

SPRING 2020 QUARTERLY MAGAZINE
www.ageconcerntauranga.org.nz



Age Concern Tauranga

Serving the needs of older people

KEEPING YOU CONNECTED



Post COVID-19 catchup with some of our Volunteers

For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

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Contact Information

Phone: (07) 578 2631
Email: ageconcerntga@xtra.co.nz
Address: 177a Fraser Street, Tauranga 3112

OFFICE HOURS
8.30am - 2.30pm Monday to Friday

Board Members

- Chairperson: Anna Bones
Board Members: Angela Scott
Eddie Jackson
Adrienne von Tunzelmann
Evan Turbott
Ciska Vogelzang
Peter Moss
Ken Collings



Staff

- General Manager: Tanya Smith
Administrator: Fiona Gregg
AVS Team Co-ordinator: Pat Duckmanton
AgeConnect Social Connector: Jenni Hurn
SAYGO Co-ordinator: Angelika Gillen
Staying Safe Driver Refresher Facilitator: Ian Lee
Total Mobility Assessor: Judi Steel
Walking Group Co-ordinator: Renee Hill
Social Activities Co-ordinators: Marie Hickling (Greerton)
Lesley Tong (Brookfield)
Sheryl Gibney (Te Puke)

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@xtra.co.nz or visit our website www.ageconcerntauranga.org.nz

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



Age Concern Refresher Driver Workshops for Seniors are back

Concerns about COVID19 may have receded, but efforts to keep our roads safe continue. Age Concern Tauranga are pleased to announce that their Staying Safe Driver Refresher Workshops for senior drivers are resuming. Facilitator Ian Lee says: "Senior drivers have the advantage of experience, but getting older can affect our driving in various ways - this a good time to refresh our knowledge of the road rules and stay on top of our game." The free theory based workshops are available to anyone aged 70 or over. They last for four hours

including a break for lunch and are conveniently located at venues around the Bay of Plenty area. See details above. In an informal setting the Workshops are an opportunity to discuss driving skills with others in the same position. There is no test. Booking is essential. Contact Age Concern Tauranga on 578 2631 for more details and to book a place.



Free Staying Safe Driver Refresher Workshop

Workshops are theory based. Refresh your knowledge and understanding on:

- ✓ Road rules
- ✓ Intersection rules and roundabouts
- ✓ Looking out for hazards
- ✓ Car care and maintenance hints
- ✓ Prescription drugs and driving
- ✓ Rural and urban driving

Wednesday 12th August 9.15am — 1.30pm St Stephens Church Hall 9 Brookfield Terr, Tauranga	Tuesday 1st September 9.15am — 1.30pm Arataki Community Centre Zambuk Way, Mt Maunganui
Wednesday 2nd September 9.15am — 1.30pm Mt Maunganui RSA 544 Maunganui Road	Friday 11th September 9.15am — 1.30pm Tauranga Senior Citizens 14 Norris St, Tauranga

Tea and coffee provided. Bring your lunch.

Phone Age Concern on 578 2631 to book your space.

HELP US TO CONTINUE TO HELP OTHERS

Did you know we are building an enduring **Age Concern Tauranga Fund** through the Acorn Foundation?

This endowment fund will allow us to hve an even greater impact in our community, now and in the future. Through your generosity, you can contribute to the growth of our fund by leaving a gift in your will, or donating during your lifetime. Donate online now: acornfoundation.org.nz/funding/community_group_funds.

Contact us on 07 578 2631 or call the Acorn Foundation on 07 579 9839 for more information.

Serving the needs of older people

What is a Bee Card?

Bee Card is your new prepay card that will make travel by bus easier and smarter, paving the way for better city planning and transport options in the future.

ALL existing bus cards will need to be replaced with a Bee Card

When using your Bee Card; instead of showing your SuperGold card to a bus driver you'll use your Bee Card, just like all other passengers, to tag on and tag off the bus using the card readers by the door.

When you tag on your Bee Card the readers will recognise you're a SuperGold customer and you'll travel free between 9am and 3pm and after 6.30pm on weekdays and all day weekends and public holidays. This timeframe may vary across regions, contact your local customer service point for more information.

Don't forget to tag off as you may be charged a default fare (even if you are travelling within the free period).

You'll need to carry your SuperGold Card with you when using the bus, as proof of your eligibility for SuperGold concessions. From time to time this may be checked by the bus driver, or a regional transport representative.

You will need to have your SuperGold travel concession loaded on to a registered Bee Card in order to continue your free bus travel. The easiest way to do this is via the Bee Card website www.beecard.co.nz

When you request a card, you will be asked for your SuperGold Card number and date of birth. This information will be checked automatically online with the Ministry of Social Development, and when validated the concession applied.

For those SuperGold holders without access to the internet, you can call into the Bay of Plenty

Regional Councils office at 1 Elizabeth Street, Tauranga during office hours Monday to Friday 8.30am to 5.00pm to help you out. Make sure to take your SuperGold card with you and your old bus card so any unused credit can be transferred to your new Bee Card.



NOTICE OF ANNUAL GENERAL MEETING

Age Concern Tauranga Incorporated

Will be held on

Thursday 13 August 2020

10.00am to 12.00pm

Held in the Gallipoli Room

Mount Maunganui RSA,

544 Maunganui Road, Mt Maunganui.

Guest Speaker: Mayor Tenby Powell

All Welcome

If you would like to have lunch after the AGM, phone Munro's Restaurant on 07 575 4477 to reserve your seat.

Trusts Act 2019 Legal Health Check

Trusts Act 2019

If you have a trust or are a trustee, it is important that you are aware of the changes to trust law that the Trusts Act 2019 will bring. The Act is one of the most significant reforms to trust law in New Zealand in decades and comes into force on 30 January 2021.

What are the Key Changes?

The Act sets out mandatory duties that all trustees must abide by. There are also several default duties, which automatically apply to trustees unless the trust terms exclude or modify them. Trustees will also have new duties in relation to record keeping and holding copies of core trust documents.

What does it mean for beneficiaries?

The Act introduces new obligations for trustees to give beneficiaries basic trust information, such as the fact that a person is a beneficiary of a trust, as well as notifying beneficiaries of any change to the trustees. Beneficiaries will also have the right to request a copy

of the trust deed.

What does this mean if you have a Trust?

If you have a trust, it is important that you start taking steps now to conduct your review sooner rather than later.

How we can help?

At Lyon O'Neale Arnold, we are in the process of comprehensively reviewing our clients' trust deeds to ensure compliance, as well as guiding our trustee clients in understanding their duties.

If you are a trustee of a trust, are involved in a trust, or are thinking of setting up a family trust, talk to Lyon O'Neale Arnold to learn how the new Trusts Act might affect you.

Contact: Lyon O'Neale Arnold Lawyers

Doug Lyon or Kathryn Esterman

07 928 4422

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On the 1st October 2019 Diabetes Help Tauranga became a branch of Diabetes New Zealand. It has been a smooth transition and we are excited to be operating under Diabetes New Zealand. What does this mean for our members and people living with diabetes in Tauranga? Apart from the name and the signs out the front of the office not much else has changed. Diabetes NZ Tauranga Branch is offering Information, Education, Support, and Advocacy for anyone living with diabetes and their families.

The office is located at 174 Eleventh Ave, with a Drop-In-Clinic every Monday morning (excluding public holidays) 10am -12noon. Appointments are available Monday to Thursday 9.30am-2.30pm. Lena the Branch Manager is often out in the community or running a support group so making an appointment will ensure she is in the office when you come by.

Information line: if you have any questions or concerns about your diabetes contact the office on 07 571 3422, 0278 830 158 or Tauranga@diabetes.org.nz.

Diabetes NZ Tauranga Branch run a range of support groups for people living with diabetes and their families.

Type 1 Parents/Caregivers Coffee Group

Last Thursday of every month (term time only)
Next meeting Thursday 30th July, 9.30am.
Graced Opp Shop and Espresso Bar 174 11th Ave, Tauranga.

Type 1 Diabetes Adult Coffee Catch Up

Last Friday of every month.
Next meeting Friday 14th August, 10am.
The Atrium Café. 252 Otumoetai Rd, Tauranga.

Te Puke Diabetes Support Group

Held quarterly.
Next meeting Wednesday 5th August and Wednesday 4th November, 10am. St Andrews Church Hall. Corner of Steward & Oxford St, Te Puke.

Tauranga & Mount Maunganui Diabetes Support Group

Held quarterly.
Tuesday 15th September, 10am. Guest Speaker: Representative from St John, demonstrating medical alarms.

Tuesday 15th December, 10am. Guest Speaker: Representative from Age Concern. Arataki Community Centre, Zambuk Way, Mt Maunganui.

Diabetes NZ Tauranga Branch runs a range of events and educational evenings for people living with diabetes These events range from Youth and Family events for children, teens and families living with Type 1 diabetes. Educational and Health Promotion Events cover topics such as the latest blood glucose monitoring devices, Diabetes Foot Care, Nutrition, and a range of other diabetes related topics.

The best way to stay up to date with what support groups and events Diabetes NZ Tauranga Branch has coming up is to become a member. Diabetes NZ offer two types of membership, a subscription to the **Diabetes Wellness**, at a cost of \$28 a year for four magazine a year delivered to your mailbox. Or our free membership which includes an electronic **Connect** newsletter from Diabetes NZ and our local **Diabetes Talk** newsletter by email or post and support from the local Diabetes NZ Tauranga Branch. If you don't have access to a computer, you can still get our local **Diabetes Talk** newsletter delivered to your letterbox. To subscribe to **Diabetes Wellness** magazine or become a member go to the Diabetes New Zealand website www.diabetes.org.nz or contact our Diabetes NZ Tauranga Branch office for a membership form.

You can contact Diabetes NZ Tauranga Branch 174 11th Avenue, Tauranga. Phone 571 3422, 0278 830 15 or Tauranga@diabetes.org.nz



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



WINTER WOOLLENS DONATED

Crafty Volunteers kindly donated a vast range of knitted woollens. With the cold snap upon us these generous gifts were gratefully received by members of our older community.

If you have spare wool of any size, colour and quantity we would happily accept them on behalf of Crafty Volunteers. Please drop any wool you have to the Age Concern Tauranga Office.



Friendly, convenient and local!

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.

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.

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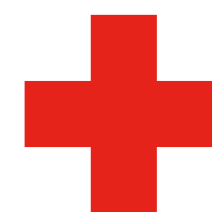


Call Gavin now!

For a quote or more information

07 575 6324
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Are you on a temporary visa and in need of support?

New Zealand Red Cross is working with the New Zealand Government to help you if you're experiencing serious hardship due to COVID-19.

To be eligible for this assistance, you must:

- ✓ be on a temporary visa
- ✓ be in New Zealand
- ✓ be unable to meet your basic needs including food, rent, clothing or medical care
- ✓ have exhausted all other options including accessing a flight to return to your home country.

FIND OUT MORE AT
foreignnationals.services.govt.nz **0800 RED CROSS**



Working with the
New Zealand Government

Waipuna Hospice Needs Your Help

Waipuna Hospice Papamoa Charity Shop is in desperate need of volunteers in the wake of the Covid-19 pandemic. Volunteers are essential to the work of Waipuna Hospice, but now more than ever we need your support. The Coronavirus outbreak has had a crippling effect on many industries and organisations across the country, including Waipuna Hospice. This financial year Waipuna Hospice needs to raise \$4.25 million to continue to offer specialised palliative medical care and support services to families in our community. That's just under \$82,000 per week. Our retail operation contributes almost half of that, which isn't sustainable without an urgent increase in volunteer numbers.

Waipuna Hospice Charity Shop in Papamoa is the largest earning charity shop for Waipuna Hospice, providing almost one-third of their retail income. Volunteer numbers there have dropped significantly, and they are at least 30 volunteers short of a full operating team. For Papamoa Shop Manager, Paula Taplin, this is a serious concern.

"We currently have about 83 volunteers across our seven-day roster. Pre-covid we had over 100 volunteers and we were already short. As a result, we are constantly looking at the roster and having to shoulder tap existing volunteers to see if they can do extra shifts. The majority of people are kind enough to do that, but it only adds pressure which isn't what we want. We don't want volunteering to become a chore for people, we want people to come and enjoy what they're doing."

Waipuna Hospice Retail Manager, James Turner highlights the need.

"Papamoa has lost a large proportion of its volunteers during this pandemic. The shop is only just going back to seven-day trading but this is not sustainable with the current volunteer levels. Some of our volunteers were only able to help while we reopened, which we greatly appreciated. However, we now need long term replacements as this lack of volunteer numbers has seriously reduced the shop's ability to provide financial support for Waipuna Hospice."

Covid-19 highlighted the volunteer sector's vulnerability through a large number of older volunteers who had to stay home. Many volunteers are still wary about returning to continue their good work for health reasons, while others have had to move to different locations due to family or work commitments. To make up numbers, Waipuna Hospice is asking anyone healthy, able, and willing to please volunteer their time.

Volunteers are valued for an array of capabilities, like sorting through appliances, discovering treasure hidden in bric-à-brac, physical strength for lifting furniture and fridges, customer skills, and a plain old willingness to get stuck in and help sort donations into valuable components that can be sold in our shops.

"We usually find that most people have got something they can contribute to our shop," explains Paula. "It may be a hidden talent or a skill that they learnt in a past job that is adaptable. There are a million things that can be done here in the shop, so there is something for everyone. We coach new volunteers in areas that they're interested in, while keeping some variety in what they're doing so it stays interesting."

Waipuna Hospice charity shops provide strong community connections for individuals, allowing them to interact and have fun with shoppers and other volunteers.

Allan and Laila Morpeth have been volunteering at Waipuna Hospice since 2014, and are still loving the experience. Laila is often the smiling face you will see behind the counter, or helping organise the clothing department. While Allan is Papamoa's go-to handy-man who has a knack for sales. Whether it's fixing furniture, replacing watch batteries, repairing crockery, or doing the heavy lifting, Allan is happy helping.

"Our favourite thing about volunteering is getting out of the house. We're a bit inclined to do things on our own because we have no children so it's nice to come and work somewhere where we are meeting people and being helpful," says Laila.

Allan also loves the social element of volunteering. "We've developed a bit of camaraderie with the different people that come through the shop which is nice. Working here allows us to meet and talk to people we wouldn't normally interact with, whether it's a customer or fellow volunteers."

Both James and Paula are very thankful to the wonderful Papamoa community for their continued support and understanding since they reopened.

"We have a great shop with wonderful customers and volunteers. We just need more people to join us."

Become a Waipuna Hospice Hero and volunteer your time. Visit <https://www.waipunahospice.org.nz/volunteer/> to complete the online volunteer application form. Alternatively, email volunteers@waipunahospice.org.nz or phone the volunteer department on 07 552 6897.



Sour Cream Lemon Syrup Cakes



- | | | | |
|-------|--|-------|---------------|
| 125 g | Butter | 150 g | Caster sugar |
| 200 g | Plain flour | 1 tsp | Baking powder |
| 3 | Eggs | | |
| 125 g | Sour cream, or natural yoghurt | | |
| 1 | Lemon, large, finely zested, plus 1 Tbsp juice | | |

Lemon syrup
100 ml Lemon juice
½ cup Caster sugar
100 ml Water

- Directions**
1. Heat the oven to 160C. Grease and flour 8 ramekins or one 20cm cake tin (lined with baking paper).
 2. Using your hands, rub together the butter, sugar, flour and baking powder until pale crumbs form. Make a well in the middle and mix in one egg at a time until incorporated.
 3. Stir through the sour cream or yoghurt. Then the lemon and lemon zest.
 4. Pour into the ramekins or cake tin and bake for 30-40 minutes until a skewer comes out clean.
 5. For the lemon syrup, put the lemon juice, sugar and water in a small pot and simmer until thickened (coats the back of a spoon). As soon as the cakes come out of the oven, spoon over the syrup. Serve with freshly whipped cream.

"You don't stop laughing when you grow old, you grow old when you stop laughing."
~George Bernard Shaw



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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.

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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.



All conventional smoke alarms in NZ emit a high-pitched sound which can be difficult for people with age or noise related hearing loss to hear, especially when their hearing aids are removed at night for sleeping. 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 Life Unlimited Hearing Therapy for a free assessment. Our hearing therapists are qualified assessors for this specialised equipment. There is some funding available where specific criteria are met. Fire and Emergency New Zealand (FENZ) are also involved in the assessment and installation of these smoke alarms.

Ph 0800 008 011 or email hearing@lifeunlimited.net.nz for further information.

Sourced from Age Concern Whanganui Winter 2020

Hearing Aid Fund A Lifeline For Those Unable To Afford Them



New Zealanders who cannot afford hearing aids are being offered a lifeline by the National Foundation for Deaf and Hard of Hearing.

The charity that advocates for people with hearing loss has launched a Hearing Aid Fund, and is offering 20 grants towards hearing aids. Each recipient will have \$500 paid directly to their audiology provider to help cover the costs of devices and fitting.

"Our Hearing Aid fund could mean the difference between not getting hearing aids and finally affording hearing aids and living a fuller life," Natasha Gallardo, Chief Executive of the National Foundation for Deaf and Hard of Hearing says.

"Hearing aids can cost between \$6,000 and \$10,000. We want to close the gap of the cost of the hearing aids for low income individuals with the grants. The balance can then be paid off in monthly instalments with the help of audiology clinics such as Triton Hearing, as part of their Pay As You Hear. This makes hearing aids more financially achievable.

"We know that people can become very isolated if they cannot hear what is going on around them or contribute to conversations. There have been harrowing examples of people being targeted in attacks because their hearing loss makes them vulnerable," Gallardo reveals.

The 2018 Trak Report – a global study that surveyed 16,080 New Zealanders, including 1,316 hearing impaired – shows that 67% of people with hearing loss who do not have hearing aids, said it was due to affordability, and 29% of hearing aid wearers thought hearing loss could be linked to depression. Almost half – 48% – of hearing aid wearers said it gave them a greater sense of safety.

"Struggles with mental health are real. If you need hearing aids and cannot afford them, you may withdraw and become increasingly isolated," Gallardo says.

"Hearing aids are devices that whilst they cannot restore your hearing, they can improve your quality of life. Everyone deserves to be able to feel included and valued, and to have hearing aids if they need them, irrespective of their financial means." Applications for the grants, totalling \$10,000, close on August 31, 2020. As part of the criteria to be eligible, applicants must have an individual income of \$45,000 or less (or a combined household income of no more than \$70,000) or have a valid Community Services Card. Eight of the 20 grants will be awarded to people 65 years and over, as stipulated in a bequest to the Foundation.

For details of the criteria and to apply, go to www.nfd.org.nz or collect an application at Age Concern Tauranga's office.

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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".

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**



In 1898, Miller Reese Hutchison created the first electric hearing aid. His design used an electric current to amplify weak signals. The first commercially manufactured hearing aids came to market in 1913. These devices were cumbersome and not very portable.



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What's On...

Wednesday Walking Group

Wednesday 12 August - 10am

Meet at Nautilus Restaurant Carepark, Sulphur Point. Lunch at Nautilus.

Wednesday 19 August - 10am

Meet at Memorial Park, 7th Avenue, Tauranga

Wednesday 26 August - 10am

Meet at Farm Street carpark, Bayfair. Te Puke walk, catch the bus.

Wednesday 2 September - 10am

Meet at The Rocks carpark off Takitimu Drive, Waihi Road.

Wednesday 9 September - 10am

Meet at end of Stirling Gate, Beaumaris roundabout.

Minibus Adventures

Thursday 13 August - Transport to AGM, Mt Maunganui RSA **Cost: \$5pp**

Thursday 20 August - Transport to Coffee & Conversation - Greerton. **Cost: \$5pp**

Saturday 22 August - Blokes Day Out. Visit Firth Museum, Matamata and lunch. Includes entry fee. Lunch at own cost. **Cost: \$30pp**

Wednesday 2 September - Transport to Coffee & Conversation - Brookfield. **Cost: \$5pp**

Sunday 6 September - Visit Glen Afton Rail line, Huntly and lunch. Includes entry fee. Lunch at own cost. **Cost: \$40p**

Tuesday 8 September - Visit Te Puna Quarry, lunch at Palmers Garden Centre, Bethlehem. Lunch at own cost. **Cost: \$10pp**

Please Note: Minibus trips are subject to the availability of a volunteer driver.

- **ALL LUNCHEAS AND MORNING TEAS AT OWN COST.**
- *Keep hydrated - take a bottle of water.*
- *Make it easier for the driver; please wait outside by your letterbox. All pick up times are approximate.*



Coffee and Conversation Group

Do you miss having someone to chat with over a relaxing cuppa? Then come and join our Coffee and Conversation Group to meet others who are friendly and like-minded. For catering purposes, please register your interest by phoning 578 2631.

Brookfield Group

When: Wednesday 5th August & 2nd September
Time: 10.30am to 12 noon
Where: St Stephens Methodist Church Hall, 9 Brookfield Terrace, Brookfield
Cost: \$3pp

Te Puke Group

When: Tuesday 11th August & 8th September
Time: 10.30am to 11.30am
Where: Te Puke Country Lodge, 1 No 1 Road, Te Puke
Cost: \$3.50pp

Greerton Group

When: Thursday 20th August & 17th September
Time: 10.30am to 12 noon
Where: Greerton Senior Citizens Hall, 33 Maitland Street, Greerton
Cost: \$3pp

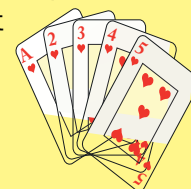
Everyone Welcome



500 Card Group

Have you always wanted to play but don't know how? We will teach you. A friendly fun group gets together at 9.30am every Monday (except Public Holidays) held at 177a Fraser Street to play 500.

Light refreshments provided
\$2 donation -
All are welcome



Smiles and Laughter

The Te Puke coffee group met last month in the library of the Te Puke Country Lodge Retirement Village. This was the first time since the lockdown and if the smiles and laughter is any measure, it appeared that everyone was pleased to see each other again and to share their lockdown stories.

Margaret told us about the wonderful support given to elder housing residents by the Daily Café and the Nga Kakano Foundation. The Daily Café provided home cooked meals once a week and the Nga Kakano Foundation provided care parcels.

Alma told us how one day during the lockdown, she was invited by one of her neighbours to join her and another neighbour for lunch. Three tables and chairs had been set up outside (within the social distancing parameters of course) for each person and they enjoyed a delicious roast chicken meal followed by a mouth-watering dessert.

The group was also treated to a talk and demonstration of Circle Dancing to the dulcet tones of Nana Mouskouri. We learnt that circle dancing has a very long history in European community life and can be gentle or energetic. The group members who volunteered to be dancers for the demonstration all said they enjoyed the simple dance and felt energised afterwards.

Craving hugs? There is a genetic reason

People doing social distancing might suddenly feel a sort of skin hunger, a craving for human touch, the sort of thing that comes from a simple hug. According to research, the craving for touch involves both heredity and a psychological need for physical human interaction. Part of the need for touch may come from infancy. An infant needs touch to survive and this need for touch never goes away. Skin hunger might reveal as a need for a hug, a need for a back scratch or rub, or a kiss on the cheek. Technology has done many things, but offering touch is one thing it can't do – or at least hasn't done yet. Skin hunger is a signal that we need people and touch in our lives. The need for affection is different between men and women. About 45 percent of a woman's need for affection is driven by hereditary factors and 55 percent from environment, such as personal experiences. Men seem to be solely dependent on their environment.

So what to do? Use your memory. Think of a time in your life when you felt happy and connected to others. Try to imagine the scene, the colors, and the smells. Think of the people there and how you interacted. Use photos to help. Try an old movie for enjoyment and memories:

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 June / July / August



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

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Know your Bones™ It could save your life

Our skeleton isn't something we tend to think about and most of us take it for granted. However, if you want to live an active, independent life well into old age, a healthy skeleton matters.

Most people hear the word 'fracture (broken bone)' and think 'nuisance'. Some initial pain, an awkward few weeks in plaster, and having to shower with a plastic bag. Not many people consider that it could be an indicator of something more serious.

However, fragility fractures caused by poor bone health can be life-threatening a major cause of pain and long-term disability.

As we age bones (particularly after menopause for women) the protective effect of our hormones reduces. The bone being removed is not fully replaced with new bone, and our skeleton can become weak, fragile and in danger of breaking easily.

Among the population aged over 50 years, one in three women and one in five men will suffer a fragility fracture. After having a fragility fracture, the chance of having another fracture doubles.

Anyone who has broken a bone after 50 years of age as a result of a fall

or modest impact should talk to their doctor or be referred to the BOPDHB Fracture Liaison Service to see if poor bone health might have caused that fracture.

Good bone health begins with knowing your bones. Visit

www.bones.org.nz, take the Know your Bones™ test. If you have risk factors, we encourage you to print this report and discuss it with your doctor.

It is never too early (or too late!) to think about better bone health.

AGE CONCERN TAURANGA SEMINAR 2020



Make No Bones About It – Bone Health Matters

- Know your bones, it could save your life
- It is never too late to think about bone health
- Know the risk factors and be proactive in managing bone health
- Your skeleton is alive and replacing itself every 8-10 years

Presenter: Christine Gill, Executive Director, Bone Health New Zealand

TUESDAY 8th SEPTEMBER 2020

St Stephens Methodist Church Hall
9 Brookfield Terrace, Brookfield, Tauranga

Time: 1.30pm to 3.00pm

Entry Fee: \$4 per person

To avoid disappointment, registration is essential
PHONE AGE CONCERN 07 578 2631

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