

SUMMER 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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Contact Information

Phone: (07) 868 9790

Email: thamesmanager@ageconcern.gen.nz

Address: 608-610 Queen Street, Thames 3500

OFFICE HOURS

9.30am - 2.30pm Monday to Thursday

DATES FOR THE END OF YEAR AND 2021.

Office hours:

The Thames office of Age Concern Hauraki Coromandel will close for the end of year break on Thursday the 17th of December. The office will re-open for 2021 on Monday the 11th of January at 9.30.

Chin Wag Cafe:

The Thames chinwag cafe will hold their final event for the year on Monday the 14th of December from 12.30 – 2pm. We will be welcoming everyone back on Monday the 11th of January 2021 at 12.30pm.

The Ngatea chinwag will hold their final event on 15th December and resume on 9th February 2021.

Steady As You Go Classes:

These were the only dates available at the time of printing.

Ngatea: Final class will be on Tuesday the 15th of December. Classes resume on 2nd February 2021

Paeroa: Final class will be held on 25th November. Classes will resume on 3rd February 2021

Thames: Final class will be on Thursday the 17th of December. Classes resume on 14th January 2021

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Managers Memo

Welcome to the final newsletter for 2020. We have published left a list of opening and closing dates for the Thames office, our two chin wag café and our steady as you go classes. Please have a look and mark any relevant dates on your diary.

At times 2020 has been a fractious and 'stop start' year for many of us. These Covid experiences have given us more opportunities to display kindness and respect towards each other and to remember how self-sufficient we can be when it is needed. It also reminded us that as a community we can stand and work together for the good of everybody.

During these Level 1 times many of us have enjoyed getting to know our neighbours a bit better. It has also been refreshing to witness many of our older community members using the scanning codes in shop windows with their cell phones. Who says that older people are challenged with technology!

As much as we love our jobs Jude, Robyn and I are looking forward to a break at the end of the year. Our office closes at 2.30pm on Thursday the 17th of December 2020. It will be lovely to relax and have a break. I am sure I speak for all staff when I say best wishes for the holiday season and please stay safe out there.

We will be back in the office on Monday the 11th of January 2021.



Kind Regards, *Kathryn Jury*



Hi everyone,

My name is Jade Monigatti and I have been given the opportunity to be one of the new board members for Age Concern Hauraki Coromandel.

I am currently the Care Home Manager at The Booms Care Home in Thames and have been doing this for just over a year now. Previous to this I was the Clinical Manager and also

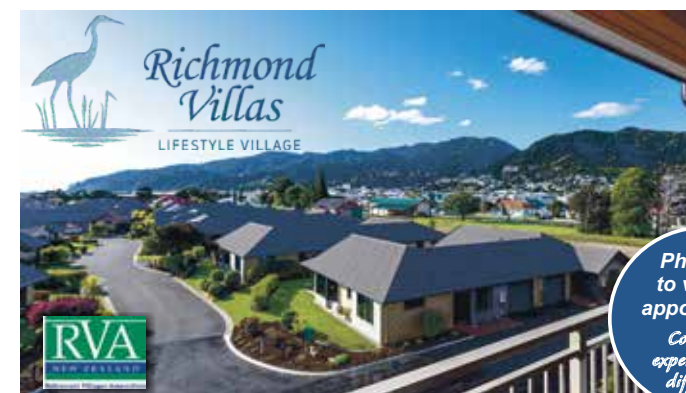
a Registered Nurse. My previous experience includes medical, general surgery and trauma nursing. I moved into aged care after having my first child, Ariella, in 2017. I have a lot to bring to age concern and I cannot wait to get started.

Walking With Nana

*I like walking with Nana,
Her steps are short like mine.
She doesn't say "now hurry up"
She always takes her time.*

*I like to walk
with Nana,
Her eyes see things
like mine do,
Wee pebbles bright,
a funny cloud,
Half hidden drops
of dew.*

*Most people have to hurry,
They do not stop to see.
I'm glad that God made Nana
Unrushed and young like me!*



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.

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to view by
appointment.
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experience the
difference!

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www.richmondvillas.co.nz

A word from Robyn

As I write this I have noted that we only have a few weeks left until our Christmas break! Golly, but the year went quite quickly. I did see someone on social media joking that the more recent decade of their life (lived between March and July 2020) seemed to be longer than all the others, and while I laughed at the time I really feel like time has flown more than any other years. But, it flew with a period of more hanging about at home with my family, a few more skype and zoom sessions with family and friends overseas and longer reading at bedtime. One of the authors that we've discovered this year is David Walliams, and my favourite so far has been "Grandpa's great escape" (available as an audio book at the Thames library). It's a story of a boy and his Grandpa who lives with a dementia related condition. David describes it beautifully in the prologue as the past stories becoming more real to Grandpa as "the presence faded into scratchy black and white as the past burst into glorious colour". It is truly a lovely book and I recommend it for all ages. We've had Dementia Waikato in for our first seminar series speaker in November, and I'm happy to know that we've got some more knowledge in the community about this

condition. Jill let us know that there are information sheets now on their website too: <https://www.dementiawaikato.org.nz/information-sheets/>

We were also lucky and quite thankful to St John who provided a short first aid course for our volunteers.



We had a grand time learning about assessing injuries, how to get someone into a safe resting position (formally called the recovery position), and how to cover skin tears and soft tissue injuries. The two courses were well attended, and all of our participants were pleased that they had come along and learnt something.

This edition has a word find inspired by a tea towel of NZ biscuits and slices that I saw for sale on my journey around the place. We were surprised and delighted to be sent a parcel containing a few of them for Kindness week from the company Home Baked. The chin waggles were in for a treat that day!

Robyn Sinclair

Accredited Visitor Services Co-ordinator

PENINSULA OSTEOPATHS

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- Joint Pain
- Arthritis Management

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AGE CONCERN HAURAKI COROMANDEL INC NEW EDUCATIONAL SPEAKER SERIES

We are really excited to announce our new Educational Seminar series. This series will be held on a Wednesday, once a month at our offices 608 Queen Street, Thames.

The aim is to have educational speakers that are of specific interest to the older person. Having regular events also helps to increase our social circles and to strengthen social connections between individuals.

By the time this newsletter goes to print we would have completed our first event as it would have been held on the 18th of November at 10am. Thank you to our speaker Jill Edmunds, registered Occupational Therapist and Support Co-ordinator for Dementia Waikato. Jill has a profound professional and personal knowledge of the Dementia spectrum.

The proposed format for this series is a start of 10am, speaker plus questions should take about an hour. After 11am there will be a morning tea for those that wish to stay and continue any discussions.

There is no cost for these events for participants yet a donation or koha is always appreciated.

Future Educational Seminar dates are:

9th December 2020

– Shana Allan from the Thames Library will discuss Library services such as the home delivery service and "Need a Nerd" services for digital learning.

10th February 2021

– Tricia Corrin, Advocate, current Chair of CAB and long term member of Grandparents Raising Grandchildren.

10th March 2021

Speaker to be advised.

14th April 2021

Speaker to be advised.

12th May 2021

Speaker to be advised.

**For catering purposes please RSVP to the office
07 868 9790**

or thamesmanager@ageconcern.gen.nz

Nau mai haere mai. Come one come all.

FREE TECH ASSISTANCE IN THE THAMES AREA

At one time or another all of us are challenged by technology, especially in this world of cell phones, email, social media and digital cameras.

People in the Coromandel area that are able to travel to Thames have two fantastic free service opportunities to have one on one support and education in the use of your device of choice.

The Thames Library offers a "Need a Nerd" service. Please ring to book an appointment time on 868 6616 and Shana or one of the friendly Library team will be available to help.

Thames Community Centre also offers a drop in tech assist service on a Wednesday from 10.00am till 12.00. If Wednesdays do not suit you please ring to book an appointment for another day. The Centre phone number is 07 868 9797 and the address is 609 Mackay Street, Thames.

Work at your own pace with a person in the know. No tech request is too small so please do not hesitate to contact either of the above services if you wish to "teach an old dog new tricks"!



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

Thank you to Home Baked New Zealand!

The staff in our Thames office received a lovely Monday morning surprise recently. A box of baking arrived unannounced from a company called Home Baked New Zealand. It was full of yummy biscuits and a slice for us to enjoy.

The letter enclosed explained the surprise:

"To all caregivers that keep our kiwis healthy and happy. Thank you for your awesome work, especially through what has been a very challenging year. We would like to acknowledge all the hard work you have done and continue to do with a box of our favourite Home Baked kiwi goodies. We hope this small gift inspires you to take a moment for a well-deserved cuppa and sweet treat, and feel as good as gold!"

The staff of Age Concern Hauraki Coromandel would like to thank the staff of Home Baked New Zealand for the unexpected and much appreciated treat. Have a look at their website www.homebaked.co.nz you never know you may also appreciate some home baking delivered to your front door!



Jude's Chat

It's raining as I write this and as an avid gardener I have to say that the rain is very welcome after such a dry winter and early spring, not to mention the drought of last summer. Isn't the spring lushness fabulous? I am particularly enjoying the roses this year and my feijoa has more blooms than it has ever had, so looking forward to a bumper crop.

It's hard to believe that Christmas is nearly upon us and the end of 2020 is nigh. With the promise of a possible vaccine for the dreaded Covid 19, perhaps we can avoid a Covid 21 next year!!!! Lockdown, signing in and hand sanitizing plus the changes in levels and rules around Covid 19 have made many of our seniors nervous about socializing and going out into the community. This makes our visiting service more important than ever with our volunteer visitors sometimes being the only contact our seniors have with the outside world. With this in mind, I am keen to find more volunteers to become Age Concern Accredited Visitors particularly in Ngatea and Paeroa. If you have an hour to spare to make a weekly visit to an elder, please get in touch with us at our Thames office 07 868 9790. We would love to talk to you.

The Ngatea Chinwag group continues to be well supported each Tuesday morning at the Hauraki Plains Cooperating Parish Church. This is an open group that meets from 10am to 12pm. All seniors welcome to drop in for a cuppa, a snack and a good old chinwag. A koha is desirable to help cover the catering costs. Chinwag in Ngatea will have their last meet for the year on December 15th and then break until 9th February next year.

There is an informal drop in centre that operates from St Johns Ambulance Rooms, Belmont Road, Paeroa. This is a chin wag cafe style casual event, held each Tuesday morning from 10am – 1pm. They keep a list of who comes and find out who would like to be kept in contact with in the event of future lockdowns. There is no cost to attend and if you only have 1/2 hr or 1 hr to spare just go for that time, enjoy a coffee or tea and a fresh scone. They will be open every Tuesday right up to and throughout the Christmas New Year period.

Keep safe and well everybody. I'd like to wish you all a very happy Christmas and a fabulous New Year. See you in 2021

Jude | Field worker and AVS Coordinator for Ngatea and Paeroa



Slip, Slop, Slap and Wrap Four Ways to be Safe in the Sun

You can be SunSmart and still enjoy the great outdoors. Being SunSmart is about protecting yourself from too much ultraviolet (UV) radiation from the sun.



Slip

- Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
- Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.

Slop

- Slop on plenty of broad-spectrum, water resistant sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- The average sized adult should apply at least ½ teaspoon to each arm and to the face (including the ears and neck) and at least a teaspoon to each leg, the front of body and back of body.
- Sunscreen should not be used as a way to stay out in the sun longer. Instead, use it as a way to reduce the risk of damage to the skin when exposure to the summer sun is unavoidable.
- Keep sunscreen in handy places where people are most likely to be reminded of need to use sunscreen e.g. by the door at home or work, or in your swim bag, sports bag or handbag.

Slap

- Slap on a hat with a wide brim or a cap with flaps. More people get sunburnt on the face and neck than any other part of the body.

Wrap

- Wrap on a pair of sunglasses. Choose close fitting, wrap-around glasses that cover your eye area and protect the sensitive skin around them.

Sun Exposure

It is still important for your general health and wellbeing to continue to get some sun exposure even during the hottest months (September to April). This should be a walk (or some other form of outdoor physical activity) 5-6 days a week, planned for the early morning (before 10.00am) or late afternoon (after 4.00pm).

Be SunSmart at any time of the year when you are outside in the mountains or near reflective surfaces such as snow, ice and water.

Source: Sunsmart.org.nz

WORD SEARCH



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

- AFGHAN
- ANZAC
- BELGIUM BISCUIT
- CUSTARD SQUARE
- GINGER CRUNCH
- GINGERNUTS
- LAMINGTONS
- LOLLY CAKE
- LOUISE SLICE
- MELTING MOMENTS
- NEENISH TART
- PAVLOVA

Bread baking began in Ancient Greece around 600 BC, leading to the invention of enclosed ovens. "Ovens and worktables have been discovered in archaeological digs from Turkey (Hacilar) to Palestine (Jericho (Tell es-Sultan)) and date back to 5600 BC." Baking flourished during the Roman Empire.

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

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 on this puzzle is easy)

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

Frail, Older People Encouraged To Get Up, Get Dressed And Get Moving For A Timely Recovery

MidCentral DHB's Get Up Get Dressed Get Moving campaign has been ongoing since 2018, and aims to safely maximise the activity levels of frail, older patients during their stay in hospital to ensure they have a speedy recovery, maintain their independence and lose as little muscle as possible.

Deconditioning, known as pyjama paralysis, can occur in patients who remain in bed and walk less, which can lead to longer hospital stays and a higher risk of other health complications, such as infections. Deconditioning is particularly prevalent in older people, due to the proclivity of the human body to lose muscle strength and general physical function as it ages.

Dr Syed Zaman, Clinical Executive for Healthy Ageing and Rehabilitation at MidCentral DHB, said it was a common misperception that bed was the best place for older people to be when recovering from an illness.

"Rest is an important part of the healing process but it should be used in conjunction with safe and regular physical activity. Evidence shows there is a sharp decline in mobility and health in patients who have longer bed stays. For every day in bed, older people lose 2 to 5% of their muscle mass.

We can alleviate this by encouraging people to get out of bed, to sit up in a chair to have their meals, to get dressed in their own clothes and to keep moving on a regular basis. All health staff and whānau and support people have an important role to play here. For people facing lengthy hospital stays, Dr Zaman said staff were encouraged to assist them to take short walks, where possible. Whānau and support people can also help by ensuring their loved ones had loose-fitting, comfortable clothes, closed-in footwear with a nonslip rubber sole, and any walking aids they use at home, such as a stick or frame while they are in hospital. During visiting hours, patients and their whānau are encouraged to utilise patient lounges, public areas and gardens to get away from the bedside.

Dr Zaman said this approach was also relevant for

frail, older people who were convalescing in the community.

"If you are recovering from an illness at an Aged Residential Care facility or in your own home, then safe, regular movement and exercise will be also very beneficial for your ongoing health and wellbeing."

There is truth to the saying "move it or lose it"

NEW MINISTER FOR SENIORS. New Labour MP Dr Ayesha Verrall enters straight into Cabinet

Labour newbie Dr Ayesha Verrall has been catapulted straight into Cabinet, taking on the roles of Minister for Seniors, Minister for Food Safety, Associate Minister of Health, and Associate Minister of Research, Science and Innovation.

Minister Verrall Dr Verrall said she had not made requests for any particular roles, but had tried to be prepared for any possibilities.

"As a doctor in a hospital I've worked with a lot of seniors at times of difficulty and crisis in their lives, and through that work gotten to know a lot about their circumstances and aspirations, and I want to learn a lot more and deepen that knowledge through engagement with the sector throughout this term, and meeting people in the community.

"I'm really excited to be implementing our plan for an Aged Care Commissioner which is really important as well. It's an important watchdog role and it also has the ability to make sure that standards of care are met in the sector, and that's really important because some of the people are in a position of vulnerability.

"It's important to have a watchdog there to make sure standards are kept, and they can also raise issues directly with Parliament." She said sometimes in her medical work she has seen instances where standards for aged care have not been met.

Since 2003, Age Concern NZ has set up over 230 Steady As You Go® groups, and over 4,400 people take part weekly in the classes across Aotearoa. However, during the COVID-19 restrictions, the classes had to be paused due to lockdowns, limits on events and the risks associated with social gatherings.

Now, thanks to an unexpected \$10,000 donation from AA Insurance, Age Concern NZ will produce a video of one of its fitness classes, to be used to run 'virtual' Steady As You Go® sessions in case of more lockdowns. It can also be used by people based rurally, those who are away from their usual home, or by those wanting to exercise between face-to-face classes.

COVID-19 has made Age Concern NZ, which supports and upholds the rights of older New Zealanders, extremely busy with coordinating support and volunteers. But it has also put the charity in the spotlight, leading to more volunteer offers and donations from the country's businesses, such as AA Insurance – whose staff are keen to help support the older generation during this pandemic.

"It's been a particularly rough year for both young and old, and it's very important for us at AA Insurance to support and care for our communities," says Nikki Howell, GM of People & Capability at AA Insurance.

Stephanie Clare, chief executive of Age Concern NZ, welcomed the donation. "This generosity from the staff of AA Insurance filled our hearts. We know older people did it tough during lockdown, and not being able to join in regular exercise classes was a stress we heard about often. This amazing donation will make it easy for them to keep exercising when getting to a group is not possible."

The Steady As You Go fitness classes for older Kiwis have been evaluated by University of Otago researchers, who found they improve physical function, reduce the risk of falls, are fun, improve participants' sense of wellbeing and confidence, and provide links with other people in the neighbourhood.

Keep an eye out for the Steady As You Go® video in coming months.



Purnell

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611 Mackay Street, PO Box 31, Thames 3540
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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.



WHITIANGA SOCIAL SERVICES COMMUNITY EXPO

The staff at Age Concern Hauraki Coromandel would like to thank Whitianga Social Services for the recent invitation to have a presence at the recent Mercury Bay Cornerstone Community Expo. It was a great day for all concerned and we were very happy that we went.

Thank you to those Age Concern volunteers who came past our stall to say hello and have a bit of a chat. This Expo was also a unique opportunity to make new community connections so thank you also to those members of the community who approached us, introduced themselves and gained a better insight into the work that Age Concern Hauraki Coromandel performs.

It was a privilege to meet so many of the other stallholders as an excellent opportunity to network on a one to one basis, whilst again showcasing the services provided by Age Concern Hauraki Coromandel.

Whitianga Social Services must be commended for their excellent planning and generous manaakitanga on the day. The only regret that staff had on the day was that we did not avail ourselves of the face-painting stall when the opportunity arose.

Thank you again to Whitianga Social Services for the invitation and hospitality.



Referendum results

The euthanasia referendum has passed the public vote, with 65.2 percent voting in favour, but the cannabis question has 53.1 percent voting 'no' so far, preliminary results show.

The number of voters who chose 'no' in the End of Life Choice referendum reached 33.8 percent. In the cannabis question, 'yes' received 46.1 percent of the vote so far, compared to 53.1 percent of 'no' votes.

The euthanasia question gathered a total of 1,574,645 'yes' votes and 815,829 'no' votes so far. There were a total of 1,114,485 'yes' votes for cannabis reform, 167,333 short of the 1,281,818 votes for 'no'.

In a statement, Justice Minister Andrew Little said assisted dying remains illegal in New Zealand until 6 November 2021, and the Cannabis Legalisation and Control Bill will not be introduced as legislation by the Labour government this term.

The End of Life Choice - or euthanasia - referendum was based on a member's bill put forward by ACT leader David Seymour, with the aim of legalising a form of safe euthanasia for some people experiencing a terminal illness. The bill had already passed through Parliament, on the proviso that the referendum held at the election supports it.

The recreational cannabis referendum is a different story. The government released a draft bill for a law it would seek to pass depending on the result, but the Cannabis Legalisation and Control Bill has not yet been through Parliament so would be subject to change before it was made law.

Labour has also suggested - despite earlier promises the referendum result would be binding - that Parliament's final vote on the bill would be a conscience vote, meaning MPs would not be required to vote along party lines.

Polling ahead of the election showed the euthanasia referendum was likely to pass, but the recreational cannabis referendum was on a knife's edge. For the first time those eligible to vote in New Zealand also included prisoners who are on remand and - for the first time in a decade - prisoners who have been sentenced to less than three years were able to legally vote.

Right-sizing and moving on

Rattling around in a large, and mostly empty house, is depressing and challenging. So what can be done about it? "Downsizing" for many is a term that diminishes age, so let's try "right-sizing". Not amazingly original, but it suggests that changes in one's life are a catalyst for thinking about what's really needed for the future – and for many older people, a five bedroom late Edwardian villa in the suburbs isn't it.

***So, right-sizing it is.
And a retirement village
is an increasingly popular
right-sizing option.***



The first and perhaps the greatest challenge in moving to a new place is working out what to do with the accumulated memories and stuff of decades of life. Someone said that "part of the trouble in 'getting rid' of stuff is accepting that certain parts of my life are over. For example, I was never a frequent entertainer, but I do have nice tableware that is used for 'company.' Letting it go would signal that that part of my life is over. The same could be applied to sports equipment. What I mean is it is more than getting rid of extraneous stuff. It is like saying that part of my life has gone forever - I am moving into decrepitude where I won't need my silverware or my tennis racquets!"

It needn't be like that, but we know it's not easy. The internet has plenty of sites giving advice on how to decide what to keep and what to give away, how to manage things that provide lovely memories with what's really a non-essential. Perhaps you could create four piles in four corners of a room – stuff that's essential for your future happiness, stuff that has value which your family and friends might appreciate, stuff that no-one immediately wants but could be worth something to strangers, and – let's face it – junk. Then just make sure the family takes delivery sooner rather than later, you send the unwanted but worthwhile stuff to a charity shop or sell it on-line, and lastly, get that skip ordered in today!

People decide to right-size for all sorts of reasons. They don't want to "be a burden on the family" and decide to sort their belongings long before the children have to do it for them. Or perhaps there are good health reasons – the stairs are too much for the knees, the garden's getting beyond it, or vacuuming all five bedrooms is an exhausting pastime and you have much better things to do.

Releasing equity in the family home has been a major incentive to move. Thanks to the buoyant property market, we've known people to sell their family home, move to a retirement village and bank hundreds of thousands of dollars into the retirement savings. It's a bit like winning Lotto, and the addition to the savings means a quantum improvement in their retirement lifestyle.

Moving to a smaller home also means significant savings in costs too – power, rates, insurance, furniture, maintenance and upkeep all fall away. Retirement village homes are purpose-built for older people, with no steps, insulation and energy-efficient appliances, the economies of scale with rates and insurance, and someone else looks after the maintenance and lawns.

But don't take our word for it. See what our residents say about the many benefits of right-sizing to a retirement village on our Retirement Life Facebook page here - https://fb.watch/1D_-iOFnML/

editorial supplied by Retirement Villages Association

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.



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SHOP AROUND AND COMPARE OUR PRICES



CHUCKLE CORNER

A man is flying in a hot air balloon and realises he is lost. He reduces height and spots a man down below. He lowers the

balloon further and shouts: “Excuse me, can you tell me where I am?”

The man below says: “Yes, you’re in a hot air balloon, hovering 30 feet above this field.”

“You must be an engineer” says the balloonist.

“I am” replies the man. “How did you know.”

“Well,” says the balloonist, “everything you have told me is technically correct, but it’s no use to anyone.”

The man below says “you must be in management.”

“I am” replies the balloonist, “but how did you know?”

“Well,” says the man, “you don’t know where you are, or where you’re going, but you expect me to be able to help. You’re in the same position you were before we met, but now it’s my fault.” — *Amori Adesque*

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, “Look mate, don’t ever do that again. You scared the living daylights out of me!” The passenger apologized and said, “I didn’t realise that a little tap would scare you so much.”

The driver replied, “Sorry, it’s not really your fault. Today is my first day as a cab driver — I’ve been driving a funeral van for the last 25 years.” — *Salil Gupta*

LOOKING GOOD

My face in the mirror isn’t wrinkled or drawn.

My house isn’t dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

The neighbors thought it was odd, but 93 year old Morton was dating again. One Monday morning Morton woke up with a funny feeling that something important happened last night. It was during breakfast, that Morton finally remembered what it was. He had proposed to his date Greta. But what she answered he just couldn’t seem to remember. Morton picked up the phone and dialed. “Hi Greta”, said Morton, “I have a funny question for you, do you remember last night when I proposed?” “Oh my gosh” gushed Greta, “I’m so glad you called, I knew I said yes to somebody but I just couldn’t recall who it was!”

SHORTBREAD STARS



INGREDIENTS

- 250g margarine or butter
- 1 cup (220g) caster sugar
- 2 cups (300g) plain flour
- 1/2 cup (90g) white rice flour
- 1 1/2 teaspoons ground cinnamon
- Cinnamon sugar, to sprinkle

METHOD

• Step 1

Preheat oven to 160C. Line 2 baking trays with baking paper. Use an electric mixer to beat the margarine or butter and caster sugar in a bowl until pale and creamy. Add the combined flour and ground cinnamon. Bring dough together in the bowl. Shape into a disc. Cover with plastic wrap and place in the fridge for 30 mins to rest.

• Step 2

Roll out the dough on a lightly floured surface to a 3mm-thick disc. Use a 5cm star-shaped cutter to cut stars from the dough. Place on the lined trays. Lightly sprinkle with cinnamon sugar. Bake, swapping trays halfway through cooking, for 12-15 mins or until light golden. Set aside on the trays to cool completely.

QUOTES:

Every year should teach you something valuable; whether you get the lesson is up to you. ~*Oprah Winfrey*

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

~*Sophia Loren*

“I suppose real old age begins when one looks backward rather than forward.”

~ *Mary Sarton*

The trouble is, when a number—your age—becomes your identity, you’ve given away your power to choose your future.”

~*Richard J. Leider*

If you associate enough with older people who do enjoy their lives, you will gain a sense of continuity and of the possibility for a full life.”

~ *Margaret Mead*

NEVER LEND BOOKS.

They never get returned.

The only ones I have in my library are ones I have borrowed.



We are grateful to all our funders:



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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



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 our bones age (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 practice nurse 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 or practice nurse.

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

