

WINTER 2020 QUARTERLY MAGAZINE
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Age Concern Tauranga

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The views expressed in this magazine are not necessarily those of Age Concern Tauranga. The inclusion or exclusion of any product does not mean that the publisher advocates or rejects its use.

Thinking of You

If you are recovering from being unwell or have recently suffered a loss the team at Age Concern Tauranga are thinking of you.



Services

- **Accredited Visiting Service (AVS)**
Provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.
- **AgeConnect**
Enhancing the wellbeing of older people who are socially isolated and/or lonely by connecting them with people, activities and events within the community.
- **Ageing Well**
Delivers a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology and safe driving.
- **Total Mobility Scheme**
Assesses and provides Total Mobility Photo ID Cards to eligible people for Taxi discounts.
- **Community Development**
Looks to promote and develop programmes for the community.

For further information please phone the office on 578 2631, email ageconcerntga@extra.co.nz or visit our website www.ageconcerntauranga.org.nz

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



Hello and Kia Ora Everyone

Welcome to Level 2 and the added "freedom" that it has brought. We are not back completely to normal but certainly on our way.

With our staff all working from home during the lockdown, we are excited the office has been able to re-open. We are taking the precautions recommended by the Ministry of Health to make Age Concern Tauranga a safe environment, not only for our staff but also our visitors. We are recording names of anyone coming into the building and following the sanitation and cleaning recommendations to all 'common' surfaces. Until we can return to pre-Covid status, we ask that you only call into the office if necessary. Phone calls, emails and post are the preferred means of communication for the meantime.

Our social and health promotion activities are still on hold and will be reviewed over the next few weeks. However, the walking group with Renee will resume on Wednesday 10th June, please see the dates and meeting points under What's On.

With safe practices in place the visiting service has resumed, and all volunteers are supported by the visiting service co-ordinator - Pat. During Levels 4 and 3 our wonderful volunteer visitors stayed connected with their clients via regular phone calls, which helped to ease the sense of isolation that many of us were feeling. We are truly grateful for the dedication and commitment from our volunteers.

Finally, most of us can extend our boundaries, to walk around a different area, or possibly visit a park or a beach. There is now the opportunity to pop into a café and enjoy that special coffee we like as a treat with the bonus of being able to extend our bubble and get together with family and friends.

We have all been watching our hair get out of control, so it is nice to be able to go to the barber/ hairdresser to get us all looking tidy again!

Since it is getting a little cooler, now is the time to shake out your extra blankets, find the fluffy sheets or get the electric blanket tested and pop it on the bed. Don't forget to test your smoke alarms or ask if someone can help to do this.

We would love to know how you have kept connected and to hear any stories of great connections being formed. You can phone us on 578 2631 or email ageconcerntga@extra.co.nz or drop us a letter. To those that haven't felt very connected through this

time, I know it has been very difficult. Now may be the time to reach out a little more. How about coming along to one of our groups when they get started again. You could join a group that you are interested in.

If you would like to improve your digital skills, SeniorNet have computer classes operating at the Historic Village in 17th Ave, phone 577 1912 or your local library have individual lessons using your own devices at a small charge. Phone Tauranga Library on 577 7177 for more information.

Once again, our team is glad to be back in the office and we look forward to catching up with you in a much more social way.

Tanya Smith | General Manager.

Life Tubes

Supported by St John.

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 and 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. They are trained to look inside your fridge for a Life Tube. (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 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 \$6 each at the Age Concern Office at 177a Fraser Street, Tauranga.

Extra Forms

Should you need additional forms or wish to update your original forms - these are available for free from our office.

Bold Bubbles

The strange journey and superpowers of soap

According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing. Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing

- Soap.

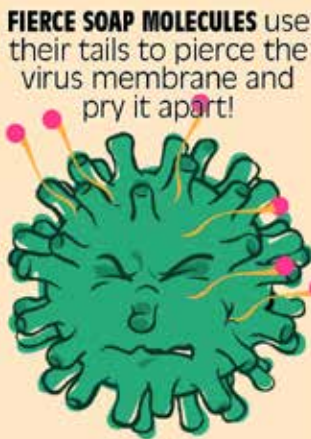
Humans have been using soap for at least 5,000 years, but it isn't an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat. The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat.

But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were poured into the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye water that leached out from the bottom.

Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water. Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses.

Soap molecules are pin-shaped crowbars. Their tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and destroying it. Fancy science for some glop that once rolled down a hill.

Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn't changed much from the recipe used by Romans or ancient Egyptians. It's still ancient science.



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 of Retail, Julian .

SCAMS, CONTINUE TO BE ON FULL ALERT

We’ve talked about scams on many occasions and the need for everyone to be very vigilant about anything that could be a scam. Sadly, scams keep coming.

Here’s another one to ignore

A sophisticated email scam, which pretends to be from the NZ Transport Agency, is taking unsuspecting people to a webpage to renew their vehicle licence (rego) and asks for many personal details such as NZ driver licence details and banking information. Depending on how much personal information the scamming website receives, the fraudsters may have enough information to carry out a virtual identity theft.

How to spot this scam email

If you’ve recently received an email asking you to renew your rego, please check the email details carefully. Genuine Transport Agency emails always use an nzta.govt.nz suffix. If the email was genuinely

sent from the Transport Agency, it will include your specific vehicle details including: your vehicle’s plate number, vehicle make, the expiry date of your current vehicle licence.

If the email you received does not include your specific vehicle details, do not complete the online renewal transaction webpage that the email takes you to.

sourced Age Concern Manuwatu Autumn 2020

A Wise old man was talking to a boy and said,
There are two wolves always fighting inside me.
One is filled with anger, hate,
jealousy, shame and lies,
the other wolf is filled with love,
joy, truth and peace,
this battle rages inside of you and all men”.
The boy thought for a moment and asked “
Which wolf will win”
The old man answered: “The one you feed”

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Lockdown and out

The impact of lockdown on older people living in a non tech world

An observation by Jenni Hurn, Age Concern Tauranga



Who lives in a non-tech world? Surprisingly, some older people who have not engaged with technology, who don't have internet, don't own a device (cell phone or computer), pay by cash, don't have a credit card or a contactless payment card, don't have automatic payments or direct debit payments set up. Add to this someone who does not have any family nearby, or in the country, and you have someone who is locked out of society – particularly during lockdown.

For many people communicating and participating in society during lockdown has been going well. While we may find the restrictions to movement and interactions frustrating, we can keep in touch with family and friends - virtually. We can shop online, chat online, carry out our work, have meetings, get help via online services – GP, financial assistance, counselling and even keep fit with online trainers. We can pay our bills, order our goods, see our children, grandchildren, family, friends (virtually of course)

and chat and wave to each other. It's not perfect, but it works to keep us connected. But spare a thought for the people who don't have this access.

Ms B lives alone, she is in her early 80's. She has no family in the country and was already socially

isolated when I met her just a month before the lockdown. At that time, she refused any assistance. I was keen to help her make some new social connections as well as organise some home help, but she refused. She agreed she would call me when she needed assistance. She confessed to being very lonely but believed she was managing for now. Then came Covid-19.

During the lockdown, I have been keeping in touch with her via phone – fortunately, she has a landline! She is now feeling very vulnerable. We discussed how she could get groceries and how she could pay her bills. She mentioned that she usually withdraws all her pension and pays her bills by cash. She has never used a cash flow machine – didn't know how to - because she has always gone to the teller at the bank to get her money out, and then she goes to the post shop to pay her bills – in person of course! Now, for the first time, she feels afraid that something could happen to her and no one would know. She feels vulnerable as she doesn't know how to shop or pay her bills, doesn't have any idea what a 'direct debit' payment is and doesn't know how to participate in the tech world - she realises she is cut out. Suddenly she is aware that she must change her ways – she can no longer choose to live as before. I arranged for some groceries to be delivered and suggested she call her electricity and phone provider to discuss her situation with them. I also agreed to keep in touch by phone until the lockdown is over. She now knows she needs to accept help and adapt to the modern world and I will work with her to assist her to set herself up, so she is not so vulnerable again. But it did get me thinking..... how many Ms B's do we have in New Zealand? How can we prevent them from being locked out of society and assist them to be more resilient in the future? How can we make sure everyone, regardless of age, stage or income, is technologically connected?

Covid-19 has impacted us in multiple ways, and it will be a long time until we will know the full extent on our lives and economies. What is true is that technology has played a vital role, prior to and during the lockdown and will continue to be vital going forward. We need to find the people who, at present, are cut out, or who have opted out, and bring them in. We need to reach out to them so that, going forward, regardless of what happens – even another lockdown, they will not be locked out.

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These **free** concerts will bring thanks, joy and love to thousands of care workers and residents, who have been particularly affected and socially isolated due to Covid-19. Whilst we enjoy new freedoms, care homes have to retain stricter protocol.



Help us send **3 messages**:

- ♥ Residents – *You are not alone*
- ♥ Care Workers – *Thank you for what you're doing*
- ♥ Senior Community – *This is who we are*

Our partner charity is **Age Concern New Zealand**. All excess money raised will go straight to supporting their much-needed work with all NZ seniors, at this time.

Donate today on our give a little page

A **\$30** donation gives you the chance to **send your own message** to all Residents and Care Workers.

Businesses can sponsor the tour or book advertising space. Contact us directly to discuss options.

Visit our website/ facebook or give a little page for updates, and details on how to send your own message, on the tour!



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Freedom Drivers Tauranga, run by Gavin Bennett, brings a warm and friendly driving service right to your door. Gavin has lived in Mt Maunganui since 1988 and, as a retired policeman of over 30 years standing and a former Age Concern volunteer, he will be well known to many in the area.

"We specialise in providing safe caring transport and assistance for our senior citizens. We cover a wide area including Tauranga, Mt Maunganui, Papamoa and Te Puke and we also travel further afield to pick up those living out of the main urban areas. Its common to see us driving clients to important appointments in other centres such as Auckland and Hamilton." says Gavin.

Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras.

Gavin looks forward to meeting you and driving you wherever you need to go in a friendly, reliable, professional and safe manner.

Call Gavin directly with any enquiries on 07 575 6324 or 027 489 7621.

MEDICINES - What is a medicine review?

A medicines review can help improve your treatment and prevent medicine problems. Ask your doctor or pharmacist to organise a review of all your medicines regularly - especially if you or someone you care for is an older person and takes several different medicines.

Why should I have my medicines reviewed?

Medicine problems like side effects are more common when you get older – and can often occur when your medicines, health, or health care services change.

If you are an older person it is important that your medicines, current health problems and treatment goals are reviewed regularly. This helps to make sure you receive the best treatment.

When your doctor or pharmacist reviews your medicines they will check:

- what medicines you are taking and why
- how many different medicines you take
- the dose of each medicine you take
- how you are taking these medicines
- how well your medicines are working
- side effects or other problems you may have with your medicines.

It's OK to ask questions

If you have questions about your symptoms or the medicines managing your symptoms, speak with your health professional.

Adapted from NPS MedicineWise (2013), What is a medicines review? Choosing Wisely does not assume any responsibility or liability arising from any error or omission or from the use of any information in these resources.



KEY TELEPHONE NUMBERS

- COVID-19 Healthline: **0800 358 5453**
- For general health issues, phone your doctor
- For emergencies dial: **111.**
- If you are feeling anxious or just need someone to talk to call or text: **1737**
- Elder Abuse Helpline: **0800 32 668 65**
- Money Talks free and confidential budgeting advice: **0800 345 123**
- MSD Senior Services: **0800 552 002**
- Free Government Helpline: **0800 779 997** (8am to 1am, 7 days per week)
- BOP Civil Defence Emergency Management: **0800 884 222** Help with essentials if needed
- Anxiety Helpline: **0800 269 4389 24/7*** (* Please note midnight to 8am is for callers experiencing severe anxiety only)



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Thanks

Retirement Renters

More and more people in New Zealand are reaching retirement as renters and some are becoming renters for the first time in their 60s or 70s.

The Residential Tenancies Act 1986 sets out the rules for all landlords and tenants. The Act applies to private rentals, Housing New Zealand, Council Housing and Community Housing providers. It covers: the rights and responsibilities of landlords and tenants; the tenancy agreement; rents and bonds; repairs; inspections; ending tenancies; eviction;

The Tenancy Tribunal Tenants rights and responsibilities:

The tenant must:

- Pay the rent on time
- Keep the premises reasonably clean and tidy
- Notify the landlord as soon as any repairs are needed
- Pay for utilities they actually use
- Notify the landlord as soon as possible if any damage occurs

The tenant must not:

- Withhold rent if the landlord cannot get repairs done
- Damage or permit damage to the premises
- Disturb the neighbours or the landlord's other tenants
- Alter or attach anything to the premises without the landlords written consent
- Use the property for any unlawful purpose
- Exceed the maximum number of occupants as stated in the tenancy agreement Landlord rights and responsibilities

The landlord must:

- Provide and maintain the premises in a reasonable condition
- Allow the tenant quiet enjoyment of the premises
- Comply with all building, health and safety standards that apply to the premises
- Inform the tenant if the property is on the market for sale
- Have an agent if they are out of New Zealand for more than 21 consecutive days

Landlords must not:

- Seize the tenant's goods for any reason
- Interfere with the supply of any services to the premises except where the interference is necessary to avoid danger to any person or to enable maintenance or repairs to be carried out

Source: Going for Good Renting: a guide for renting in later life visit: <https://renting.goodhomes.co.nz/>
For more information visit www.tenancy.govt.nz

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Sleep and Healthy Ageing

Dr Rosie Gibson is a Researcher Sleep/Wake Research Centre, Massey University, Wellington where she conducts projects related to sleep and healthy ageing as well as the changes to sleep with dementia and family care.

Sleep is a basic human right, we all do it and by the time we're 65 we would have slept approximately 22 years! But as we get older sleep typically becomes lighter and more fragmented. Many also experience early morning awakenings and increase in daytime sleepiness or napping. This has been related our changing physiology and an increased likelihood of clinical sleep disorders, as well as the impact of other health conditions, waking habits, and changing lifestyle.

We all have an internal body clock in the brain which helps keep our sleep, among other things, in time with the outside world. It is regulated by our exposure to light, activity, eating and so on. With ageing, the internal body clock deteriorates so the timing of sleep becomes less regular and we are more likely to wake up in the night as well as fall asleep in the day. Across the night we go through stages of light, deep and dreaming sleep. As we age, sleep typically becomes lighter in quality which means we're more easily woken in the night and can feel less alert in the day.

Around 20-30% of the New Zealand population report a sleep problem. The most common problems are insomnia and obstructive sleep apnoea. Insomnia is defined by not being able to get to sleep or stay asleep. This can increase with ageing because of sleep being lighter and more easily disturbed. How we use medications, bright screens or caffeine and other stimulants can also make it harder to get to sleep. Furthermore, changes to lifestyle or responsibilities for example with retirement, caregiving or bereavement can lead us to become worried sleepers. Often insomnia is a short-term issue, related to something happening in waking life but for some it can become a long-lasting issue.

Obstructive sleep apnoea is defined by pauses in breathing during typically accompanied by snoring and daytime sleepiness. As we age this becomes more likely due to softening of the airway, hormonal changes, as well as impacts of weight gain and other respiratory conditions. This can be more difficult to recognise as it occurs while you're asleep! Other issues people report with their sleep include restless or twitchy legs, confused awakenings, sleep talking, or increased toilet

visits.

The importance of sleep. Disrupted sleep not only causes daytime sleepiness but also effects our mood, eating habits, memory and functioning. Poor sleep can contribute to other medical conditions like cardiovascular disease and dementia. Furthermore daytime sleepiness increases the likelihood of social isolation, driving accidents or falling. In our increasingly round-the-clock society, sleep time is often compromised for other activities we need or want to do. But sleep needs to be recognised as a natural tonic for us to lead healthy and productive lives. Prioritising our sleep can not only improve our feelings of alertness but also helps with our body's metabolic processes and healing, our brain's ability to learn and maintain memories, and supports good mental health and social wellbeing.

Improving Sleep. It is important to try and preserve good sleep to maintain healthy ageing. This can be achieved through keeping a regular routine across the week and making sure you spend some daytime in bright light and exercising to strengthen the internal body clock. Some people use medications in an attempt to resolve insomnia. Although these may be useful for a short period, their success rate is varied and the side effects can outweigh the benefits so it is always worth consulting your doctor before using. Instead consider adjusting routines, behaviours or thought processes to try and help.

Some hints and tips for promoting good sleep include:

- Avoid eating or drinking too much before bed (but also avoid going to bed hungry)
- Avoid alcohol, cigarettes or caffeine before bed
- Have a relaxing pre-sleep routine to help mind and body relax and fall asleep

Keep the bedroom a "safe sleep" zone for example:

- Appropriate lighting for sleep and safety
- Block out disturbing noise
- Avoid watching TV, or listening to radio in bed
- Make the bed nice and comfortable
- Check your bedroom is a comfortable temperature

If you don't fall asleep in about 20 minutes, get out of bed and spend a little time doing a relaxing activity before going back to trying to sleep.

Source: National Sleep Foundation
If you have a long-lasting sleep condition, feel excessively sleepy in the day or think you have obstructive sleep apnoea consult your doctor who can advise and refer you to a sleep clinic if necessary.

Seniors At Work

Ian Fraser

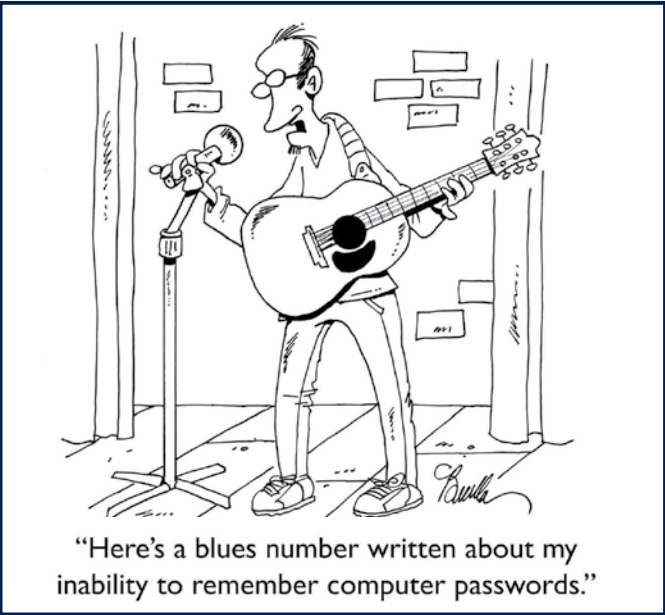
An update from Seniors@work: an organisation committed to bringing together employers with qualified, experienced workers who happen to be in their 50's and beyond...

We are looking forward to an exciting and fulfilling year following the first six months of our journey to assist those job seekers in their mid-50's and over in finding work opportunities. We are getting more and more job seekers joining us each week and have another media release going out in a week, which will further spread the good word about Seniors@work.

We are building slowly but surely and are getting more momentum and traction from both large private employers, government agencies, and small and medium sized businesses – with many having made medium and long term commitments for 2020. This is such meaningful support not just for Seniors@work but more importantly for job seekers in their mid-50's and over.

I also feel that Seniors@work has become a site that many people over 50 who are looking for work visit, in the knowledge and confidence that every listed position is guaranteed to be suitable for a mature worker. A win both for us, and also for our Job Seekers, who represent so much more than just New Zealand's "ageing population problem".

For more information, please call 021 742557



Methodology at home to last a lifetime

We straighten out technology in the home! That's our job. Everything polished and buffed, set-up right and working together, without the client needing to know how we did it.

I guess the closest comparable example would be if someone knitted me a jersey. I would know how to wear that jersey like an expert and I could admire the pattern, but please don't ask me what stitches were used to achieve that splendid outcome. At the same time, I can put that jersey ON, and take it OFF multiple times a day, and it still works precisely as expected.

If you have a mobile phone, with a Gmail address (for a Google account) that you never use, instead of using your regular email address; this is one area we can straighten out.

How do you know if you are on the best internet and phone plan? Did you know that you can watch TVNZ OnDemand on your TV with a small modification?

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Advance Care Planning.

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. Its 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.

We have copies of My Advance Care Plan in the office, so either pop in or these can be posted to you. Please phone the Age Concern office 578 2631 or email: ageconcerntga@xtra.co.nz

Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power. This has been made easy with a quick two-minute check you can do. A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers. It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch. If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check, or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you. Even if you're happy with your current company it's worth checking to see if you're getting the best deal for you.

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up. Visit www.energywise.govt.nz for more information.

Get Ready for Winter with Insulation Grants

Many New Zealand homes aren't warm enough in winter, increasing the risk of respiratory illness. Putting on another jersey doesn't help because you are still breathing in cold air. A warm, dry insulated home is healthier and easier to heat.



If you own and live in your own home, you may be eligible for a Government grant offering two-thirds of the cost of ceiling and underfloor insulation. In some regions contributions by community organisations mean there is minimal or no cost to the homeowner. These Warmer Kiwi Homes grants are run through the Energy Efficiency and Conservation Authority (EECA).

- You may qualify if:
- your home was built before the year 2008
 - you are the homeowner (owner-occupier) and have a Community Services Card or SuperGold combo card, or
 - you own and live in a home in an area identified as low-income.

You may also be eligible if you hold a licence to occupy in a retirement village. To find out if you are eligible free phone 0800 749 782 to talk to EECA Energywise . <https://www.eeca.govt.nz>

Support your local community radio station - Tauranga Village Radio

Tauranga Village Radio Museum, Tauranga's only Community Radio Station operates from studios within the Historic Village. We broadcast on the AM frequency on 1368 KHZ.

Programmes of nostalgic music, from the 1940's to the 1990's are broadcast each weekday from 10am until 5pm and from 9am until 5pm on weekends and Public Holidays.

Community notices for non-profit organisations and individuals are broadcast at 11am each weekday.

Listeners can ring the station on 571 3710 for requests to be played.

For further information visit our comprehensive website



www.villageradio.co.nz

Ever Lasting Gift



Have you thought about leaving a gift to support the future work of Age Concern Tauranga? You can bequest to Age Concern Tauranga through Acorn Foundation www.acornfoundation.org.nz or Phone Acorn Foundation 07 579 9839

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FORM OF BEQUEST

Take or send to your Legal Advisor for incorporation in your Will.

"I give and bequeath the sum of \$_____ (or) _____% of my estate, (or) residue of my estate, (or) property or assets as follows:

free of all charges, to Age Concern Tauranga. The official receipt of the General Manager or other authorised officer of the Board shall be a sufficient discharge to my executors".

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What's On...

Wednesday Walking Group

Wednesday 10 June - 10am

Meet at Briscoes, Chapel Street

Wednesday 17 June - 10am

Meet at Wylie Street, Greerton

Wednesday 24 June - 10am

Meet at Ferguson Park,
off Tilby Drive



Wednesday 1 July - 10am

Meet at Pak n Save, Tauranga Crossing

Wednesday 8 July - 10am

Meet at Carmichael Road Carpark, Bethlehem

Wednesday 15 July - 10am

Meet at Countdown, Bureta

Minibus Adventures

We are sorry our minibus adventures have been postponed until further notice.

Coffee and Conversation Group

Sorry, there are no Coffee and Conversation Groups at present. Please phone the office on 578 2631 for further information.



Monthly Meeting

AGM Meeting has been postponed until further notice.

500 Card Group

Postponed until further notice.



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.

- 1) • Deaf Aotearoa New Zealand
- 2) • Life Unlimited
- 3) • Blind Foundation
- 4) • 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.

Friendship

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

Friendship is like cream. It adds richness to life and takes out the sting when things get too piquant. Our friends and the networks we are part of help bring out the best in us. They also help us get through tough times.

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

Keep connections on the boil:

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

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

- Helen Keller



2020 / 2021 Subscriptions

**Age Concern
Tauranga's
Membership period
is from
1st April 2020 to
31st March 2021.**

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

We now have Eftpos available.

Sorry no Credit Card payments accepted.

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

Age Concern Tauranga Inc
03 0445 0172665 00

Please use your initial and surname as reference.



**Go to www.facebook.com/ageconcerntauranga/
to follow us on Facebook.**

Welcome

Welcome to new members

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

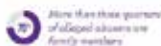
Happy Birthday to our members that have just recently celebrated a birthday or to those that are celebrating one in the months of March/April/May.

ELDER ABUSE HITS CLOSE TO HOME

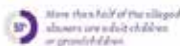
ELDER ABUSE AWARENESS 15 - 22 JUNE



**Call 0800 326 68 65
or Age Concern
0800 65 2 105**



More than three quarters
of alleged abusers are
family members



More than half of the alleged
abusers are adult children
or grandchildren



Alleged abusers are so
unlikely to be detected or made

How you can help to prevent elder abuse:

- Love and cherish your older relatives/whanau.
- Phone, zoom or facetime older people/kaumatua.
- Visit older people/kaumatua in your neighbourhood.
- Involve older people/kaumatua in your social activities.
- Encourage older people/kaumatua to make their own decisions.
- Support older people/kaumatua to use their money for their needs.
- Honour older people's/kaumatua's wisdom.
- Enable older people/kaumatua to set their own pace.
- Speak respectfully and listen to older people's/kaumatua's stories.
- Seek advice from any Elder Abuse Service or Age Concern if you think an older person/kaumatua is being abused or neglected.

Use your SuperGold card as photo ID

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

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

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

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



The AA's involvement

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

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



Age Concern Tauranga Membership Form

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

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

Name: Email:

Address: Postcode:

Phone: Mobile: D.O.B. / /

☐ New Member / ☐ Existing Member / ☐ Receive Magazine by email

☐ Pakeha (NZ European) ☐ NZ Maori ☐ European (incl British) ☐ Pacifika ☐ Other.....

Subscription per household \$25.00 (1st April to 31st March)

Donation: \$5 / \$10 / \$20 / \$50 / \$..... other **EFTPOS available. Sorry no credit cards payments accepted.**

Internet Banking: 03-0445-0172665-00 Westpac (e.g.. Particulars - Sub, Reference - Surname & Initial)

Donations help us to continue to promote the welfare of older people in Tauranga and are welcomed.