

AUTUMN 2020 QUARTERLY NEWSLETTER
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Age Concern Hauraki Coromandel

Serving the needs of older people

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



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OFFICE HOURS

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We are grateful to all our funders:



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Managers Memo

Welcome readers to our latest newsletter. It seems such a long time since the previous edition, with holidays and Christmas long gone and the days slowly getting shorter.

Firstly I would like to welcome our newest staff member to the whanau. Jude O'Connor has just joined the Thames office as a part time Service Co-ordinator. Jude's time will be divided between the accredited visiting service (AVS), with special emphasis on Ngatea and marketing/networking. We are very lucky to have Jude and the specialised and frankly impressive skill set that she brings with her. Please do not hesitate to say hi and welcome Jude yourself if you come across her in your local community.

April 3rd is Advanced Care Planning day for 2020. An Advanced Care Plan gives everyone, including you, a chance to think about what is important to you. It helps you understand what the future might hold for you and to say what health care you would, or would not want. This makes it easier for everyone to know what you want

– especially if you can no longer speak for yourself. If you wish to know more information you can visit www.hqsc.govt.nz or speak to your GP, practice nurse, health team or drop into any office of Age Concern when we reopen. We have copies of the plan in our Thames office and you can also download a copy from the website above.

During this time of uncertainty and anxiety in relation to the Covid-19 virus, it is important that we stay connected. During a time of uncertainty and social distancing it is normal to feel anxious and an even more important time to find other ways to keep in contact with people. If friends are no longer visiting then keep in touch by phone or reinvigorate your letter writing skills. It is sensible to follow good hygiene practices and limit physical contact with others that is closer than 2 metres apart, but this does not mean that we have to lock ourselves away and not speak to anyone. Yesterday I saw two neighbours having a chat over the fence, one was standing on a first floor balcony on one side of the fence and the other was standing by their front door. There was a distance of at least 3 metres between them and they had to raise their voices but they were communicating, laughing and joking with each other. Lets stay in touch and be kind to each other over this time of lockdowns.

Some key advice from the Ministry of Health Guidelines are:

- If you have symptoms or need advice call the Healthline 0800 358 5453
- Wash your hands often
- Stop direct physical contact with others unless you are currently in lockdown with them.
- Make sure you stay connected, look for new ways to connect rather than face to face
- Still do things that make you happy for your mental health
- Ask your nearest neighbours to share contact details so you can keep an eye on each other via telephone.
- The Government has announced superannuitants will get a one-off doubling of the Winter energy Payment this year.
- Over 70's should avoid leaving the house but you are not a prisoner in your own home. If you need to go out for food or for medical supplies ensure you follow excellent personal hygiene and stay 2 metres away from other people.

Let's be sensible, safe and look after each other.

Kind Regards, *Kathryn Jury*

A word from Robyn

Greetings from isolation, dear readers. Last year someone said as a passing comment that it's best to build a barn while the sun is still shining. It's been near the back of my mind, but not gone, for most of the year and I can't help thinking that now is a time to reflect on the barn we have, and perhaps how we need to strengthen it once we're allowed out again, but also to rejoice in the fact that it stands at all. I consider the visiting service to be a strong barn, and it's full of people! People who are not only going to ensure some of the most vulnerable and scared are looked after, but also who are going to make sure their neighbours are ok too. I'm not just talking of the visitors; many of those receiving visitors have also been thoughtfully mentioning neighbours or friends who either need help or have been of help. I hope that in the aftermath of all the hype, we focus on what really did make us feel good, and we promote and continue those. I felt good knowing that people in the streets and in shops respected distance as we all got boredom busting activities before the libraries and shops shut, and I felt good that shoppers were able to respect the physical distancing for the workers. I also felt really good when nobody questioned my genuine need to buy toilet paper once we reached level 3—it was on the list, I promise.

In other news, I have thoroughly enjoyed getting to know the district as a councillor and had 5 days on a bus touring round all the spots with my new colleagues. Have I said before that we live in a truly beautiful part of the world? You'll see it's inspired this editions word find. Enjoy!

Robyn Sinclair

Accredited Visitor Services Co-ordinator

Life is like an ice-cream cone, you have to lick it one day at a time. *Charles M Schulz*

From the Office for Seniors.

Boost for Digital Literacy Training for Seniors

05 March 2020.

The Office for Seniors has announced that Digital Inclusion Alliance Aotearoa (DIAA) and the 20/20 Trust are the successful providers that will share in funding to deliver digital literacy training for seniors.

The funding of \$600,000 over three years was announced in last year's Wellbeing Budget.

The training aims to help seniors from a diverse range of backgrounds, increase their trust in using the internet, keep in contact with friends and family and adjust to rapidly changing technology.

Office for Seniors Director, Diane Turner, said the training would be life-changing for older people who are currently missing out on the benefits of the digital world.

"Our modern society is dependent on technology, but for some older people technology is inaccessible," she said.

"For them to be able to take advantage of technology, older people need to know how to use different devices, navigate the internet and go online with confidence."

DIAA will deliver Better Digital Futures through its partner network, including libraries, and community organisations. The training is projected to reach over 4,000 people, through 105 partners, over a period of up to three years.

"This is a really exciting opportunity to help over 4000 seniors engage in the digital world," said Barbara Craig, Chairperson of Digital Inclusion Alliance Aotearoa. "We know that many seniors have already embraced the digital world to stay in touch with their families and stay connected with their communities. We will be working with libraries and local community organisations to help seniors who find computers and the internet somewhat challenging."

The 20/20 Trust works at the grassroots level to provide digital literacy training to the most vulnerable in our communities. The Trust will deliver a Pacific Senior CONNECT programme to over 350 learners in Tāmaki Makaurau (Auckland), and Ōtautahi (Christchurch) over a period of up to three years. This programme will deliver a series of modules at participants' churches and in their own language.

"The Trust is delighted to receive the Office for Seniors funding and we look forward to providing training specifically tailored for seniors. This will enable older people to increase their skills, knowledge and trust in using technology so that they can then participate with greater confidence in this digital world," said Sue West, Executive Director, 20/20 Trust.

Receiving this funding will allow these providers to make a difference in the lives of many older people, by breaking down the barriers that exist between some seniors and technology.

COVID-19 CORONAVIRUS

How to protect yourself and others

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. There are simple steps you can take to protect you and your family/whānau.

Symptoms of COVID-19

The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. However, infections with mild symptoms such as cold-like symptoms or no symptoms are likely, but it's not known how common this is.

How to protect yourself and others

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.
Visit [health.govt.nz/covid-19](https://www.health.govt.nz/covid-19) for more information.



Advance Care Planning.

Advance Care Planning (ACP) Day, Friday 3 April 2020, will focus on explaining the benefits of ACP and work towards making it 'business-as-usual' for all health care professionals.

It also encourages the general public to think about their own future health and wellbeing and what really matters to them.

Noel Tiano, consumer advocate on the ACP steering group says that talking about death and dying is not as hard as people think.

'It leads to a deeper understanding of ourselves. It can actually help the grieving process for loved ones, when they know they have followed your wishes.'

'An advance care plan helps you think about things like who could care for you when you are unwell and where you might like to be cared for, in hospital or at home. It also covers what might be important to you at the end of your life. Your wishes can be written down or recorded electronically in an advance care plan, or you might just want to talk to your loved ones about what matters to you.'

The Health Quality & Safety Commission is leading a five-year ACP strategy in partnership with district health boards. It's vision is to 'empower New Zealanders to participate in their future care'.

'When a patient has an advance care plan, knowing their values and what is important to them can make their treatment approach clearer and easier to follow. It is very important that we maintain a patient's integrity and mana when we make plans for their future.'

The campaign begins with the story of Arthur Te Anini, who has chronic obstructive pulmonary disease (COPD). Arthur says having an advance care plan is a huge relief to him, and he now feels he can get on with his life and not have to worry about things. 'This is my plan, it's been designed by me – not by the doctors, not by my children, but by me.'

For more information visit www.myacp.org.nz.

How beautifully leaves grow old. How full of light and colour are their last days. *John Burroughs*

I think I have discovered the secret of life
– you just hang around until you get used to it.
Charles M Schulz



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

**All classes currently
suspended due to
lockdown, but
watch this space.**



Welcome to our newest member of staff!

Hi, I'm Jude O'Connor, the newly appointed part-time Service Coordinator at Age Concern Hauraki Coromandel.

I am really looking forward to meeting our members, clients and the volunteers who visit our elderly for friendship and companionship.

I have lived on the beautiful Coromandel Peninsula for almost 40 years working mainly as a community social worker throughout the Coromandel Peninsula. While I will be based in the Thames office I will be out and about working mainly in the communities of Ngatea and Paeroa.

In my role, I will also be actively promoting the services we can offer in our communities and grow awareness of the work Age Concern does.

Don't let old age get you down.
It's too hard to get back up. *John Wagner*

Tireless Levin 80-year-old sets four national rowing records



Anything is possible at any age. Just ask 80-year-old Barbara Sharp who's just smashed a number of New Zealand indoor rowing records. Levin-based Sharp set the pace for the 2000m, 1000m, 500m and 300m 80-84 year women's records at the 2020 Masters Games in Dunedin.

The vivacious octogenarian was thrilled by her results, but wasn't too sure what all the fuss was about. "I'm at a loss why people think it's so amazing!" she laughed. "In the 2000 metres I was so relieved to have got there. I thought 'thank god I don't have to do that again!'"

She took up the sport five years ago after joining a gym with a friend. For her, not only was it to support her friend, it was also to stave off boredom in retirement. "I can't not do something," she said. "It's getting worse as I'm getting older!"

She got on the rowing machine as a joke. "I thought 'I'm going to try this... let's see what I can do,'" she said. What she discovered was that she was quite good on the rower, and the times she was hitting were close to New Zealand records.

In her late 70s she started competing, first in Whanganui, then Dunedin - the two cities share the Masters Games. In 2018 she was able to set some

very quick times; this year she wanted to beat them. To be successful she trains about two hours a day. Some days it's on the rower, others it walking and swimming with friends. It's all part of her routine, which also include volunteering at the SPCA Op Shop in Levin. Getting to the Masters Games was tough at times though.

She fundraised to get there, as her pension couldn't cover the cost. She was also turned down for a few sport grants. But she puts her success down to just a couple of things. One is a positive attitude and the other is the support of her family - including Stewart whom she has been married to for 41 years - her friends and her community.

"Be grateful for what you can do," she said. "Find something you like to do that's exercise... that's not a chore. Something to motivate. Motivation is really important."

Her times were 10min 02.1sec for the 2000m, 4min 49.4sec for the 1000m, 2min 11sec for the 500m and 1min 18.4sec for the 300m.

She was just one second off breaking the 100m record and just a few seconds shy of a world record in the 500m. But that just motivates her more.

She will be back to break more records and is eyeing an outing to the rowing Masters at Lake Karapiro in September to do just that.

Age is a case of mind over matter. If you don't mind, it doesn't matter.

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Retirement policy review recommends retention of NZ Super for future generations

Fears that NZ Superannuation will diminish or disappear for future generations should be laid to rest, says Interim Retirement Commissioner Peter Cordtz in the three-yearly Review of Retirement Income Policies. 774 submissions were received, 25 were from organisations and the rest were from individual New Zealanders.

The two previous reviews called for a rise in the age of eligibility for NZ Super as it was deemed unaffordable, but Cordtz says latest Treasury projections show that the cost of Super is sustainable for at least the next 30 years, and raising the age would do more harm than good.

“Our research found that there will be more people in need of state support as they enter retirement in coming years, not fewer, due to declining home ownership, rising levels of debt and the changing nature of work inhibiting people’s ability to save,” says Cordtz.

This requires more work to be done across government to help people prepare for retirement, in areas of housing, work, KiwiSaver and enhancing New Zealanders’ financial capability. Cordtz’s 108-page report contains 19 recommendations that traverse these areas, and a call for the Retirement Commissioner’s office to be given more power to lead development and co-ordination of policies that will ensure New Zealanders can prepare for a good standard of living in retirement.

“NZ Super and KiwiSaver are the two core planks of the public retirement income system, but they are supported by a wide range of government policies that help New Zealanders learn, earn and house themselves as they move through their lives,” says Cordtz. “Under the legislation it is the role of the Retirement Commissioner to lead and monitor this policy work, but this office requires more resource and authority to do so effectively.”

While a number of recommendations made in his report would further refine KiwiSaver for the benefit of members, the key recommendation regarding NZ Super is to retain it at its current settings for future

generations, and reassure younger New Zealanders that it will be there as a backstop for them when they retire.

“It was apparent from submissions and focus groups that younger New Zealanders, as well as their parents and grandparents, are concerned that NZ Super will not be available to future retirees, or at adequate levels. We received a lot of comments to the effect that ‘Super won’t be there for us’,” says Cordtz. “This uncertainty is causing unnecessary stress, and we think should be put to bed so New Zealanders can have certainty that NZ Super will provide a stable level of state support for them to plan around.

“It is enough for younger New Zealanders to have to worry about where they will live and how they will earn enough to support their and their families’ current and future wellbeing, without having to face additional uncertainty as to whether they will lose an effective government backstop. NZ Super is good value for money and its economic context has changed over time – it now looks affordable for the medium term, even though it did not necessarily look so in earlier years.”

The 2019 Review’s recommendations included:

1. Governance for the Retirement Commissioner and their office should be provided jointly by the Ministries of Social Development and Business, Innovation and Employment.
2. The regular review cycle should be amended to fall in the year after an election, rather than prior.
3. Value and ensure the ongoing provision of NZ Superannuation at its current settings.
4. Establish a new government ‘employment connection’ service.
5. Phase in employer contributions for KiwiSaver members aged over 65, and consider implications of doing so for those aged under 18.

What happens next?

The report and its recommendations are now with the Minister of Commerce and Consumer Affairs, Hon. Kris Faafoi. It will be up to him and the Government to consider the recommendations and decide which, if any, to enact.

In the meantime, the report lists a number of actions

the Retirement Commissioner will proceed with this year, such as forming a Senior Officials Group across the core government agencies that can make the most difference to retirement outcomes. The Commissioner will also form an Expert Advisory Group to gain input from experts from outside government. Both groups will support ongoing consultation with the public to develop a statement on the purpose of NZ Super that aligns with New Zealanders’ values.

Inland Revenue Reminder About The End Of Cheques

Inland Revenue is reminding customers it will no longer accept cheques from 1 March.

Along with the Accident Compensation Corporation, Kiwibank and New Zealand Post, Inland Revenue is calling time on cheques because of their rapidly declining use, the end of the cheque processing machine’s working life, and unsupported software.

Inland Revenue spokesperson Sharon Thompson says IR is increasingly digital in the way it works, and most customers already choose to pay their taxes electronically.

“Cheques have been used over many years and we recognise this will be a significant change for some, and one that might take some adjustment. But it’s a change that has to be made,” Sharon Thompson says.

“Since 2016, cheque use generally in New Zealand has dropped by 50 per cent. At Inland Revenue, cheque volumes were rapidly declining year on year. Since our announcement in September 2019, the number of cheques received dropped immediately by 45 per cent.

“We’ve talked with organisations such as Citizens Advice bureau, Grey Power, Age Concern and other stakeholders”.

“Inland Revenue has also developed an exception process for people who can’t use any of the available alternative payment options and requests for an exception are worked through on a case by case basis.

“To date we’ve received 160 requests for an exception. We’ve granted 76 exceptions, turned down 22 (where an alternative payment method was available) with a further 62 to be processed.

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.

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.



Life is too short to waste your time on people who do not respect, appreciate or value you.
Roy T Bennett

WORD SEARCH



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

Kuranui
Opito
Little Bay
Buffalo
Opoutere

Kennedy Bay
New Chums
Cooks
Waihi Beach
Thornton Bay

Whiritoa
Onemana
Matarangi
Otama



Chuckle Corner: I have decided I am not old. I am 25 plus shipping and handling. Some people try to turn back their odometers. Not me! My theory on aging is that I want people to know 'why' I look this way. I've travelled a long way and many of the roads weren't paved. The nice thing about being senile is you can hide your own Easter eggs. If swimming is so good for your figure, how do you explain whales? My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be. Know how to prevent sagging? Just eat till the wrinkles fill out. You never really appreciate what you have until it is gone. Toilet paper is a good example. Life is short. Smile while you still have teeth!

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

In our last article we had a look at what happens when a resident couple separates or divorces. This time we'll have a look at the opposite – when a new person in a resident's life wants to move into the village.



We noted that all residents have signed an Occupation Right Agreement (ORA) that sets out the terms and conditions of their right to live in a unit and enjoy the village's amenities. The ORA is personal to the resident and is usually non-transferrable. So moving a new person in is not as simple as it might be in a conventional freehold property.

A typical scenario is as follows. He was 94, widowed and living in a village, she was just 74. The relationship started a year after he moved to the village and a year later she moved into his unit. The existing resident needs to decide what rights he wants his new partner to have in relation to his unit. The two principal options are:

- The new partner has no financial interest in the unit and no right to remain there after the original resident dies or terminates the ORA. In this situation, operators might use an "additional resident consent" giving the new partner the right to live in the unit for as long as the original resident continues to live in the unit, but with no financial entitlement. An additional resident consent document recording the terms that the new partner may live in the village may be required.
- The new partner becomes a party to the ORA, and,

depending on the residents' intention, may or may not have a right to receive the termination proceeds. Contractually, the surviving resident will usually be entitled to the termination proceeds, and if the residents want the termination proceeds to be paid to any specific person, this will normally be documented as between the residents.

The resident's family might want the village to add her to the existing ORA. The village could refuse this, but may offer three options to accommodate the new partner's right to live in the unit or in the village:

- Amend the ORA to record that the new partner can live in the unit but has to leave within three months should the existing resident go into care or die. The new partner would not have any financial interest in the ORA;
- Consent to the new partner living in the unit for so long as the original resident wishes the new partner to live there. In addition, the operator may offer the new partner an option, on the death of the existing resident or when the existing resident terminates his ORA, to buy either the unit or another in the village at the then market price;
- The existing resident surrenders their ORA and a new ORA is issued in the name of both the original resident and the new partner at the unit's then market value with a new deferred management fee (DMF) to be paid (although offered at the same rate as when the original resident moved into the village rather than the new higher rate). In this case, the original unit price was \$600,000 and the current market value was \$950,000. So while this is an expensive option, the new partner gets to stay in the village without any restrictions should the original resident die or go into care.

These are just some of the approaches an operator may take. Where residents are of a similar age operators are more likely to agree that a new resident can be added to the ORA with no change to the DMF. This may be achieved by terminating the original ORA and issuing a new ORA in both residents' names, or by a variation of the ORA. As with the scenario regarding divorce, the operator will require both residents to have separate independent legal advice prior to signing of any documentation to give effect to a change.

Next time we'll look at dependent adults or grandchildren in a village.



Fire and Emergency NZ offer free smoke alarm testing

Is your home fire safe? Why do you need working smoke alarms? How many do you need? Do you have a fire escape plan? Did you know a house fire can be fatal in less than five minutes?

Often with age comes a degradation of senses (such as hearing and sight) along with a reduction in mobility. These factors make older members of our communities more vulnerable should a fire occur. For no cost to you, Fire and Emergency NZ are happy to visit your home and can help you make your home safe for you and your family.

Their crews can offer helpful fire safety information, install, test and ensure your smoke alarms are in the

right places, or provide a free smoke alarm if you're eligible.

There are also a number of specialised smoke alarm systems available for people who are deaf or are hard of hearing, remembering even if you wear hearing aids during the day you are still at significant risk at night when asleep because you aren't wearing your hearing aids. These specialised smoke alarms have added features such as extra loud and/or lower pitch alarm sounds, flashing strobe lights, or vibrating devices.

If you need one of these specialised smoke alarms, you may be eligible for funding from the Ministry of Health. For more information contact one of the 4 organisations below for advice as to the most appropriate options available for you to consider.

- Deaf Aotearoa New Zealand
- Life Unlimited
- Blind Foundation
- Housing New Zealand

If you would like to have Fire and Emergency NZ visit to test or install smoke alarms at your home you can call them on 0800 693 473 to arrange a time for them to. Alternatively, you can contact your local fire station.

FACT:

Overloaded electrical circuits, faulty electrical equipment and misuse of electrical equipment are common causes of fire.



MARCH WAS BRAIN AWARENESS MONTH

Alzheimers New Zealand reminds us that it's never too late (or too early), to start improving your brain health. By making these few simple lifestyle changes, you can help to reduce the chances of developing dementia. Research is also showing that exercising the brain can slow the thinking and functional decline of people with dementia, so these activities will also help you to live well with a diagnosis of dementia.

We've broken the four challenges down week by week, but feel free to take it at your own pace and mix it up, and try to combine the challenges as much as you can to maximise the benefits.

Before you start, we would recommend talking to your doctor, particularly if you have any health conditions.

Week 1 – Look after your heart

What is good for the heart is good for the brain, so look after it! Adopting a heart-healthy lifestyle will not only help to reduce your chances of developing dementia, it will also help to cut your risk of developing high cholesterol and high blood pressure, diabetes and obesity, as well as heart attacks and strokes.

For good heart health:

- Don't smoke
- Keep cholesterol and blood pressure under control
- Stay active and eating a balanced, healthy diet to maintain a healthy weight
- Limit alcohol consumption to two standard drinks on each drinking occasion.

Week 2 – Get active

Physical activity helps our general fitness, muscle control and coordination, and makes us feel good! The most important thing is to choose activities you enjoy and stick with them.

Remember to always warm up and cool down. Listen to your body. Start with shorter sessions and work your way up. And if at any time you feel sick or you begin to hurt, stop the activity and ask your doctor for advice. Getting active doesn't stop at traditional sports or exercises. Just keep it fun and interesting and switch it up. Dance to the radio!

If you're looking for a home based activity to try, you could give one of these a go:

- Gardening
- Walking
- Dancing to the radio

- Sit to stands (getting up out of a chair and back 10 times).

Week 3 – Eat well

Food is the fuel for our brain and body. So to keep it functioning as well as it can, we need to be eating a healthy, balanced diet. That means we should:

- Eat lots of unprocessed, plant foods
- Try to eat lots of foods rich in fibre to fill us up
- Get plenty of fruit and vegetables (five servings of vegetables and two servings of fruit each day)
- Cut back on red meat but have fish twice a week
- Keep fried, processed, fatty and sugary foods as an occasional treat
- Drink plenty of water, and only have alcohol in moderation.

The most important thing is to enjoy our food. Find recipes that work for you and don't be afraid to try new ones. Make food a social occasion even when in a lockdown situation, you could dress up for dinner and have candles and the best china! Even if on your own.

Week 4 – Challenge your brain and stay connected

Keeping our brains active is all about generating a little 'mental sweat', helping our brain to build new cells and strengthen the connections between them.

Generating a mental sweat can and should be fun! Staying connected socially helps to keep our brains resilient and functioning the best it can. It also helps to prevent us feeling lonely, which can often become a problem as we get older. And if you are experiencing hearing loss, get it checked out.

All of these things have been shown to reduce our chances of developing dementia, but also can help to slow the thinking and functional decline for people living with dementia.

As we get older, keeping involved and active in the things we enjoy is really good for us. So rather than giving up activities that are becoming difficult, see if you can modify the activity, or give a new one a go!

Activities that help challenge our brains include:

- Reading, puzzles and games
- Listening to music or podcasts
- Taking a course in something you've always wanted to learn, like dancing or a new language
- Playing musical instruments or singing in a choir
- Arts and crafts and other hobbies, such as gardening

Spend time ringing friends and whānau, and if you can, telephone someone you want to know a bit better and have a chat.



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

PHYSIOTHERAPY AT HOME

Julie has nearly 40 years experience as a physiotherapist, helping people to move easier and ease pain. Following assessment Julie uses a hands on approach, often incorporating joint mobilisations and muscle work, myofascial massage, trigger point treatment and optional dry needling.

- Specialising in care of the older adult with stiff or painful joints, spine or muscles.
- Appropriate exercises, advice and self management will be provided.
- A small surcharge or private cost of treatment.
- Half hour appointments.
- ACC registered.

Working from the room next to reception at Richmond Villas or the soon to be completed clinic room at 36 Te Ana Lane, Thames. Phone or email Julie to make an appointment.

Julie White NZRP MPNZ | Physiotherapist
027 281 4980 | julie@physioathome.nz

Dear AVS visitor

Coronavirus and AVS visiting
– Information from Age Concern New Zealand

Social connection is important for the health and wellbeing of older people, and while there is currently a Ministry of Health ban on contact between members of the public, please keep in contact with the person you normally visit if at all possible. A friendly phone call can lift the day for anyone. Perhaps some of you would like to re-use your possibly rusty letter writing skills?

Contact your coordinator

- o If you phone and find that your client is unwell with symptoms of COVID-19 :
 - Fever
 - Coughing
 - Difficulty breathing
- o If you are unable to contact your client and you fear they may be ill.
- If your coordinator is unavailable call Healthline on 0800 3585453 and ask for advice.
- Do not visit in person, replace face-to-face contact with phone calls where possible.
- Follow general Ministry of Health guidelines to protect against spread of infection:
- o Avoid close contact with people.
- o Cover coughs and sneezes with disposable tissues or clothing.
- o Wash hands for at least 20 seconds with water and soap and dry them thoroughly:
 - before eating or handling food
 - after using the toilet
 - after coughing, sneezing, blowing your nose or wiping children’s noses
 - after caring for sick people.

For more information visit the Ministry of Health webpage: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>. Age Concern New Zealand will send updates if the situation changes.

Thank you for your valuable work for Age Concern. We know that your clients really appreciate the support and contact that your visits provide.

Old age is an excellent time for outrage. My goal is to say or do at least one outrageous thing every week. *Maggie Kuhm.*

MINI QUICHE

These delicious mini quiches are ideal served with salad for lunch or a light meal. They are easy to make and use bread slices instead of pastry for the cases.

Ingredients	1 Serve	2 Serves
Wholemeal sliced bread with crusts removed	3	6
Marmite or Vegemite	To spread	To spread
Cheese, grated	¼ cup	½ cup
Eggs, lightly beaten	1	2
Salt and pepper	To season	To season
Parsley, chives or spring onions, chopped	2 t	1 T
Canned creamed corn	¼ x 410g can	½ x 410g can
Red or green pepper, finely chopped (optional)	1 T	2 T

Method

1. Pre-heat the oven to 190° C.
2. Lightly grease muffin tins with a pastry brush and oil or oil spray. If pans are non-stick oil is not necessary.
3. Spread one side of bread with Marmite and place into oiled muffin tin with Marmite side facing up.
4. Combine remaining ingredients and spoon into bread cases.
5. Bake in oven 15 - 20 minutes.

Serving Suggestion: serve 2-3 quiches with salad for lunch or light meal. Refrigerate any leftover quiches and use the following day. Reheat leftover quiches until piping hot before serving.

Leftover Ingredients: freeze leftover creamed corn in portions in small plastic containers with lids. Variation: Omit Marmite and replace creamed corn with canned tuna or salmon. For 1 serve use a 95g can and for 2 serves use a 185g can. Flavoured tuna such as tomato and basil makes a tasty filling.



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\$15 per person for an annual subscription OR
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- A complimentary Age Concern Hauraki Coromandel pen
- Access to information available at Age Concern Hauraki Coromandel
- 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 Hauraki Coromandel. Subscriptions and donations help Age Concern Hauraki Coromandel 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.

We are passionate about the work we do with families and feel incredibly humbled to be able to do what we do. We offer families personalised arrangements going the extra mile to make sure the process is as stress free as possible, making sure your loved one is treated with the utmost respect and care for their final journey.



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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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