about half way between Thames and Paeroa.

**The Vision:** That the area set aside for natural burials becomes a very special environment with the central idea that everything about the area is as “natural” as possible without anything introduced that would interfere with, or pollute, the environment. All of the nutrients from the body will be gradually absorbed for the benefit of the surrounding soil and plants. It is intended that the area will be transformed into a permanent woodland setting and act as a living memorial to those buried there, be a home for flora and fauna, and become a beautiful space for reflection and remembrance of loved

ones. This area also offers opportunities for people to share in the planting and ongoing care of native species that fit within the landscape design, or to donate towards suitable plants.

### Why have a natural burial?

The area is the result of a working relationship between Council and the Thames Natural Burial Group which started in 2015 after the desire to have an alternative option to conventional burials was expressed. Many people who have tried to live with respect for the earth would like their remains to enrich the soil. The same people want to restore natural ecosystems and aim to create beautiful surroundings for their families and friends to enjoy when they come to pay their respects. The area set aside for natural burials is in its infancy and the growth and development for the area will be a long-term project. Natural burials are an increasingly popular option for people and families who hold strong environmental beliefs and philosophies and many cemeteries around New Zealand and the world now have this option available. Natural burials return the body to the earth speedily for the benefit of the environment, and according to the will of the deceased, and the wishes of their families. The following information has been prepared to guide you with your choice to use this area.

### What is a natural burial?

The essentials include:

- No embalming**, single depth burials only, caskets are to be made from biodegradable untreated materials, shrouds are to be made from natural fibres.
- Tributes are limited:** Natural cut flowers only (no plastic flowers).
- Unobtrusive grave markers**, appropriate native trees and shrubs will part of the landscape design.

Preparation of the body: If at any time a family is unsure of any procedures to prepare the body for a natural burial, it is advised that family contact a funeral home or other suitably qualified organisation for guidance.

Costs – Refer to the TCDC website fees and charges page for Council’s current plot and interment costs. [www.tcdc.govt.nz/Our-services/Fees-and-charges](http://www.tcdc.govt.nz/Our-services/Fees-and-charges)

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We bring a fresh approach to the Funeral Industry treating each individual with not only the compassion, but the guidance to have their wishes adhered to. If there is uncertainty in what is required or wanted then that's our place to guide you through.

We also have the option to Pre-Plan and Pre-Pay Funerals which is becoming more common, taking away that stress left for your family to deal with. Making sure your final journey is exactly as you'd like it. If this is something you'd like to know more about feel free to call the 0800 numbers to have a chat.

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