

SPRING 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 Thursday

We are grateful to all our funders:



TRUST WAIKATO
TE PUNGA OI WAIKATO



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Managers Memo

I trust you will enjoy this issue of our newsletter. We have seen a few changes since the last newsletter, our Thames chinwag café has moved from Monday mornings at 10 to Monday afternoons from 12.30. Robyn and I would like to especially thank our chinwag regulars who understood the need for this small change and have adapted really quickly. I suspect the homemade cake may have helped this change sink in! I have heard that it is a well-known suspicion that good cake aids adaption to most changes....

The time and venue of our popular Tararu Steady As You Go (SAYGO) falls prevention class has also changed. Classes are now held at the Tararu Sailing Club on Thursday at 1.15pm. We have had to say a regretful farewell to our very own Dorothy McRoberts who previously led the SAYGO group at Tararu. Dorothy has moved away from Thames and we wish her all the very best for her future plans. Please feel free to drop into the Sailing Club and join the class anytime you wish. It is a bright and open space with a view of the coast.

Our AVS co-ordinator Robyn Sinclair has been kept super busy with a record number of wonderful volunteer visitors signing up. This is the kind of busy that Age Concern Thames loves! As a consequence we are also looking for any elder within the Thames Coromandel or Hauraki Districts who would like a bit more company on a regular basis. If you are this person, or if you know of someone who would appreciate a regular visit then please either ring Robyn on 07 868 990, or email her on Robyn@ageconcern.gen.nz

You will notice in this issue an advertisement regarding our AGM. Please feel free to attend if you are able. The AGM will be on 19th September from 10.30 - 11.30 at our offices 608 Queen Street. Along with the usual election of officers and reports that are the stuff of all AGM's, we will also be discussing the possibility of changing our name from Age Concern Thames to Age Concern Hauraki Coromandel. This proposed name change will better reflect the geographical area that we cover. Our office will remain in Thames and our Board hope that the name change will give a better sense of ownership and belonging to those members and the elders we serve who do not reside in Thames town. So a few changes and proposed changes go with this issue. Happy reading.

Kind Regards, *Kathryn Jury*

Seniorline

Seniorline is contracted by all New Zealand District Health Boards as an information service to assist older people to navigate the health system.

Information includes how to get help to stay at home and support services for caregivers. Seniorline also advise on the process for entry to rest home, dementia or hospital care, funding and the services that should be provided.

Categories include support for carers, entering a rest home, local services and living at home. As an example the 'living at home' section gives advice on planning for the future, equipment and safety, transport, homecare, financial support, meals and shopping.

This Government site is well worth a visit at:

www.seniorline.org.nz



Serving the needs of older people

Notice of AGM

Age Concern Thames Incorporated

To be held on 19th September 2019

from 10.30 - 11.30am

At our offices 608 Queen Street,
Thames

All welcome

AGM will be followed by morning tea.

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

Miranda HOT SPRINGS
100% NATURAL MINERAL POOLS

Front Miranda Road, Miranda, Thames
Phone: 07 867 3055 | Freephone: 0800 132 077
Email: info@mirandahotsprings.co.nz
www.mirandahotsprings.co.nz

THAMES CHINWAG CAFÉ HAS MOVED!!

Yes! The rumours are true, Thames Chinwag Café has moved from 10am to 12.30 on Mondays. The venue and day are the same, so I guess that means we haven't really moved as such, only improved. So please note the time change.

Everyone over 65 is made more than welcome at any Chinwag Café.

We began these mornings over 3 years ago in Thames and they are usually attended by an enthusiastic bunch of very friendly and welcoming people. Everyone benefits from having someone other than the cat to talk to so please do not hesitate if you ever wish to join us. *(No offence meant for any cat reading this article.)*

The Chinwag Café in Ngatea will continue to meet on Tuesday mornings from 10am at the co-operating Parish, Darlington Street Ngatea.



Pedicare Service

For Professional Therapeutic Foot Care

By Registered Nurse
LAMMINA HUTCHISON
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Phone for an appointment at your home or a clinic
Phone: 07 865 9446 | Mobile: 021 555 513

Ensure you vote in local body elections before 12 October 2019

Local Government New Zealand is calling for all eligible people to take action and vote in the upcoming 2019 local government elections. LGNZ Chief Executive, Malcolm Alexander, stressed the importance of participating in the selection of those who will make decisions that affect most people's lives on a daily basis.

"Local government shapes the place that you live. It's the pavements you walk on, the roads where you drive, the water in your shower, and the parks, libraries and swimming pool," says Mr Alexander. There is a push to lift our nationwide voter turnout in local elections and increase people's engagement with their local council. Confirmation of enrolment packs were sent out over July to all voters who are enrolled. But there are approximately 60,000 people whose packs have come back marked with no address.

If you didn't receive an enrolment pack in July then LGNZ does not have your correct address. "If you've moved house, but haven't updated your address, do it now by visiting a PostShop or calling 0800 36 76 56, and asking for a form to be sent to you."

"The local government elections are a one-in-three-year opportunity to have your say and be counted." "By enrolling to vote you have the chance to choose the people making decisions on everything from roading to water supplies, infrastructure, rubbish collection, and even skate parks," he said.

"We are lucky to live in a democracy, with the freedom to choose the people who make the decisions about their local areas," he said.

"New Zealanders need to take action on the issues affecting them directly," he said.

To enrol to vote, and for more information on the process, visit: www.elections.org.nz/voters/get-ready-enrol-and-vote or visit www.vote2019.co.nz

THE SENILITY PRAYER:

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Spark steps up with two new products for seniors

- **Nuisance-call blocking landline helps give peace of mind to those worried about scam calls**
- **New postpaid mobile plans designed specifically for over-65 market**

Spark has introduced a new product for New Zealand seniors: the first nuisance-call blocking home phone (landline) available in New Zealand for those over 65 years. This product is only available to those over 65 years old and is designed to help elders big in a digital world.



Call Screen nuisance-call blocking technology Call Screen is designed to empower customers to protect themselves from scams and other nuisance calls as it allows them to decide who they talk to by screening incoming calls, reducing the fear of becoming victim to scammers.

While it looks and plugs in like a normal home phone, when an unknown caller rings, they are prompted to announce their name and the receiver can decide whether to accept or block the call. Saved contacts, on the other hand, are put straight through.

Call Screen can help completely block the call from coming through because scammers, unwanted business callers and even autodialing machines either can't or won't record their name, which means the phone doesn't ring, saving customers time, lessening stress and making them feel more secure.

Over the last few years, the number of phone scam victims has grown considerably with some people losing thousands of dollars after falling for the seemingly legitimate ruses. As avid landline users, many of those who have fallen victim have been seniors.

This sounds like one more piece of technology that may help make life a little bit easier for older members of our communities.



NOT HEARING WELL?

Book now for a FREE hearing test

HEARING AIDS GETTING OLD?
NOT WORKING AS WELL AS THEY SHOULD?

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Email Us thames@totalhearingcare.co.nz

www.totalhearingcare.co.nz

Also conducting clinics at Coromandel, Paeroa, Tairua and Whangamata

Call now to book an appointment at these clinics

SHOP AROUND AND COMPARE OUR PRICES

A huge vote of thanks to the Sutherland Trust

Age Concern's very own Robyn Sinclair had a very exciting day recently when her new lap top arrived! Due to the generosity of the Sutherland Trust, who donated several laptops to Age Concern New Zealand Robyn was able to apply for one.

Robyn's literary skill is excellent and the piece she wrote was obviously quite persuasive as our Thames office was granted a free laptop! Well done Robyn. It only seemed fair that this new acquisition should grace her desk. There was much frivolity in the office when the courier arrived we unwrapped the laptop. The technical setting up went to plan with a notable absence of tears of frustration or bad language.

Thanks again to the Sutherland Trust for their very generous gift.



It wasn't raining when Noah built the ark.



Living the lifestyle, loving the choice...

A Lifestyle Village in Thames on the Coromandel

NEW 1 & 2 BEDROOM APARTMENTS AVAILABLE

The 24 new apartments in Stage 1 at Richmond Villas Lifestyle Village are under construction now — and all are within walking distance to Thames' shops, cafes, and walkways. The perfect location to enjoy your fun-filled retirement.

REGISTER YOUR EXPRESSION OF INTEREST TODAY




Our open plan, single level apartments feature covered balconies with fantastic views of the sea, Kaueranga River and mountains.

Each unit's elegantly finished kitchen, lounge, bedroom and bathroom offer stylish warmth and light. All residents enjoy scenic views from each level's shared lounges, use of the Village Community lodge and participation in all activities and amenities at your leisure.






**Thursdays
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experience the
difference!*

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0800 868 5484
www.richmondvillas.co.nz



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VIEW NOW

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With the beach right at your doorstep, it couldn't be easier to go for a dip in the sea or take a stroll along the shore.

Whitianga Village is now open, call to book a viewing today.

Fixed weekly fee - Guaranteed
Minimum age of entry for residents is 70 years

24 Buffalo Road, Whitianga | Call Kylie 0800 333 688



September is World Alzheimers Month

World Alzheimers Month is an international campaign to raise awareness and challenge the stigma that surrounds dementia. And Saturday 21st September is World Alzheimers Day.

Every 3 seconds, someone in the world develops dementia. Here in New Zealand, 4 out of 5 Kiwis are affected by dementia in some way. Today, around 70,000 New Zealanders are living with dementia, and this is expected to almost triple by 2050.

Key facts

- Almost 70,000 Kiwis are living with dementia today.
- More than 170,000 Kiwis will be living with dementia by 2050
- Dementia impacts more women than men - around 30% higher
- The total cost of dementia to NZ is now around \$1.7b and will reach around \$5b by 2050
- New models of care that keep people healthier at home for longer could achieve cost benefit ratios of 6.6 times the value of investment.
- **Dementia Support 0800 004 001**

www.alzheimers.org.nz to get involved

Elderly Man Thinks Fast

An elderly farmer in Florida had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five gallon bucket to pick some fruit.

As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!' The old man thought for a second and said, 'I didn't come down here to watch you ladies swim or to make you get out of the pond naked.'

Holding the bucket up he said, 'I'm here to feed the alligator!'

Moral: Old men can still think fast.

FREE 2019 Driver Refresher Course

Only 20 spaces per course, booking in is essential!

60+ this classroom workshop is for you!

- ✓ Road Rules & defensive driving tips
- ✓ Intersection and roundabout rules
- ✓ Medication and driving
- ✓ Rural and urban driving

Light refreshments provided.
No vehicles required and no tests or assessments



Thursday 24th Oct
Thames-Coromandel District Council
10 Monk Street, Whitianga
9.15am - 1.00pm

Thursday 8th Aug
Hauraki District Council
1 William Street, Paeroa
9.15am - 1.00pm

Thursday 22nd Aug
Morrinsville Event Centre
19 Ron Ladd Place, Morrinsville
9.15am - 1.00pm

Wednesday 4th Sept
Thames Civic Centre
Mary Street, Thames
9.15am - 1.00pm

Wednesday 19th Sept
Ngatea Memorial Hall
Orchard West Road, Ngatea
9.15am - 1.00pm

Wednesday 30th Oct
Pauanui Community Hall
23 Centreway, Pauanui
9.15am - 1.00pm

Thursday 15th Aug
Matamata-Piako District Council
35 Kenrick Street, Te Aroha
9.15am - 1.00pm

Thursday 29th Aug
Matamata-Piako District Council
Tainui Street, Matamata
9.15am - 1.00pm

Wednesday 11th Sept
Waihi Baptist Church
Cnr of Gilmore and Kenny Streets, Waihi
9.15am - 1.00pm

Wednesday 25th Sept
Whangamata Baptist Church
301 Port Road, Whangamata
9.15am - 1.00pm

Wednesday 6th Nov
Thames-Coromandel District Council
355 Kapanga Road, Coromandel
9.15am - 1.00pm

Phone **Thames-Coromandel District Council** on **07 868 0200** to book your space!

Road Safety IS EVERYONE'S Responsibility

KARIN THOMAS LAWYERS

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☎ 07 863 7530

- Wills
- Enduring Power of Attorney - Property
- Enduring Powers of Attorney - Person Care & Welfare
- Rest Home Subsidy Planning
- Retirement Village Licence to Occupy
- Estate and Succession Planning

We offer a FREE 30 minute consultation to better understand your needs

Tararu Steady As You Go Class has moved.

As of Thursday the 5th of September the falls prevention class run by Age Concern Thames, Steady As You Go (SAYGO) will be held at the Tararu Sailing Club from 1.15pm - 2.15pm.

We are all very excited about using this new venue. The venue is large and bright, has plenty of parking and there is a view of the sea as well.

This class was previously held in The Tararu Village and was ably led by the talented Dorothy McRoberts. Dorothy has moved away from the Thames area and we wish her well with her future plans. She will be greatly missed and her strength and commitment to health and mobility will now benefit her new community.

Good luck Dorothy from the entire team of Age Concern Thames.



Instead of wondering when your next vacation is, maybe you should set up a life you don't need to escape from.

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

Word Search

- Bellbird
- Blackbird
- Chaffinch
- Dunnock
- Fantail
- Goldfinch
- Greenfinch
- Kereru
- Myna
- Silvereye
- Sparrow
- Starling
- Thrush
- Tui

New Zealand is sitting on a gold (card) mine



With New Zealand's population of over 65s set to surpass one million by 2050, Seniors@work Founder Ian Fraser is on a mission to promote the benefits of tapping into a senior workforce and help solve the growing skills shortage in the country.

Having found himself unexpectedly out of work days before his 60th birthday, Fraser was shocked to discover that job hunting in your 60s is incredibly challenging.

"I literally have a lifetime of knowledge and experience. I have worked in industries both here and overseas, I have started companies, learned from successes and failures and yet I couldn't find a job", Fraser said.

After speaking with others in the 60+ community, Fraser discovered that his was not an isolated experience and senior workers struggle to find employment.

"It seems crazy to me that New Zealand businesses are complaining about a skills shortage, when we have a goldmine of skills, experience and talent available in our senior community", Fraser said. Fraser knows that the biggest challenge to overcome is a subconscious bias and negative connotations associated with being elderly. To counter this, he has established Seniors@work, an organisation that is working with employers and older job hunters to help New Zealand businesses benefit from our ageing population.

"Being 'old' is viewed negatively, there are common misconceptions like the elderly can't keep up with technology. The reality is we have a wealth of skills, experience and a work ethic that is second to none. Savvy businesses that realise this can gain access to an incredible workforce", Fraser said.

Brett O'Riley, CEO of the Employers and Manufacturers Association (EMA) explains that businesses who have been able to see the value of

elderly workers have been able to inject knowledge and experience into their operation and benefit from skillsets that would take time and considerable effort to develop in-house.

"I believe that there is a real need for New Zealand to better understand the impact of our ageing population on business. We know we will be faced with labour shortages due to a lower percentage of young people entering the workforce. The focus of Seniors@work on raising awareness of the benefit and availability of elderly Kiwis who still have a desire to work and contribute to business, is really positive and a step in the right direction", O'Riley said.

Seniors@work has set a goal of providing one thousand job opportunities to over 60s in the next twelve months and will provide coaching and advice to seniors keen to find work and connect them with businesses who see the value and benefit of employing elderly workers.

You cannot save people, you can just love them.

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ACC REGISTERED



Steady As You Go[®]

Falls Prevention Programme for MEN & WOMEN 65+ Simple leg strength and balance exercises

Age Concern Thames currently has five different Steady As You Go[®] 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 Thames Sailing Club, Tararu Road. 1.15pm - 2.15pm

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 or phone (07) 868 9790.

TARARU CLASS HAS NEW TIME AND VENUE!!

**Beginning 5th September 2019
Thursday 1.15 - 2.15PM**

Held in the Sailing Clubrooms Tararu Road
Cost is \$2.00

If you wish to attend please register by contacting Age Concern Thames 07 868 9790 or email thamesmanager@ageconcern.gen.nz



Spend part of your third age volunteering?

Baby Boomers (those born between 1948 and 1960) are reaching, and in some cases have reached, early retirement - bringing massive opportunities for volunteer involving organisations. This group have lots of skills and experience and want to remain active in their retirement - so how are we going to capitalise on this opportunity?

Some thoughts on what Baby Boomers could do for you are:

- **Newsletter Creator** - a great way to communicate with all your stakeholders
- **Upskilling staff and volunteers** - what skills are missing on your teams or what would you like to be better at? This might include conflict resolution, listening skills, computer skills, analytical skills
- **Strategic planning** - someone to lead your organisation through a future planning and creation exercise
- **Animator** - take existing photos and animate them to showcase your history
- **Database creation or upkeep**
- **Customer service support** - contact your volunteers regularly, update them on news and get their feedback
- **Researcher** - Find out what you need to know to give you the competitive edge
- **Survey Monkey Expert** - complete a demographic or census survey of your volunteers or clients
- **Graphic designer or infographic creator** - update some resources, get ready for that end of year report, provide the statistics and end up with a polished infographic
- **Photographer or story writer** - take photos of your volunteers or organisation in action. Create small stories to reflect your impact
- **Board roles** - unlimited possibilities

Some of these roles can be done from home giving a recent retiree the opportunity to control how, where and when they give you their time. The Baby Boomer generation is known for being loyal, hardworking, responsible, organised and able to work well in teams - so why wouldn't we want to tap into this resource of potential organisational gold? I look forward to seeing some new roles!

A word from Robyn

The last few weeks have been pretty busy here in the office; we had an overwhelming response to Volunteering Waikato promoting some of our online roles asking for volunteers and as a consequence I've been on the phone and email for days solid. Never one to complain about a gift horse, I have really enjoyed getting to know so many new people. If you had been wondering about how one gets referred to us to receive a visitor, let me enlighten you; I am not fussy. I take phone calls, emails, or (there has got to be a first) letters referring an older person in need of company, I visit them to ensure we're the right service and from there they receive a visitor. If you've been waiting, now is a great time.

In other news, Spring has sprung and the daffodils are out. There is something reassuring about the smiling yellow faces of daffodils. I was fortunate enough to be invited to be part of a photo shoot on the rail trail near Thames recently. The Thames Business Association is promoting activities in the area and knowing that I am a keen cyclist the manager asked me along. I was the only person under 50 (my natural habitat), and the only one not part of a regular cycling group. Meeting the other models and chatting in-between takes I got a great sense of the value of a group of people sharing a hobby. Perhaps I could go along more often and they could turn a blind eye to my age? Perhaps not. In the meantime one of my volunteering hobbies for 8 of the last 10 years has been to do data entry and collation for the New Zealand garden bird survey. It's a lot more solitary than a cycling club but it has its charms, 14 of which are in the Spring word find. Happy hobbying!

Thank goodness my book finally arrived,
I almost started cleaning the house.



Life Tubes

(Endorsed and promoted by the New Zealand Police)

A Life Tube can speak for you when you can't. A special tube contains vital personal information for emergency services in case of accident or illness.

Age Concern Life Tubes are small sealable plastic containers with a red label. Inside, you'll find a form you can use to communicate medical conditions, medications, doctor, next of kin, and contact numbers to be used by emergency services coming to your aid in a medical or civil emergency.

This container is kept inside your refrigerator, with the red sticker (provided) placed on the front door of the refrigerator to alert emergency personnel. (If there are changes to your medications, we advise you to add a dated note advising the changes.)



Why the refrigerator?

It has a good chance of surviving earthquakes or floods. It's distinctive and hard not to miss, it can usually be found in the same place, and almost all homes have one. It's the humble fridge - your emergency information storage vault!

Where are these Life Tubes available?

Life Tubes can be purchased for \$5 each from our Office.

ONELINERS:

A will is a dead giveaway.

The guy who fell into the upholstery machine was fully recovered.

He had a photographic memory which was never developed.

Survey shows low EPA preparation by over-65s

A national survey has found that only 40% of people over the age of 65 have arranged Enduring Powers of Attorney (EPAs).

The survey was carried out by Public Trust and Dementia New Zealand. It was conducted by Dynata and surveyed 277 people between the ages of 18 and 85. It found that 91% of respondents are frightened of dementia.

It found that 18% of all those surveyed had arranged an EPA. Nearly 40% of respondents had actual experience of dementia through knowing someone with the condition, with 25% of them having EPAs. Public Trust says it prepares around 2,500 EPAs for New Zealanders every year.

In the survey respondents were asked about the things people like them should do to prepare for the possibility of dementia. Another question asked which of them they had done. There were big differences in the responses:

What should people like you do to prepare for the possibility of dementia and what have you done?

Preparation	Should do	Have done
EPAs	66%	18%
Up-to-date will	74%	31%
Advanced care plan	61%	9%
Discuss care options	75%	19%
Learn how to support	65%	18%

Scared but not prepared

The survey is being used in a "Scared but not prepared" campaign by the two organisations. Dementia New Zealand CEO Paul Sullivan says he is keen for New Zealanders to lose the fear – and stigma – associated with dementia and focus on how education and preparation can improve the quality of life for someone with the condition.

"There are many misconceptions around dementia, but it is still a health issue that needs to be confronted head on," he says.

"One way to do this is to be prepared. We want people to feel empowered about protecting themselves and their family and not put off critical decisions just because they are uncomfortable about them."

Public Trust General Manager Retail Julian
Editorial supplied by Electricity Authority

Travaglia says the survey showed that many people understand what they could do to prepare for a situation where they are incapacitated, but it isn't translating into action.

"We don't want to scare people into action, but the consequences of not having EPAs are serious. It's like not having insurance. Everything is fine until it's not – until something actually happens," he says.

New Zealand Law Society guides

The New Zealand Law Society has produced guides on the law relating to EPAs and wills. These may be downloaded or hardcopy versions may be purchased from the Law Society using the order form in their website. You can also approach your current lawyer and ask for their assistance.

Mobility Parking Information



If a Mobility Cardholder parks in a standard car park, the time is doubled. For example - if someone parks in a 60-minute parking space, the time will become 120 minutes. The Mobility Card needs to be in a visible position for the parking wardens.



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

Kitchen CORNER



Pea and Shell Pasta Salad

- 1 16 oz box small pasta shells
- 3 tablespoons of basil pesto
- 1¼ cup shredded mozzarella
- 1 cup frozen peas (*more or less depending on preference*)
- ¼ teaspoon garlic powder
- ¼ teaspoon garlic salt
- 3 tablespoons extra virgin olive oil
- pepper to taste



Bring a large pot of water to boil. Add pasta, and cook 8-10 minutes until done.

Drain pasta, and add to large mixing bowl. Stir in 3 tablespoons of EVOO. Let cool for 1 hour. While pasta is cooking, place frozen peas in a strainer and run cool water over to thaw. Set aside on counter.

Once pasta is cooled, add pesto and mix completely. Then add in remaining ingredients. You can add more or less cheese and peas depending on preference.

Let sit in fridge overnight, if possible!

There are no limits to what you can accomplish except the limits to your own thinking.

You may have to fight a battle more than once to win it. *Margaret Thatcher.*

Holding onto anger is like drinking poison and expecting the other person to die. *Buddha.*

ARE YOU A FRIEND OF AGE CONCERN THAMES?

Would you like to become a friend of Age Concern Thames?

What will it cost?
 \$15 per person for an annual subscription OR
 \$25 per household OR
 \$50 annual group/ corporate / subscription

How long will it last?
 01 January 2019 to 31 December 2019.

What will it include?

- A quarterly issue of the Age Concern Thames Newsletter
- Invitations to gatherings, seminars and events
- A complimentary Age Concern Thames pen
- Access to information available at Age Concern Thames
- The opportunity to be part of an organization working together to promote the well being and quality of life for older people

Why?
 Membership subscriptions are a vital funding base for Age Concern Thames. Subscriptions and donations help Age Concern Thames to continue our work serving the needs of older people.

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Hi my name is Carla, and my mum Gayle and I are the owners of Simply Cremations. Simply Cremations is one of four Funeral Homes in our family. We are now the new owners of Simply Cremations Auckland and Waikato, we also own Simplicity Bereavement Services in the Waikato and Melrose Funeral Home in Tauranga and cover the Waikato, Bay of Plenty, Coromandel and throughout the North Island.

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