

SUMMER 2020 QUARTERLY MAGAZINE
www.ageconcerntauranga.org.nz



Age Concern Tauranga

Serving the needs of older people

KEEPING YOU CONNECTED



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

Thinking of You

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



Services

• Accredited Visiting Service (AVS)

Provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.

• AgeConnect

Enhancing the wellbeing of older people who are socially isolated and/or lonely by connecting them with people, activities and events within the community.

• Ageing Well

Delivers a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology and safe driving.

• Total Mobility Scheme

Assesses and provides Total Mobility Photo ID Cards to eligible people for Taxi discounts.

• Community Development

Looks to promote and develop programmes for the community.

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

www.ageconcerntauranga.org.nz

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



Getting a Community Services Card

Check if you are eligible for a Community Services Card, it can help you with the costs of health care. Most GP practices offer low cost visits to Community Services Card holders, so you won't pay more than \$19 for a standard visit with a doctor or nurse if you show them your card. The card has other benefits too, such as reducing the cost of prescription fees, fees for after-hours health practitioner visits and even home help.

If you meet the criteria when you apply for a Community Services Card and you are already a SuperGold Card holder, you will be sent a 'combo card'. Your new 'combo card' can be used for both health subsidies and SuperGold Card discounts. The card will look like a SuperGold card but it will have the initials 'CSC' on the back.

Applying

Your eligibility for the card is dependent on how much income you and your partner get.

You can find out more about the income threshold and how to apply on the Work and Income website or call the Community Services Card team on 0800 999 999, anytime Monday to Friday, between 8am and 5pm.

Can't get a Community Services Card

Even if you can't get the Community Services Card, you may be able to get a prescription subsidy or a High Use Health Card.

Source: <http://superseniors.msd.govt.nz/webadmin/html/email/superseniors-1-october.html>

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 have 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.



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An easy to use App for your phone.

What does it do?

Compares your function levels against others your age. Then shows ways to improve those levels, helping you to age well.

How does it do it?

Uses 15 daily activities, which indicate how well someone is ageing, to show where you are on the LifeCurve™. Knowing this empowers you to make choices to improve your health and wellbeing.

Why use it?

Early intervention and prevention are proven to be the best ways to maintain health and function as we age. Stay active and age well with LifeCurve™.

When will it be available?

LifeCurve™ should be publicly available by December, 2020.

How do I find out more?

For more information or to ask a question email kathy.everitt@bopdhb.govt.nz

"The LifeCurve™ App offers practical ways to maintain health and function through your later years. It's an easy way to engage with health promoting activities and interests and help you live life to the fullest."

Professor Ngaire Kerse, University of Auckland,
Head of School of Population Health.



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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MoneyTalks is a free financial helpline that offers over-the-phone budgeting support. Their services are confidential and non-judgmental. Whether you are looking for some guidance for your retirement planning or if you are struggling to pay your bills, it's never too late to get started. MoneyTalks are there to help and are just a phone call away.

Researching and finding out the different benefits that you are entitled to can be a time-consuming and stressful process. MoneyTalks can help you to work out what benefits and support you might be entitled to and how to access these.

They can also put you in touch with a local service provider for further face-to-face help from a Financial Mentor, who can work through your finances with you to develop a budget.

You can contact MoneyTalks the following ways:
Phone: 0800 345 123; Text: 4029;
Email: help@moneytalks.co.nz

For more information on MoneyTalks you can go to their website www.moneytalks.co.nz
MoneyTalks is provided by FinCap and funded by the Ministry of Social Development.



— WAIPUNA HOSPICE —

REMEMBRANCE TREE APPEAL

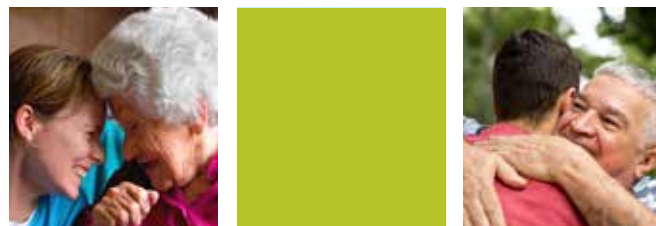
— 2020 —

VOLUNTEERS NEEDED

If you can spare two hours this November and / or December to help at one of our Remembrance Tree sites we would love to hear from you. As a Remembrance Tree Volunteer you will be a friendly face helping someone make a donation and write a message to place on our Christmas tree - simple!

If you have a friend or relative who might like to join you, volunteering is a great way to spend a few hours together in the Christmas spirit.

Multiple shift are available around the Bay of Plenty. To register your interest and get more information please contact Ella on events@waipunahospice.org.nz or phone 07 552 6892.



How to get the most out of digital banking



Chief Executive of
New Zealand
Bankers' Association
Roger Beaumont

The way we do our banking has been changing. Banks are providing options, like internet and mobile phone banking, so customers can do their banking anywhere and anytime that suits them. It means people can manage their money and make payments without going into a physical bank branch.

Recently Covid-19 has been a driver for some people to start digital banking. Most

bank branches had to close during lockdowns, and at lower alert levels people at high risk have still been advised to stay home whenever possible. Having these options available to continue banking, safely from the comfort of home, made the benefits of digital banking particularly apparent.

Banks understand that making the change to digital banking isn't easy for everyone. That's why they have specialists who can help familiarise customers with internet and mobile banking. We encourage anyone wanting to know more about digital banking to contact their bank. Banks are more than willing to show customers how to use their online banking services.

Other ways to find out about digital banking include community groups you may be part of or through organisations like Digital Inclusion Alliance Aotearoa or 2020 Trust. They are offering courses funded by the Office for Seniors to help older people get the most out of technology.

If internet banking isn't for you, you can always phone your bank's contact centre seven days a week to talk to someone. There are different ways to do your banking today, and banking services have never been more widely available.



Downsizing can be a stressful time, especially if you are leaving your family home of many years.

Vanessa's aim is to help take the stress away with services available to help you through the journey from choosing a new home, selling your current home to packing, cleaning and moving. At Inspire we are all about adding value with our professional service and low fees. Our clients are precious to us and we will treat you like gold.

Downsizing Tip Number 1. It is never too early to start to declutter. If you have a lot to do, start small, with one cupboard or area at a time. Unwanted items can be sold on Trademe or donated to a local charity shop (many will pick up). There are several good local companies that will help you declutter if it all seems too much.

Call Vanessa for more information on
027 242 7646 or
email vanessa@inspireproperty.co.nz

Thinking of Downsizing?



- Complimentary downsizing plan
- Property search
- Free property appraisal
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- Connection to local downsizing services
- Friendly professional service
- More time for outings!

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

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

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

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

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

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!



Living for today but planning for tomorrow:

Ensuring her family knows exactly what she wants for her end-of-life care was the key reason Valerie Schroeder decided to complete an Advanced Care Plan (ACP).

Valerie was also encouraged to do an ACP after her book club chose to read practicing surgeon, Atul Gawande's book *Being Mortal: Medicine and what matters in the end*. The book addresses end-of-life care and challenges many traditionally-held notions about the role of medicine and the effect of medical procedures on terminally ill people.

"I haven't liked the idea of having really intensive treatments if I am not going to have quality of life," Valerie says. "I just want to slip away."

Valerie also has strong environmental concerns which influenced her desire to write her requests down. "I have been interested in natural burials and funerals for some time and would like to follow that path, and I really don't want to be embalmed," she says, "Both my parents were embalmed and when I saw my mother I just couldn't look at her."

Valerie's starting point for putting her ACP together was planning her funeral, and then she went back a few steps.

"It's a lot more than just a question of cremation vs burial, there are things in there you need to sit down and think about.

"I started off writing screeds by hand but when I came to type it up I realised I needed to abbreviate it."

She says she didn't really speak to anyone before she wrote her ACP but Valerie's family are fully on board with it.

"They have been amazing. One of my sons and my daughter have read what I've written and we've talked very openly about it, and joked a lot - they have been great."

"When I said I didn't want to be resuscitated, we talked about what if something happened right now, and I could be brought back? I trust they will make the

right decision."

She says once she has died she has specified a few simple details about her funeral, such as not being embalmed, but ultimately she is leaving the format up to her family.

Her approach to doing the ACP was to do a whole lot, forget about it, and then come back to it.

"The process really makes you think about what you want and what your priorities are," she says. "It is easy to say 'if I have a major illness I don't want treatment' but when it comes to the crunch how are you going to feel about the process of dying? And then there's the whole euthanasia thing."

One thing Valerie is adamant about when it comes to putting an ACP together is that it must be real and not covered up with pretense.

"I think it's important to do it for your own peace-of-mind and so your family know what your wishes are." How to access an Advance Care Plan

An ACP form is available from the www.myacp.org.nz website. It is important that the electronic version of an ACP be downloaded from the website first and then saved to a computer where it can be easily found and either filled in electronically or printed out for completion by hand. GP practices also have copies of Advance Care Plans available.

Once done an ACP should be lodged with a GP, either by emailing it to the practice or taking a hard copy in. A special appointment should be arranged to go through the ACP with the GP or practice nurse to ensure the questions have been understood and to provide an opportunity to discuss current and future health.

It is particularly important to discuss section 6, the Advance Directives section, with the GP or practice nurse - this is about choosing specific treatments a person would or would not want in different circumstances if they were no longer able to speak for themselves.

Once this is done the GP or someone from the practice will upload the ACP to the Bay of Plenty District Health Board where it is stored and can be accessed by any healthcare professional, who may be involved in the patient's care in the future.

For more information go to www.myacp.org.nz or call into Age Concern Tauranga to pick up a Advanced care plan, or with help to complete one.



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ENDURING POWER OF ATTORNEY (EPA)

There may come a time through an accident, serious illness or incapacity, when you become unable to make or communicate decisions yourself. Many people assume that in this situation, their partner or a close relative will legally be able to make decisions for them. In fact, the law doesn't work like that. The law allows you to plan ahead by making an enduring power of attorney (EPA). If you do not have an EPA, an application would need to be made to the Family Court to appoint a Welfare Guardian, who can then act on your behalf, to make these decisions. An EPA is separate from your Will. On your death the EPA has no further authority and your Will takes effect instead.

There are two types of EPA

Personal Care and Welfare – this EPA only comes into effect when you are deemed to have become incapable of making or communicating your own decisions. You appoint a person (called your 'attorney') to make decisions about issues like where you'll live, who'll look after you and what medical treatment you might need. An EPA for Personal Care and Welfare can only be given to one individual. The EPA can authorise the attorney to act in relation to your personal care and welfare generally, or only in relation to stated aspects.

Property – you can give authority for this EPA to come into effect straight away or only if and when you lose 'mental capacity'. You may appoint one or more people or a Trustee Company as your property attorney. You can give them a general power to deal with all these issues, or you can limit them to dealing with, for example, a particular bank account.

Your Attorney

Your attorney must act in your best interests at all times and must not abuse the trust you've placed in them. They have to act with absolute openness and fairness towards you, exercise reasonable care and avoid any conflict of interest with you. Your attorney must always promote and protect your welfare and best interests. They can't use money for their own benefit (unless your EPA allows this), invest it unwisely, or act in a way that you haven't authorised in the EPA. Your attorney must also involve you in decision-making as much as possible: they must

consult with you when making decisions and must try to get you to develop and exercise whatever capacity you have to make decisions for yourself. Your attorney's specific responsibilities will depend on the type of EPA and the instructions you've included in it.

Therefore, it is crucial that you trust the person(s) you appoint and are confident that they will act in your best interests. At some stage you may be absolutely reliant on that person(s). If your attorney for Personal Care and Welfare or Property stands to benefit from your estate, they may have to make decisions that have financial implications for them personally. It is important to be aware of this when you choose your attorney.

You can require your attorney to consult with family members and your GP about matters concerning your personal care and welfare.

The skills needed to look after personal care and wellbeing are often quite different from those needed to look after someone's financial affairs. Consider appointing one person as attorney for your Personal Care and Welfare and a different person or persons for your Property.

The person you appoint as your attorney for Personal Care and Welfare will have to work closely with your Property attorney. You will need to feel confident that those you appoint can work together. However, either of them can go to the Family Court for directions if they cannot resolve a disagreement about your needs.

You can change, vary or revoke (cancel) your EPA at any time while you are mentally capable.

When Does my EPA Come Into Effect?

Your EPA will come into effect when it is decided you have lost 'mental capacity' (apart from if you have chosen for your Property EPA to take effect when you signed it). You should be aware that under this law every person is presumed to be mentally competent until the contrary is shown.

You've become "mentally incapable" if:

- In relation to Personal Care and Welfare, you can no longer make or understand decisions, or foresee their consequences; or you can no longer communicate them to other people.
- In relation to Property, you are no longer completely competent to manage your own money or property.

It is not your attorney who decides when you are no longer mentally capable. The question of whether you're still mentally capable must be decided by a health practitioner who is qualified to carry out this assessment. Without a certificate from a health practitioner, your attorney can't make any significant decisions for you under an EPA for personal care and welfare.

Setting up an EPA

To set up an EPA you will need legal advice; this could be from a lawyer, a legal executive or an authorised officer of a Trustee Company.

Before setting up your EPA you can get copies of the forms from the Ministry of Justice website (www.justice.govt.nz and search for EPA). This will allow you to read and discuss them with your family/whanau and the people whom you propose to name as your attorneys. You may also be able to reduce the cost of setting up your EPA's by filling in as much of the information you can before your appointment.

Questions to consider

1. Am I certain that the person I am appointing as attorney will always act in my best interests?
2. Will I appoint one attorney for Property, or two, or more? Or will I appoint a Trustee Company?
3. Do I want to give my attorney authority to take care of everything to do with my personal care and welfare, or only some things?
4. Do I want to give my attorney authority to take care of everything to do with my property, or only some things?
5. Do I want my property attorney to take over things now, or later when I am no longer able to manage my affairs?
6. Who do I want to decide if I am no longer mentally capable? I can specify a particular type of health practitioner, provided they are qualified to make this assessment.
7. Do I want my attorney to be monitored and supported in their role by consulting with others?
8. If I have an EPA already, have I checked to see that it still meets my needs, especially if my circumstances have changed (such as the loss of my spouse or having a new partner)?
9. Have I read the guidance notes in the EPA forms?

The factual reality of our home help

Recently, after we once worked five solid hours in a couple's home and as we left, we told them, "You can now throw your two mobile phones, the tablet and the laptop off the wharf. We can get new devices tomorrow, sign them in, and all your documents, photos, individual phone contacts, email contacts and ALL, will fall back into place".

Nothing lost and everything saved, without USB drives! Didn't matter, that one phone was an iPhone and the other a Samsung. Both husband and wife could edit their own phone contacts on the laptop, each linked on the Internet browser 'Bookmark bar' with their own shortcut.

Lose a mobile phone, but never your contacts or photos. A methodology to last a lifetime! Your five-year-old computer running slow? Rebuild it with a 'solid state disk' (SSD) and see the performance increase 10-fold.

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Post Covid 19 Reflection

During your time in 'lockdown' you may have reflected on what is important to you or identified things you need in the near future? Age Concern Tauranga would like to hear from you about this.

1. Would you like to reconnect into social activities in your local area? (i.e. hobby group, gardening group)?

- ☐ Yes ☐ No ☐ Other (please specify)

2. Are you interested in learning how to use a computer, social media and/or a mobile phone?

- ☐ Yes ☐ No ☐ Other (please specify)

3. Are you interested in improving your strength and balance to reduce your risk of falling over by attending?

- ☐ Steady As You Go Falls Prevention
☐ Tai Chi classes
☐ Joining a virtual exercise class
☐ Gym class
☐ Gentle exercise
☐ Walking group
☐ Tell us what other forms of exercise interests you

If you wish to be contacted please include your name and contact details and post to Age Concern Tauranga, 177a Fraser Street. Tauranga 3112:

Name:

Phone:

Address:

4. Are you interested in learning more about modern payment systems e.g. Bankcards, Internet / phone banking?

- ☐ Yes ☐ No ☐ Other (please specify)

5. Are you interested in learning more about planning for the future?

- ☐ Yes ☐ No ☐ Other (please specify)

6. Are you interested in companionship from a weekly volunteer visitor?

- ☐ Yes ☐ No ☐ Other (please specify)

7. Are you interested in improving your driving skills and road safety?

- ☐ Yes ☐ No ☐ Other (please specify)

8. What else would you like to tell us. How could Age Concern Tauranga assist you going forward?

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>

Editorial supplied by Retirement Villages Association

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".

What's On...

Wednesday Walking Group

Wednesday 11 November - 10am

Meet at Bureta Countdown.

Wednesday 18 November - 10am

Meet at Mount Maunganui Hot Pools bus stop.

Wednesday 25 November - 10am

Meet at Fraser Cove Burger King.

Wednesday 2 December - 10am

Meet at Carlton Reserve off Ngatai Road.

Wednesday 9 December - 10am

Meet at New World Brookfield.

Wednesday 16 December - 10am

Christmas Dinner. Mount Ocean Sports Club, the Mall, Mount Maunganui.

Minibus Adventures

Saturday 7 November - Lunch at Kaimai Cafe
Cost: \$10pp

Monday 16 November - Transport to Monthly Meeting, St Stephens Methodist Church Hall.
Cost: \$5pp

Thursday 19 November - Transport to Greerton Coffee & Conversation Group, Greerton Senior Citizens Hall
Cost: \$5pp

Saturday 21 November - Blokes Day Out. Visit Putaruru Timber Museum & Lunch.
Cost: \$35pp includes entry fee.

Saturday 28 November - Lunch at Bluebiyou Restaurant, Papamoa.
Cost: \$10pp lunch at own cost.

Wednesday 2 December - Transport to Brookfield Coffee & Conversation Christmas Celebration, St Stephens Methodist Church Hall.
Cost: \$5pp

Thursday 10 December - Transport to Christmas Lunch, Munro's Restaurant, RSA, Mount Maunganui
Cost: \$5pp

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 Groups

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

Christmas Celebration Wednesday 2 December.

Time: 10.30am to 12 noon

Where: St Stephens Methodist Church Hall,
9 Brookfield Terrace, Brookfield

Cost: \$3pp

Te Puke Group

When: Tuesday 10th November & 8th December

Time: 10.30am to 11.30am

Where: Te Puke Country Lodge, 1 No 1 Road, Te Puke
Cost: \$5.00pp

Greerton Group

When: Thursday 19th November

Time: 10.30am to 12 noon

Where: Greerton Senior Citizens Hall
33 Maitland Street, Greerton

Cost: \$3pp

Everyone Welcome

Monthly Meeting

When: Monday 16 November

Where: St Stephen's Methodist Church Hall
9 Brookfield Terrace, Brookfield, Tauranga.

Time: 10.00am to 11.00am

Cost: \$4pp - light refreshments provided prior to meeting.

Guest Speaker: Bruce Banks

WBOP Neighbourhood Support

Topic: Connecting neighbours,
building strong communities.

*Everyone Welcome. *Please note new venue**

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



Let's End Loneliness

The 'Let's End Loneliness' website has been launched as a resource for anyone experiencing or concerned about loneliness. The website has been created by the NZ Coalition to End Loneliness whose members work to tackle loneliness and create communities in which New Zealanders have the relationships and support they need to thrive. Age Concern is a member of this coalition.

To see the website, visit
www.letsendloneliness.co.nz

Arthritis New Zealand

The **Pain Programme** is a six-week online programme to provide helpful information, advice and tools to set you on a path to better pain management. While the current programme is fully subscribed you can register your interest so you can be part of future ones. The aim is to run more as people are interested.

For more information or to register visit
www.arthritis.org.nz/pain-programme

They have also started a new fundraising project - **Project Knit Well** - to promote awareness of keeping joints warm and hands and fingers nimble, particularly over the colder months! As part of that they are encouraging you to knit up a storm - hats, scarves, gloves, socks, leg warmers.

Once your knitted item has been finished, a photo will be put on their website and sold for a donation. The project provides the opportunity to craft for a purpose and help support and fundraise for Arthritis New Zealand!

For more information and to register for the project please call **0800 663 463**
or email **info@arthritis.org.nz**

We would like to acknowledge the Knitty Group and Athol Newson for their very generous donations to Age Concern Tauranga and supporting the services we provide in the community.



Roberta (left) & Wendy (right)
from the Knitty Group

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 and nostalgic music, from the 1930's to the 1980's, are broadcast each day, from 8am until 5pm.

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





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When supporting the advertisers within this magazine
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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



Christmas is Coming!

**Celebrate with the Age Concern Team.
Bring a friend. Spread the word.**

**Thursday 10th December. 12noon.
Munro's Restaurant. RSA Mt Maunganui, 544 Maunganui Rd.**

Christmas Buffet \$28 per person

**Lamb & ham with mint sauce & gravy / Roast & steamed vegetables / Christmas pudding,
brandy sauce & custard / Pavlova, fruit salad, ice cream & chocolate mousse**

RSVP and payment by Thursday 3 December to Age Concern office.

Age Concern Tauranga Membership Form

Please forward your subscription with this form to: Age Concern Tauranga, 177a Fraser St, Tauranga 3112.
Age Concern Tauranga is a registered charitable entity (CC25758) and appreciates the generosity of the community by way of subscriptions, donations and legacies. Donations are tax deductible over \$5.00.

Name: Email:

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

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

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

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

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

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