

SPRING 2020 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

**Age
Concern**
Hauraki Coromandel
He Manaakitanga
Kaumātua

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

Managers Memo

Welcome to our September 2020 issue. You will see when you read the contents of this newsletter, it has been a busy time in the office since our last issue. We have held our 3 yearly Strategic Planning Hui and revised our Strategic Plan accordingly. The Board were very lucky to have The National President Peter Oettli as facilitator for the day.

As we move up and down the levels of Covid please remember to be kind and look after each other. We are continuing with our Steady As You Go (SAYGO) falls prevention classes during Levels 1 and 2. As evidenced by the fantastic photo in this issue of members from our awesome Ngatea SAYGO with their masks on.

Our Chin Wag Café group in Thames is also continuing during Levels 1 and 2 because we have a large space that makes it possible to socially distance. At this time the Ngatea Chin Wag Café is not operating from the church hall until we resume Level 1.

Jude O'Connor our Ngatea Fieldworker and AVS worker has settled well into the office and the communities we serve. You may also notice amongst the photos in this issue that Jude also has gained the approval of the office cats, Izy and Roxy. This is no mean feat as any cat enthusiast will attest. But any chance they get both Izy and Roxy head straight for Jude's desk and laptop!

Kind Regards, *Kathryn Jury*

Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Hauraki Coromandel. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

Our situation with Covid means we are in uncertain times again. At the time of printing Auckland now is in alert level 2.5 and the rest of the country is at alert level 2. That will mean changes for you, your families, and communities.

Age Concern have actively supported older New Zealanders throughout the pandemic response, and we will continue to do so. Some of our services will also be changing. However, we remain committed to promoting well being, rights, respect, and dignity for older adults. We want everyone's contribution to society valued and respected regardless of age.

You can call us on **0800 65 2 105**.

And remember:

- Stay at home if you're sick
- Keep track of where you have been
- Wash your hands
- Have enough masks for everyone in your household
- Cough or sneeze into your elbow
- Clean surfaces

Any change of levels affects many people and it is unsettling. But remember we know what to do, we have done this before, and we will do it again!

Kia Kaha, take care and stay safe.

Notice of Annual General Meeting 2020

The Annual General Meeting (AGM) of Age Concern Hauraki Coromandel will be held on the 17th of September 2020. Members will receive a direct personal invitation. The AGM will be held in our Thames office at 608 Queen Street, Thames. It will begin at 10.30am and close by 11.30. The AGM will be followed by a cuppa and then the newly elected Board members will have a brief meeting to decide office holders and meeting dates for the year.

A word from Robyn

I woke, as did a great many number of people around our area, to a small shake the other morning. It's been a while since the last time a shake caught me napping! There was a period of increased earthquake activity in and around Wellington in my youth and one memorable one was during our school certificate geography exam which was a convenient reminder of one of our topics. I had already been spending a bit of time thinking about natural disasters, global pandemics and the like. I have long held an interest in civil defence preparedness, and so have been delighted to hear from more than a couple of people in the last month or so that they are getting ready, for both emergencies and in case of another lock down. This has meant a metaphorical building of barns during the sunshine; an extra tin each week with the regular shopping, conscious supply building, and getting to know the neighbours. I'm also delighted that we've had renewed interest in both people recognising that they need or could give extra

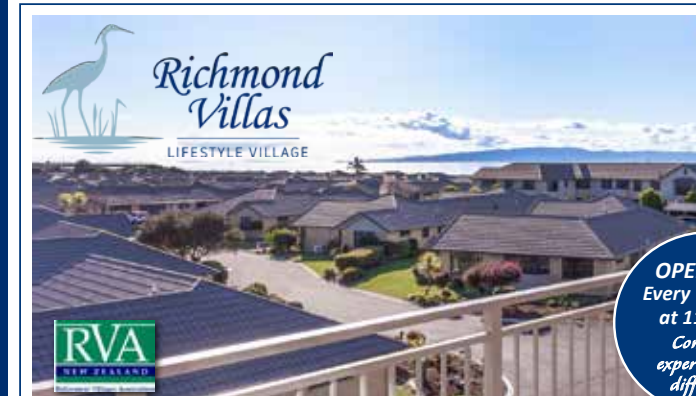
companionship. Welcome aboard.

Coincidentally Thursday the 15th of October is the New Zealand ShakeOut 2020. At 9:30am there will be a national earthquake drill so at that time remember the golden rules: During an earthquake drop, cover and hold. Protect your head. Also, in low lying areas, if the earthquake is long or strong, be gone (go to higher ground). It's also an opportunity to review what you'd do in an emergency, and to learn more about emergency preparedness. Do you have an emergency plan? Have you supplies if you needed to look after yourself for a few days? The word find has 14 things that every household should have in stock for an emergency. Be sensible, be prepared and be confident you'll be alright!

Robyn Sinclair

Accredited Visitor Services Co-ordinator

I didn't get old on purpose, it just happened. If you are lucky it could happen to you.
Andy Ronney.



Living the lifestyle, loving the choice...
A Lifestyle Village in Thames on the Coromandel

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

OPEN DAY!
Every Thursday
at 11:00am
Come and
experience the
difference!

**COME AND ENJOY
MORNING TEA AND A TOUR
OF OUR NEW APARTMENTS
EVERY THURSDAY AT 11:00AM**

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

Each unit's elegantly finished kitchen, lounge, bedroom and bathroom offer stylish warmth and light.

All residents enjoy scenic views from each level's shared lounges, use of the Village Community Lodge and participation in all activities and amenities at your leisure.



82 Richmond Street, Thames 0800 868 5484 www.richmondvillas.co.nz

Government Referendum.

The topic of assisted dying or voluntary euthanasia has long been debated in New Zealand, and is fraught with emotion on both sides.

Those opposed say euthanasia weakens society’s respect for the value and importance of human life and can lead to worse care for the terminally ill. Arguments in support of assisted dying say it is a person's right to choose when and how they die, and euthanasia affords them the right to die with dignity.

On October 17, New Zealanders will get to vote on a piece of legislation which would allow eligible terminally ill adults the option to request medication that would end their life, through assisted dying.

Assisted dying, or euthanasia, is defined in the End of Life Choice Act as a doctor or nurse practitioner giving a person medication to relieve their suffering by bringing on death, or, the taking of medication by a person to relieve their suffering by bringing on death.

It is currently illegal in New Zealand, and is considered “aiding and abetting suicide” under Section 179 of the Crimes Act (1961). Under the current law, those who commit the offence of assisting or encouraging someone to take their life can face time in prison – regardless of whether a suicide attempt is made or not.

To be eligible for assisted dying under the proposed

act, a person must be suffering from a terminal illness that is likely to end their life within six months. They must have significant and ongoing decline in physical capability, and experience unbearable suffering that cannot be eased in a manner the person considers tolerable. A person would not be eligible if the only reason is they are suffering from a mental disorder or mental illness; have a disability of any kind; or are of advanced age.

Many in support of assisted dying believe people should have the choice to die with dignity, on their own terms without the threat of breaking the law.

Risk to the vulnerable

On the other hand, many of those opposed to assisted dying believe legalising euthanasia would place pressure on vulnerable people – those with disabilities, mental health issues and terminal illness – to access assisted dying for fear of being a financial, emotional or care burden on others. Palliative care consultant Dr Sinead Donnelly is the deputy chair for Care Alliance, an umbrella group of organisations, including the major providers of palliative care in New Zealand, which believes the legislation of euthanasia and assisted suicide is “unnecessary, unsafe and unwise”. They believe the act puts “vulnerable [people] at risk” of coercion – often “very subtle” and which doctors are not trained to detect, Donnelly says. Under the act, two doctors are required to sign-off the patient, but they don't need to have had any longstanding relationship with or prior knowledge of the person.

Age Concern Hauraki Coromandel Strategic Plan 2020-2023

On the 18th of June this year we had our Strategic Planning Day. We were honoured to have the day facilitated by Peter Oettli who, at that time was the outgoing President of Age Concern New Zealand. Peter is a very skilled facilitator with an impressive knowledge of both the history and operation of Age Concern and the important role of governance. We were very grateful for his generosity in coming to Thames to facilitate for us.

As Peter noted to those present, “our strategic plan informs our effectiveness and accountability”. Management and governance have differing and defined roles, Community Net Aotearoa states “governance is the role of leading an organisation and management is its day to day running or operation. Governance is the job of a governing body, such as a Board, to provide direction, leadership and control”.

We were fortunate on the day to have staff, volunteers and many Board members present as we re-evaluated our vision, mission statement, values, goals and objectives.

Our staff are currently working on operationalising

the strategic goals set on the day and ratified at our July Board hui. The next step is to establish key performance indicators (KPI) that will measure our achievements and effectiveness. It is these KPI that are used to report to the Board of Age Concern Hauraki Coromandel and to our members and clients.

We have printed a one page overview of our strategic plan below. If any member would like to be sent a copy of the complete document please do not hesitate to email the manager on thamesmanager@ageconcern.gen.nz or telephone the office on 07 868 9790.



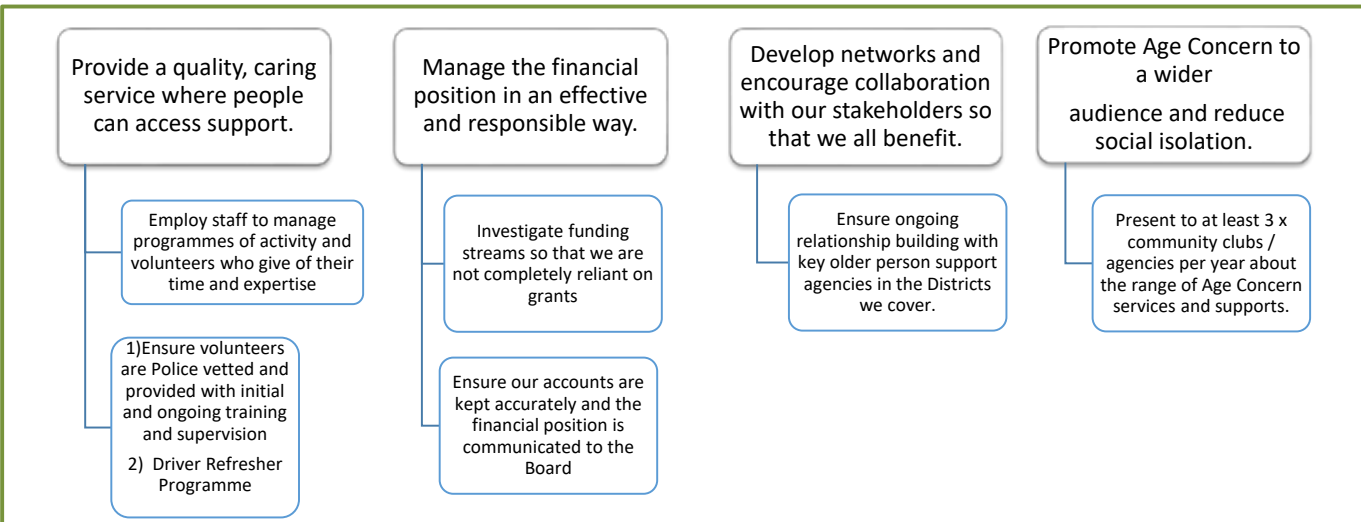
Age Concern Hauraki Coromandel Strategic Plan 2020-23

VISION:
An inclusive society where older people live a life of their choosing

OUR MISSION:
Promote services and support for the well-being of older people in their community.

Our work is underpinned by our **values:**
Dignity Equity Inclusion
Cultural Respect

Strategic Goals



PENINSULA
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• Arthritis Management

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by a Registered Nurse

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No matter how old a mother is, she watches her middle aged children for signs of improvement.



ARE YOU **FIRE** SAFE THIS WINTER?

As we reach the depths of Winter, we would like to remind our older members of the community to be vigilant about fire safe practices in order to remain safe.



Remember the 'heater metre' rule: keep flammable materials at least one metre away from any heat sources. And it's one heater or larger appliance per plug – no more.



Check your electric blanket is in good working order before you use it and always turn it off before you go to sleep.



Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to 5 days to cool.



Fire moves incredibly fast – a house fire can kill within three minutes. Keep your smoke alarms in working order by pressing the button to check.



Make a household escape plan so you can get out safely during a fire. Always keep keys in deadlocks on doors and windows.



WE'RE HERE TO HELP.

At no cost to you, we are happy to visit your home and:

1. Check existing smoke alarms to ensure they work and are in the right places.
2. Install smoke alarms, if you need them.
3. Help you make an escape plan.
4. Call **0800 693 473** or your local fire station to schedule a visit.



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

Are you fire safe this winter?

Winter brings a unique set of fire dangers that you need to be aware of. Follow these fire safety tips to help keep yourself and your family safe, no matter the season.

Remember you can, at no cost to you, have someone come to your home to:

1. Check existing smoke alarms to ensure they work and are in the right places.
2. Install smoke alarms, if you need them.
3. Help you make an escape plan.

Call 0800 693 473 or your local fire station to schedule a visit.

Fireplaces and chimneys

- Clean chimneys and flues before you light the first fire of the season.
- Always use a fireguard or spark-guard when using an open fire.
- Never throw rubbish into the fireplace – particularly batteries and aerosol cans.
- Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to 5 days to cool.
- Keep matches, lighters and anything else that can create fire out of reach of children.

Electric blankets

- Replace your electric blanket every 5 years with newer heat-protected models, which are safer.
- Worn and old electric blankets can cause an electric shock, fire and possibly even death.
- At the first sign of wear have your electric blanket checked by a qualified electrician.
- Don't place heavy objects on the bed while the blanket is on.
- Make sure the blanket is always flat on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.
- Roll your blanket when you store it for the summer, don't fold it.
- Check your electric blanket is in good working order before you use it and turn it off before you go to sleep.

Heaters and clothes dryers

- Remember the 'heater metre' rule: keep flammable materials at least one metre away from any heat sources. And it's one heater or larger appliance per plug – no more.
- Never cover heating appliances or store objects on top of them.
- Don't overload clothes dryers and clean the lint filter after each load cycle.

Portable LPG gas heaters

- Check to see the gas hose is in good condition and doesn't show any signs of damage or wear.
- If the heater does not light straight away, turn it off and then try again. Don't let the gas build up before trying to relight it.
- Always have fresh air coming into rooms where a gas heater is in use.
- Have your heater serviced every 12 months.

Other fire safety tips to remember:

- Fire moves incredibly fast – a house fire can kill within three minutes. Keep your smoke alarms in working order by pressing the button to check.
- Make a household escape plan so you can get out safely during a fire. Always keep keys in deadlocks on doors and windows.
- Don't leave the room when cooking. If you need to, remember to switch off before you walk off.

Skin Tears

What is a skin tear?

A skin tear is an injury that causes the skin to peel back or can result in total skin loss. Older people and new-born babies are at the highest risk.

In most people they cause minor wounds and often bruising, however, they can cause more serious wounds if your skin is fragile, and you have other health issues.

Skin tears mostly occur on the legs, arms, and the back of the hands.

Causes of skin tears

Most skin tears occur from falls, knocks, and bumps, or removal of skin tapes or plasters.

Other risk factors for skin tears:

- Dry, fragile skin
- Poor nutrition and/or fluid intake
- When needing assistance with activities such as bathing and dressing
- Multiple medications especially long-term steroids
- Chronic health conditions
- Smoking ages the skin

A skin tear is an injury that may be covered by ACC. Ask your health professional to fill in an ACC form to help cover the costs of your treatment.

ACC may also have ways to help you prevent falls or other injuries that have caused your skin tear.

Skin tears normally heal in around 14–21 days and it is important to keep the wound clean and dry until this has happened.



A skin tear on the lower leg

What can you do to prevent skin tears?

1. Making your home as safe as possible

- Keep floors clear and move objects that you might trip on such as rugs or furniture
- Place protectors on sharp edges of furniture or mobility aids
- Make sure your home is well-lit especially at night

2. Have a healthy diet, stay hydrated and keep active

- Remember to wear sensible, comfortable shoes to avoid falls

3. Looking after your skin

- Use a low allergy moisturiser, at least daily, to hydrate dry skin and reduce the risk of skin tears
- Soap can dry your skin, use a soap free or pH balanced product
- Wear long sleeves and pants to protect your skin, or limb protectors
- Keep your fingernails and toenails short and filed. See a podiatrist if you have poor eyesight or diabetes
- Don't use tape or plasters on fragile skin

NZ Wound Awareness Week 24–30 August 2020



Te Kaporeihana Āwhina
Hunga Whara
prevention. care. recovery.

The old begin to complain of the conduct of the young, when they themselves can no longer set a bad example.

The cardiologists diet, if it tastes good, spit it out.
Anonymous

Ngatea and Paeroa

Gosh, time has flown by???

Spring has arrived yet it doesn't feel like we have had much of a winter this year. Perhaps it will come late.

I hope this article finds readers fit and well and avoiding the winter/spring chills. Covid 19 is the biggest concern to us all and we are all learning a new way to live that involves a lot of hand washing/ sanitising, caution with social interactions and maintaining physical distance. Many are wearing masks for additional protection and some of you are sure to have got cracking making masks yourself. Unfortunately this protective routine has become our new normal as Covid 19 is not going away in a hurry. Stay safe everybody.

While we are in Level 2, the Ngatea Chinwag group has stopped meeting at the Hauraki Plains Cooperating Parish in Darlington Street. Meetings will resume there once we return to Level 1. Members

of the group, who wish to meet up for Chinwag, are currently gathering at the Olympic café (opposite Ngatea Four Square) on Tuesdays at 10.30am. Please introduce yourselves if you would like to be part of this friendly group of people.

There has been a large number of elders, both in Paeroa and Ngatea who require volunteers to visit them on a regular basis for a chat. If you have an hour or 2 to give of your time, I'd love to speak with you about what this entails. Increasing social interaction and reducing loneliness is imperative to elders in our communities for maintaining good health and staying in their homes for longer. I wish you all an enjoyable Spring. Happy gardening.

Please say hello if you see me out and about in Paeroa or Ngatea. I am about most Tuesdays.

Best wishes

Jude O'Connor

Age Concern Fieldworker for Ngatea and Paeroa.



Ngatea SAYGO Group

WORD SEARCH



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

- water
- hi vis vest
- cash
- can opener
- FM radio
- matches
- foil blanket
- toilet paper
- torch
- batteries
- food
- first aid kit
- clothes
- medication

Age is something that doesn't matter, unless you are a cheese.
Billie Burke

		1	3	9				8
	3				2		6	
					4	3		
		9					2	1
2	8			1			9	5
1	7					8		
		6	9					
	2		4				3	
9				7	1	4		

How to solve sudoku puzzles

No math is required to solve a sudoku. You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. (the difficulty of this puzzle is easy).

9	8	4	1	2	3	5	6	
6	3	1	6	5	4	8	2	7
2	7	5	8	3	9	1	4	
3	4	8	6	2	9	5	7	1
5	6	9	3	1	7	4	8	2
1	2	7	5	4	8	6	9	3
7	1	3	4	9	5	2	6	8
4	9	6	2	8	1	7	3	5
8	5	2	7	6	3	1	4	9

Brian launches a book



"There's information on the internet, but people prefer paper," Brian Colegate, a resident at Coastal Villas retirement village in Paraparaumu, said about making the important decision to move to a retirement village. "Other than open days and receiving

information from sales staff, there wasn't anything else to use to make a judgement," so he wrote and published his brand-new book Retirement Villages - Residents' Verdict.

Brian launched his book at Coastal Villas Retirement Village on Monday 13 July 2020. It's a very positive story about his decision to move to a village and the many steps on the way to settling in. The focus is to help others to decide whether village life is for them, and walks through the process of selling the family home, de-cluttering, what to look for in the village, and settling in.

The book's not just Brian's own view. While researching it, Brian sent out 200 questionnaires to residents in other villages across New Zealand, asking them about their experiences. He got 90 replies, and in response to his question "Do you like it here?", 83 people said "yes", 4 said "I love it" and 3 said "it's OK".

Many residents from across the country wrote about their own journey to the village, and Brian has included a selection in his book. A key message is one we all repeat - "Don't leave it too late; make sure you come in young enough to settle more readily and make social networks that are less easily achieved in older age".

Brian also sent a survey to 80 non-residents in the relevant age group and got 62 replies. He asked whether they'd given any thought to living in a village, and if so, what they thought of the proposition. 41 said they had considered the idea, and while

a number were discouraged by the LTO model, a sizeable minority agreed that they were interested in moving in. The village surroundings, access to health care, being somewhere that's maintenance-free, cost savings and an improvement in the quality of life were the reasons given for making the move.

There's a chapter written by local solicitor Graham Mowbray, pointing out the importance of competent legal advice, and, bringing the book really up to date, there's a chapter on living under lockdown in a village which makes fascinating reading!

At the launch Graham told us that he's advised at least 250 people about moving to a village and of that number, just three changed their minds during the cooling-off period and, having moved in, only two people decided that village life wasn't for them. He noted that, ultimately, "things" aren't important. What really matters, Graham said to nods of encouragement around the room, are "connections, a sense of belonging, family and love", all of which can be found in a village. If you have a positive attitude, Graham noted, then fitting into a village is very easy. Copies of the book are available directly from Brian at rbcolegate@gmail.com (\$20) or your local Paper Plus store. Postage and packing extra.

Don't forget you can find out more about living in a retirement village at www.retirementlife.co.nz or via the Facebook site <https://www.facebook.com/retirementlifenz>



When a kid says "daddy, I want mommy" that's the kid version of "I'd like to speak to your supervisor" 😂😂😂

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.



GARLIC CHICKEN PUFFS Serves: 2

Ingredients

- 2 (180g) chicken breast fillets
- 2 sheets frozen puff pastry
- For the garlic butter
- 60g butter
- 1 clove garlic, crushed
- 2 teaspoons finely chopped fresh parsley (optional)
- For the creamy garlic sauce
- 10g butter
- 1 clove garlic, crushed
- 2 tablespoons plain flour
- 300ml milk
- 1 teaspoons finely chopped fresh parsley

Method

1. Preheat oven to 200 degrees C.
2. For the garlic butter: Mix together ingredients in a small bowl until smooth.
3. Cut a slit along the side of each chicken breast to make a pocket. Spoon garlic butter into pockets. Wrap each chicken breast in puff pastry. Cook on an oiled tray in the oven for 40 minutes or until the pastry is puffed and golden.
4. Meanwhile, prepare the creamy garlic sauce: Melt the butter in a small saucepan over medium heat; add the garlic, cook for 1 minute. Stir in the flour and cook for 1 minute or until mixture bubbles. Gradually whisk in the milk; stir over medium heat until sauce bubbles and thickens. Stir in the parsley.
5. Serve the chicken parcels with the creamy garlic sauce.



What newsletter is complete without cat photos!



Izy on the red chair



Izy watching the laptop screen



Roxy on flyers



Val and Izy

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.



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SHOP AROUND AND COMPARE OUR PRICES

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 colours, and the smells. Think of the people there and how you interacted. Use photos to help. Try an old movie for enjoyment and memories.

FREE 2020 Driver Refresher Course

Only 20 spaces per course, booking in is essential!

60+ this classroom workshop is for you!

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

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



Wednesday 11th Nov
Pauanui Community Hall
23 Centreway, Pauanui
9.15am - 1.00pm

Friday 13th Nov
MPDC, Council Chambers
35 Kenrick Street, Te Aroha
9.15am - 1.00pm

Wednesday 18th Nov
TCDC Community Room
355 Kapanga Road, Coromandel
9.15am - 1.00pm

Friday 6th Nov
TCDC, Community Board Room
10 Monk Street, Whitianga
9.15am - 1.00pm

Wednesday 21st Oct
Hauraki Plains Co-operating Parish
3 Darlington Street, Ngatea
9.15am - 1.00pm

Friday 23rd Oct
TCDC, Civic Centre
Mary Street, Thames
9.15am - 1.00pm

Friday 16th Oct
Waihi Baptist Church
Cnr of Gilmore and
Kenny Streets, Waihi
9.15am - 1.00pm

Wednesday 28th Oct
Whangamata Baptist Church
301 Port Road, Whangamata
9.15am - 1.00pm

Wednesday 5th Aug
HDC, Hauraki Room
1 William Street, Paeroa
9.15am - 1.00pm

Tuesday 13th Oct
MPDC, Morrinsville Event Centre
19 Ron Ladd Place, Morrinsville
9.15am - 1.00pm

Tuesday 3rd Nov
MPDC, Tainui Room
Tainui Street, Matamata
9.15am - 1.00pm

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

**Road Safety IS
EVERYONE'S Responsibility**



Question: Does an apple a day keep the doctor away?

Answer: Only if you aim it well enough!

Question: Did you hear about the optometrist who fell into his lens grinding machine?

Answer: He made a spectacle of himself.

Question: Do you know why you never see elephants hiding in trees?

Answer: Because they are really good at it.

Question: What do you call Bears with no ears?

Answer: B

Question: Why don't blind people skydive?

Answer: Because it scares the crap out of their dogs.

Question: What happened when the wheel was invented?

Answer: It caused a revolution.

Question: What do nappies and politicians have in common?

Answer: They both need changing regularly – for exactly the same reason.

Is it nice to be here? At my age it is nice to be anywhere. George Burns

We are grateful to all our funders:



ARE YOU A FRIEND OF AGE CONCERN Hauraki Coromandel?

Would you like to become a friend of Age Concern Hauraki Coromandel?

What will it cost?

\$15 per person for an annual subscription OR
\$25 per household OR
\$50 annual group/ corporate / subscription

How long will it last?

01 January 2020 to 31 December 2020.

What will it include?

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

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

Name: _____

Address: _____

Post Code: _____ Phone: _____

Email: _____

Please tick if you would like to receive our newsletter by email ☐

Membership Fee Paid:

Single \$15 ☐ Household \$25 ☐ Corporate \$50 ☐

Donation- \$5 / \$10 / \$15 / \$20 / other \$_____ ☐

Please forward your subscription with this form to:

Age Concern Hauraki Coromandel

PO Box 466, Thames 3500

or pay by internet banking 03-0458-0655711-000

Please enter your name as a reference and specify if membership or donation. Thank you!

Office Use Only:

Cash/Cheque/Internet Banking: _____

Subscription: _____

Group Subscription: _____

Donation: _____

Receipt No.: _____

Card Issued/Member Number: _____

Entered: _____



Steady As You Go[®]

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

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**



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.**