

WINTER 2020 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



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

9.30am - 2.30pm Monday to Thursday

We are grateful to all our funders:



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Managers Memo

Welcome to our latest newsletter! July looks to be the coldest month yet, but haven't we had some nice sunny afternoons? Even in the depths of winter there are still aspects of the weather to be grateful for.

Please note later in this newsletter an article about a study being undertaken by Auckland University. The lead academic is Professor Merryn Gott. Professor Gott is asking for written input from older people regarding their experiences of covid. She notes in her article that often older people are lumped together and collectively characterised as 'passive', 'vulnerable', 'the elderly' or 'old'. This attitude is in direct opposition to the truth of heterogeneity. The fact that older people are a diverse group of individuals who contribute different skills and talents to our greater society. So if you would like to share your experience during covid then I strongly encourage you to put your thoughts in writing and

post them off to the address at the bottom of this issues article. Your contribution can also be emailed directly to Auckland University, the email address is online.

All Age Concern Hauraki Coromandel staff were back working from the office in mid-May. I confess it is much easier to work from the office than it was to function in my spare bedroom at home during the lockdown. We do what we must in these times but it is great to be back in our fully functioning office. It has also been lovely to have so many of our regulars dropping in to the office for a chat again. You are always welcome to drop by if you are in town, you do not need a special reason and the jug is always on. All of our Steady As You Go falls prevention classes have been working hard and making up for lost time. If you are not a regular participant I strongly encourage you to join a group close to you. We have classes in Coromandel Town, Waihi, Paeroa, Ngatea and Thames. These classes are a great way to get some mild exercise, build your leg strength, improve your balance and meet new people.

Also possibly, as part of your 'Covid recovery phase' why don't you consider getting out of the house and joining one of our social Chin Wag Café groups? You would be made very welcome. We have two groups, one in Ngatea 10am-12.00 on a Tuesday, which is held in the Co-operating Parish Hall on Darlington Street. Our other Chin Wag Café group is held in Thames 12.30-2pm on a Monday, this is held in our offices at 608 Queen Street Thames. These Chin Wag Café groups are a casual way to meet different people, get out of the house, enjoy a hot cuppa and have a bit of a chin wag. Please consider joining one of our very welcoming groups.

Kind Regards, *Kathryn Jury*

Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.

A word from Robyn

Dear world, it's good to be out in you again, and people of the world, hello! During our locked down period I was fancifully eyeing up some wool that is only not in my collection because of shipping restriction. Non-essential, apparently. I decided to do a stocktake of my wool collection instead and maybe do something productive with it; to make room for more you understand. I've knitted beanies and a jersey for Operation Cover Up (knitting for Eastern European refugees) and am nearly ready to fill the void I've created. I discovered Utiku wool a few years ago and am impressed by the range, the price and that it is NZ made! This is a round-about way of saying I've been thinking about wool, and so this edition your word find are 15 common sheep breeds of New Zealand. I'm pleasantly surprised there are so many!

The penultimate week in June celebrates volunteers; you're the backbone of what we do and I would like to give you a hearty thank you. I also realise that so many of my volunteers work for other organisations as volunteers, which is a strength to everywhere that they are. It also shows, once again, that you're a stellar bunch.

The other thing I really love about winter is the garden bird survey; citizen science at its best. If you've got an hour to spare between the 27th of June and the 5th of July and would like to sit next to a window and count your avian visitors, you'd be contributing to an enormous data set from around the country. If you are web enabled you can find more info here: <https://gardenbirdssurvey.landcareresearch.co.nz/> otherwise, simply record the highest number of birds of each species you see, record the time, location and you're done. I've happily entered date for the survey most years since 2009, so am happy to collect your results too.

Happy knitting, volunteering and birding everyone!

Robyn Sinclair

Accredited Visitor Services Co-ordinator

"Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older." ~Louise Hay

VOLUNTEER APPRECIATION WEEK 22-26 June 2020

During your special appreciation week we wanted to say a big thank you to all of the volunteers out there. This week is set aside each year to recognise the contribution that volunteers make in our society and country as a whole. Without volunteers sections of many towns would grind to a halt.

Volunteer appreciation week is also a time to celebrate, value and yes, appreciate the input, passion and commitment made to organisations, clubs and societies everywhere.

If you are one of those people who give your time, energy and loyalty to a project or group that you value. Then we congratulate you and say thank you. Volunteering is also a very effective way to share your skills and abilities, particularly if you are an older retired person. Everyone who is lucky enough to have lived a full life and reached retirement age has many skills and abilities to contribute to their chosen community. Volunteering is a way to enrich your community whilst at the same time keeping your brain and body active.

Like many organisations, Age Concern Hauraki Coromandel would not exist without our many wonderful volunteers. We are lucky to have so many experienced volunteers working for the betterment of the older person. At this time we must say an extra special thank you to those of you who are:

- on our Board of Trustees
- visiting our elders to increase each other's social connection
- running our 5 falls prevention exercise classes
- keeping our Chin Wag Café in Ngatea and Thames running like clockwork
- performing light tasks for others such as changing light bulbs
- telephoning housebound people on a regular basis
- And so many other tasks that benefit the life of the older people in our district

Once again

Thank you to you all.

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AND THEN IT IS WINTER

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life, and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey... they move slower and I see an older person in myself now. Some are in better and some worse shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last... this I know, that when it's over on this

earth... it's over.

Yes, I have regrets. There are things I wish I hadn't done... things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember.. and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Remember: "It is Health that is real Wealth and not pieces of gold and silver."

- ~ Your kids are becoming you.....but your grandchildren are perfect!
- ~ Going out is good.. coming home is even better!
- ~ You forget names... but it's OK, because other people forgot they even knew you!!!
- ~ You realize you're never going to be really good at anything.... especially golf.
- ~ The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.
- ~ You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."
- ~ You miss the days when everything worked with just an "ON" and "OFF" switch..
- ~ You tend to use more 4 letter words ... "what?"..."when?"...???
- ~ Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
- ~ You notice everything they sell in stores is "sleeveless?!"
- ~ What used to be freckles are now liver spots.
- ~ Everybody whispers.
- ~ You have 3 sizes of clothes in your closet.... 2 of which you will never wear.
- ~ But "Old" is good in some things: Old Songs, Old movies ... and best of all, our dear ...OLD FRIENDS!!

Experience beachfront living at Whitianga Village



Brand new, two bedroom villas available now

Whitianga Village is the dreamy beachfront property offering up the very best retirement living views.

Each of our villas overlook the beach, giving you the chance to wake up every day to the calming ocean and stunning Coromandel sunrise.

As if the views weren't enough, each villa boast spacious and modern open-plan living, with carefully considered kitchens, patios for indoor outdoor flow and heat pumps for the perfect temperature, no matter the season.

Plus, when you want to pop out, the town centre is just a few minutes drive away, so it's a breeze to catch up with friends or family for coffee, browse the shops or top up supplies at the supermarket.

Fixed weekly fee for life - Guaranteed.

**Get in touch with Kylie
for more information on 0800 333 688**

24 Buffalo Beach Road, Whitianga

For residents 70 years and above



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.

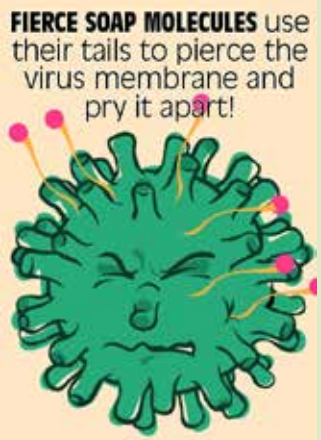
But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater 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.



Driver Refresher

There will be a further round of our popular Driver Refresher classes in 2020. They will be spread from August-November. There is a draft timetable of proposed dates printed below.

These classes are run jointly between Thames Coromandel District Council, Hauraki District Council, Matamata Piako District Council and Age Concern Hauraki Coromandel. If you are 60 years of age or over and would like to re-visit road rules, defensive driving tips, intersection and roundabout rules, medication and driving, rural and urban driving then these classes are for you. No vehicles are needed and there are no tests or assessments. But, there is good company, on excellent opportunity to brush up your skills and morning tea is provided. To date 685 people have successfully attended these classes across the Districts we cover.

So please keep your eye out for advertising confirming these classes in your area. They will be mentioned on the radio and posters will be around all towns in our district. Registration is vital and numbers are limited. You can register by calling TCDC on 07 868 0200 and if you have any questions or queries about these classes please feel free to contact the Instructor MaryAnn Kerr directly on 021 023 68414.

Proposed dates in 2020 for the next round of Driver Refresher classes in our region.

5 August	Paeroa
11 August	Te Aroha
19 August	Morrinsville
25 August	Matamata
2 September	Thames
16 October	Waihi
21 October	Ngatea
28 October	Whangamata
6 November	Whitianga
11 November	Tairua/Pauanui
18 November	Coromandel Town

PAST PARTICIPANT COMMENTS:

"A great way to freshen up your skills"
"Excellent workshop, I am happy to recommend it to others"
"A well organised and professional workshop"
"Very worthwhile course - I left feeling a lot more confident about my driving"
"A splendid idea for older folk who may be a bit lacking in confidence"

Warmer Kiwi Homes Grants Increase

Insulation and an efficient heater have become even more affordable following the Government announcement that grants will increase to 90% of the cost (heater grants capped at \$3,000, including GST). Generous contributions from community funders mean there is no cost to homeowners for insulation in some regions.

The grants are aimed at homeowners with a Community Services Card, as well as homeowners living in lower-income areas. A warm, dry home does reduce the risk of respiratory issues and decreases doctor's visits and hospitalisations.

Warmer Kiwi Homes grants are available to homeowners (not for rental properties) and cover both:

- 90% of the cost of ceiling and underfloor insulation. In some areas, generous funding from community organisations means the cost to the homeowner is even lower for insulation.
- 90% of the cost of a heat pump or efficient wood or pellet burner for the main living area. Grants for heaters are capped at \$3000 (including GST). Wood and pellet burners are not available in all areas.

You can find out whether you are eligible for a grant at www.warmerkiwihomes.govt.nz or free call 0800 749 782.

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ACC REGISTERED

Merryn Gott: seeking letters from lockdown to tell a story



Professor Merryn Gott from the School of Nursing and Te Ārai Research Group.

Professor Merryn Gott and a team of researchers are investigating how the lockdown affected older people, and would love them to write her letters.

One pernicious idea mainstream society seems to latch onto, even before the Covid-19 lockdown, is that over 70s are incapable of making their own good decisions and therefore need to be protected.

True, the over 70s were the group most vulnerable to Covid-19 and ended up being the hardest hit by the virus, but almost all of those who died had underlying health conditions.

So what else is going on?

Professor Merryn Gott, from the School of Nursing Auckland University, is leading a team from Te Ārai Research Group who recently won funding to look at the impact of Covid-19 and lockdown on those aged 70-plus.

The year-long study, Social Connectedness Among Older People During Covid-19, funded by the Auckland Medical Research Foundation, will consider whether the voices of those 70 plus are heard or even represented in decisions about their well-being. “The over 70s tended to be lumped together and collectively characterised as passive and vulnerable,” says Merryn.

“Te Ārai Research Group has a commitment to putting the voices of people most directly affected by experiences at the heart of public debate. What was really clear when we were reading through news reports and looking at the broadcast media, was that there was a lot said about older people, but very little actually reported that was said by them.”

The study will build on the team’s National Science Challenge funded study exploring social connection among culturally diverse older people. They will feed older people’s experiences and perspectives to government and other relevant organisations.

“We know that older people are making massive

contributions to their communities and that was almost completely invisible in the rhetoric,” says Merryn.

“We are really interested in what the experience was actually like for older people themselves, across diverse cultural groups. Our previous work has found there’s a lot of heterogeneity ... we tend to lump them together as ‘the elderly’ or ‘old’ when in reality there’s a lot of variation.”

As part of the study, older people from across New Zealand will be invited to write letters recounting their experiences over lockdown. They can submit these via the project website (haveoursay.org) or they can use traditional letter writing. There are also interviews being done by phone and video and these were begun earlier, while the situation was fresh in people’s minds. The plan is to partner with an archive to ensure their voices are kept for posterity as part of New Zealand’s social historical records. The letter-writing project will be open until the end of this year.

Professor Merryn Gott is hoping the letters she receives through HaveOurSay.org will form a social archive.

Age Concern NZ is a partner in the project and will help publicise the study among its members, and through aged care homes. Researchers are also working with kaumātua to reach Māori.

“We’re putting a lot of effort into trying to get those voices we seldom hear,” says Merryn.

There are three key phases to the study, with an overarching goal of getting older people’s perspectives and experiences into the public domain.

“In the first phase, we’re interviewing older people who worked with us on a previous project because they were experiencing loneliness so we really want to see how lockdown has affected them.

“We’re also doing a media analysis, looking at the way the media has reported on older people. We hope that what we find out will be useful for them – and the government – for framing messages in the future. One message we’re hoping to get across is that it’s key first to speak to older people if they then want to speak about them.”

Merryn says something kept leaping out to her when

reading about Covid-19 in the news. “The people who have the voices are the politicians and the service providers, but very few older people are actually foregrounded in stories.”

The final phase is a survey of service providers. “We’re talking to groups like Age Concern NZ and other NGOs to see what they’ve been doing during this time.

Merryn is also part of a separate project led by her Te Ārai and School of Nursing colleague Dr Jackie Robinson that focuses on the impact lockdown has had on rest-home residents.

“We want to find out what the impact has been on those residents, on their functional and mental well-being. Because they haven’t been able to leave the facility or have visitors who keep them socially stimulated and mentally active.”

Merryn says something interesting out of early discussions is how much older people do for their community.

“For example, we interviewed one of our kaumātua and her main concern on lockdown was how on earth was she going to be able to carry on with her mahi in this situation. But she’s incredibly resourceful, so she found ways to do her work remotely.

“That’s just completely contrary to the framing of ‘these poor older people; we must do everything we can to protect them’.”

To take part in the study post your responses to:

**Auckland University
Private Bag 92019
Auckland 1142.**

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.



Ngatea and Paeroa

How great to be speaking to you all again as we head into winter after a long Autumn of Lockdown Levels and Covid-19. It is so lovely to be in Level 1 now and to get out and about in the community.

As you may recall from our last newsletter, I was employed shortly prior to Level 4 being announced and was only able to work from home and speak with people I had never met before on the telephone. I was introduced online at staff team meetings using ZOOM and to a new way of working. An office space was made at home and mobile phone and computer became the only contacts with the outside world. The world became quieter and the birdsong was louder than I remember it. Roads were deserted and if you needed to travel there was no traffic to negotiate. I admit, I enjoyed it. A lot!!

Of late, I have been meeting with new seniors and volunteers in Ngatea and Paeroa and made a great connection with the Chinwag coffee group in Ngatea. The Ngatea group have been amazing with the way they stayed in touch with each other during Lockdown to ensure everyone was okay. A very caring and community minded bunch who, now we are in Level 1, meet weekly at the Plains Operating Parish, 1 Darlington Street, Ngatea on Tuesday mornings between 10am and 12 pm. New members welcome

Part of my role involves promoting Age Concern to our local communities and organising events and trainings from time to time. We are always on the lookout for volunteers to help us with the work we do for seniors. This is normally offering a minimum of one hour per week to develop a social connection with an elder in the community, however we can always find something for you to assist us with so don’t be shy in making your interest in volunteering known to us.

Jude O’Connor

Age Concern Fieldworker for Ngatea and Paeroa.

“Oh, the worst of all tragedies is not to die young, but to live until I am seventy-five and yet not ever truly to have lived.”

~ Martin Luther King Jr.

WORD SEARCH



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

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charollais
dorper
eastfriesian
Hampshire
merino
oxford

polwarth
Romney
perendale
southsuffolk
texel
Shropshire
leicester

Relationship Changes in a Village

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.

This is the third article on this topic. We've looked at divorce and the opposite, moving a new person in. This time we'll look at how operators treat dependent adults or children who want to move to live with a village resident.



Operators encounter many different scenarios where residents ask for consent to have a dependant or vulnerable adult, a child who has fallen on hard times, or grandchild live in the resident's unit either temporarily or permanently. Whether or not an operator will allow this will depend on the particular village and circumstances. The operator's consent is required because these people will be living in the village as guests.

Operators appreciate that these requests to support family need to be managed with fairness to everyone involved. Having said that, operators also must respect the needs of the wider resident community and consider whether the dependant person's needs can be suitably managed by both the resident and the village. Further, the operator will want to know that there's a plan for the dependent person's care if the resident becomes unable to care for them.

Where consent has been granted to a long-term guest, the operator is likely to reserve the right to revoke it if the person's presence in the village becomes undesirable, they become a nuisance to others, or the resident, in the operator's opinion, becomes unable to care for that person.

Having children live in a retirement village can be divisive, so many operators will be unwilling to agree to children living permanently or semi-permanently in a village.

Increasingly, adult children who have fallen on hard times, maybe through divorce, mental health issues or having just been released from prison want to move into mum or dad's unit at a village. These situations can be particularly fraught and there have

been instances where a child has pressured a resident to allow him or her to move into the unit. Some operators may require a police check and certain types of conviction could impact on the guest's right to stay at the village. Operators have talked about the need to trespass children where it is evident that elder abuse is occurring or other residents are being put at risk.

Where a fully competent person is allowed to move into a resident's unit as a semi-permanent or permanent guest, the operator will usually want the guest to sign an acknowledgement that they will comply with all village rules, respect other residents' rights and that his or

her right to live in the unit may be revoked by the operator.

In the end, it's in everyone's interest that resident relationship changes and the need for residents to support loved ones are managed with care and empathy. While the village operator needs to ensure the village is managed so as to protect the interests of the whole resident body, individual residents' needs are also important. Our experience can be summed up in two key points:

- If a resident's financial interest in an ORA is going to be affected, then a resident must get proper legal advice from a solicitor; *and*
- Talk to their village manager promptly so they can jointly work through the options open to the resident.

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.



Specialised Smoke Alarms for People with Hearing Impairment

With winter upon us and heaters and fires blazing, it's an appropriate time to share some information about specialised smoke alarms for people with a hearing impairment.



Specialised smoke alarms look like conventional alarms however they transmit, via radio waves, to a receiver by the person's bed. The receiver can vary in function however it always consists of a bright strobe light with an attached shaker which is placed under the pillow giving people early notification of smoke/fire in their home.

If you, or someone you know has a hearing loss it could be worthwhile checking if they can hear their conventional smoke alarm especially during the night.

If not please contact Fire and Emergency New Zealand for an assessment and installation of these smoke alarms. **Ph 0800 008 011**

There is some funding available where specific criteria are met.

DID YOU KNOW?

TheMindsJournal

Listening to
5 to 10 songs a day
can improve
memory, strengthen
immune system and
reduce depression
risk by 80%.

Kitchen CORNER



WINTER DESSERT SLOW BAKED PEARS



Ingredients:

Pears, cut in half and with the core removed.

Method:

1. Preheat oven to 150° C.
2. Place pears, cut side down, in a suitably sized baking dish
3. Cook for around 1 ½ hours or until the pears are cooked and caramelized (slightly brown in colour) on the outside
4. Serve hot with ice cream, cream or custard.

These cooled pears can be stored in a container in the fridge. They last at least a week (if you let them). You can slice up cold and add to a salad or warm up in the microwave.

"If you want to lift yourself up,
lift up someone else."

— BOOKER T. WASHINGTON



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Roles for older people

The term generativity was coined by the psychoanalyst Erik Erikson in 1950 to denote “a concern for establishing and guiding the next generation.” He first used the term while defining his theory of the stages of psycho-social development. Later additions to this theory included a concern for one’s legacy or even an “inner desire for immortality”. It all boils down to concern for the future, a need to nurture and guide younger people and contribute to the next generation. How can you help and support younger people in your community? How can you share your accumulated skills? Have you ever thought about it? Acted on it?

Business mentor?

Business Mentors New Zealand is an independent not-for-profit organisation founded in 1991 by business people, for business people. They introduce small business owners (19 FTE’s or less), startup entrepreneurs and social enterprise decision makers to skilled Business Mentors who will assist them in advancing their business capability, capacity, and sustainability by sharing their knowledge and experience.

- Website: www.businessmentors.org.nz
- Phone: 0800 209 209
- Email: admin@bmnz.org.nz

MERCURY BAY
Health Support
Group Trust

The Mercury Bay Health Support Trust began in 2001 for people in the Whitianga Community with diabetes. In 2008 the group was incorporated under the Charities Commission Act and is now funded and managed by a Board of Trustees.

Today the group caters for those in the community with or without a medical condition. Offers support and promotes the well being of its members.

There is no distinction between age, race, religion, politics or gender. Families, caregivers and friends are most welcome.

The group meets on the first Thursday of every month at the Community Services Centre, in Whitianga at 1.30pm.

Each month the Members enjoy a guest speaker from the medical profession or a topic of interest.

Afternoon tea is provided
Transport can be arranged
NEW MEMBERS WELCOME
Contact Karen Miles 021 597 4927
Email.karenallan@extra.co.nz

“You don’t stop laughing when you grow old, you grow old when you stop laughing.”
~George Bernard Shaw



Ah, how things have changed in these modern times! I just saw a grandpa help his teenage grandson who was staring at his phone safely cross the street.

Joe asks Pete: “Wow , so many scars. You must have had an adventurous life!” Peter relies; “No, I have a cat.”

I am a really good multitasker, I can simultaneously ignore up to twenty major problems!

What is the worst combination of two diseases? Diarrhoea and Dementia. You’re running, but you don’t remember where to.

What do you call the soft tissue between a shark’s teeth? A slow swimmer.

One of the shortest wills ever written: “Being of sound mind. I spent all of my money”.

Q: What did the duck say when he bought lipstick?
A: "Put it on my bill."

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

Q: Why did the witches' team lose the baseball game?
A: Their bats flew away.



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Steady As You Go[®]

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Age Concern Hauraki Coromandel currently has five different Steady As You Go[®] classes in the Thames/Hauraki area:

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

**Wednesday's at Waihi in the St John's rooms,
23 Johnston Street - 10.00am - 11.00am**

**Wednesday's at Paeroa in the St John's Hall,
Belmont Road - 1.30pm - 2.30pm**

**Tuesday's at Coromandel at St Andrews Church,
1426 Rings Road - 10am - 11am**

**Thursday's at Thames, 608 Queen Street,
Thames - 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.

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



"I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it."

~Frances Lear



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