

AUTUMN 2021 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 the Autumn issue of our newsletter. In this issue of Age Concern Hauraki Coromandel's newsletter I would like to introduce a very special person.

We have a new Manager in the office and all Staff and Board members are thrilled to welcome Glenis Bell into our team.

Glenis brings a wealth of experience and skill to her new role as Manager and we are all looking forward to her sharing those skills with the older people around the Thames Coromandel and Hauraki Districts. Please feel free to drop by the office and introduce yourself the next time you are in Thames.

I have greatly enjoyed my time in this role but as noted in the article right, I intend to enter my own "decade of healthy living". Hopefully it will be longer than a decade but I will take what I am given.

Those of you who are avid fans of our regular word search section will find this issues word search is made up of how to say goodbye in several languages. I hope you enjoy the farewell from me.

To quote from the Two Ronnies - it is "goodbye from me and goodbye from him".

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.

Decade of healthy ageing: Baseline report launched

The United Nations General Assembly have declared 2021-2030 the Decade of Healthy Ageing. "The announcement of the UN Decade of Healthy Ageing sends a clear signal that it is only by working as one, within the United Nations system and with governments, civil society and the private sector, that we will be able to not only add years to life, but also life to years," said Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization.

"By adopting a UN-wide approach in support of healthy ageing, we will be able to galvanize international action to improve the lives of older people, their families and communities, both during the COVID-19 pandemic, and beyond," added Dr Etienne Krug, Director of the Department of Social Determinants of Health at WHO.

Health is central to our experience of older age and the opportunities that ageing brings. Initiatives undertaken as part of the Decade will seek to: change how we think, feel and act towards age and ageing; facilitate the ability of older people to participate in and contribute to their communities and society; deliver integrated care and primary health services that are responsive to the needs of the individual; and provide access to long-term care for older people who need it.

The UN Resolution, which follows recent endorsement of the Decade by the World Health Assembly, expresses concern that, despite the predictability of population ageing and its accelerating pace, the world is not sufficiently

prepared to respond to the rights and needs of older people. It acknowledges that the ageing of the population impacts our health systems but also many other aspects of society, including labour and financial markets and the demand for goods and services, such as education, housing, long-term care, social protection and information. It thus requires a whole-of-society approach.

The Resolution also calls upon the World Health Organization to lead the implementation of the Decade, in collaboration with the other UN organizations. Governments, international and regional organizations, civil society, the private sector, academia and the media are encouraged to actively support the Decade's goals.

"This announcement is the culmination of many years of collaboration with partners across the world," said Alana Officer, who leads WHO's Demographic Change and Healthy Ageing team. "But it also represents a new beginning. If we are to be successful in delivering the change envisaged under the Decade, we need new ways of working".

WHO and UN partners are seeking inputs from all interested stakeholders to help build a collaborative Platform where all knowledge on ageing can be accessed, shared, and produced in one place - by anyone, anywhere in the world.

TIPS TO HELP WITH ANXIETY ATTACKS

Look around you.

Find five things you can see

Four things you can touch

Three things you can hear

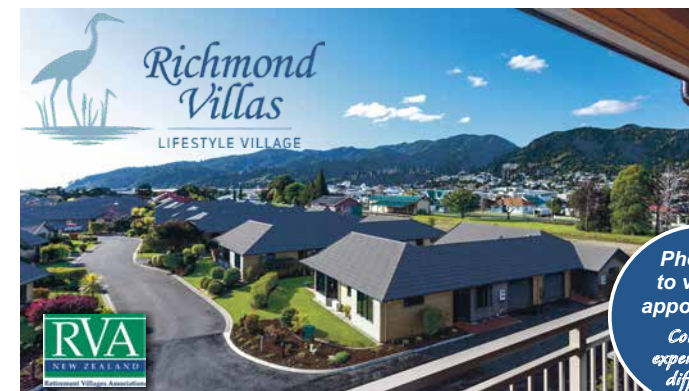
Two things you can smell

and One thing you can taste

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.

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.



Living the lifestyle, loving the choice...
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Not the retiring type: Meet the older Kiwis still working past their 80s

Age Concern Chief Executive Stephanie Clare said many people over the age of 70 chose to work or volunteer as they like to have a purpose, and it can make them feel valued as a member of their community.

However, some people in this age group needed to work to make ends meet, especially if they still have a mortgage or are renting.

Clare said workplaces need to find the right fit for older employees as they move away from full-time work.

Age Concern would also like to see the Government invest in digital inclusion programmes, training, and continued education for older people, plus encourage opportunities for part-time work and volunteering, she said.

Older paid workers say working keeps them young, and the word “retirement” is not in their vocabulary. There are 5800 New Zealanders over the age of 80 still working, with 1600 of those working full-time, according to 2020 Stats NZ figures.

A Neighbourly survey found people over the age of 70 worked as consultants, caregivers and chaplains at retirement villages, financial controllers, lawyers, teachers, in retail, architecture, run their own business, have management positions in large firms, and some drive buses and trucks.

Age Concern, an organisation dedicated to people aged over 65, say that many worked past superannuation age because they want to fulfil a purpose, although some needed to work for the money.

One of Age Concern’s own workers is an excellent example, Te Teira-Ngatai said working beyond retirement age stopped older people from becoming hermits.

The nonagenarian is a part-time administration support worker for Age Concern New Zealand in Wellington, sending resources to branches around the country.

“I feel that through me, we’re doing something for older people – we’re keeping them informed about what’s available,” she said.

“I don’t consider myself old, I suppose it’s a matter of attitude.”

Te Teira-Ngatai has been with Age Concern NZ for about 18 years, originally volunteering, although she prefers the term “gifting hours”.

When a job in finance became available, she decided to apply her bookkeeping experience to the role, and said getting paid made things “very comfortable”. “I’ve just grown from there, and I’m still here [at Age Concern].”

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.

Avoiding Dehydration

As the hot weather continues, here is a reminder to you to keep your fluid levels up! We all know that hydration is important and that becoming dehydrated can lead to health issues. Older people are more prone to dehydration for several reasons and the health impact can be more significant. Professor Carol Sham, health researcher at Massey University has recently published a pilot study that found that only 15% of older people studied met the recommendations for fluid intake. 16% of participants were clinically dehydrated and a further 27% had impending dehydration – a total of 43%!

Interestingly, as we age our thirst perception becomes impaired – we simply do not feel thirsty as much, even if our bodies are not receiving enough fluids. Does this ring true for you? Our kidneys function also naturally declines as we age, so maintaining adequate fluid intake is so important. As we age, we cannot rely on responding to our thirst alone, we need to build fluid intake into our daily routines. Consider having a glass of water at set times or when you watch a certain TV programme or listen to the news on the radio. Or if you are tech savvy, perhaps you could set alarms on your device to remind you.



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Thanks

EXERCISE, COVID AND THE OLDER PERSON.....

The current Coronavirus Disease 2019 (COVID-19) pandemic has disproportionately impacted older people. The most immediately obvious impact is the devastatingly high mortality rate; 80% of reported mortalities in the United States are in people over the age of 65, and case-fatality increases with age.

Countries around the world have implemented a range of “lock down” and “social distancing” strategies to limit the spread of COVID-19, which have undoubtedly been essential in “flattening the curve” in many countries. As countries review their restrictions and guidelines, given the high mortality and morbidity rates in older people, it is likely that older people will be advised to continue to adhere to strict lockdowns and social distancing protocols, particularly if they have other acute or chronic health conditions.

These restrictions are likely to remain in place until a vaccine has been developed and widely disseminated. Given this, it is important to seriously consider the likely medium- to long-term impact of these restrictions on the health of older people. One of the possible impacts of social distancing restrictions on older people is a reduction in physical activity. There is likely to be a reduction in both incidental physical activity because of reduced participation in community activities such as shopping and socialising, and a reduction in participation in formal exercise, such as attendance at exercise classes, gyms, golf, bowls, and other group activities.

These activity and exercise restrictions may have deleterious effects on older persons because physical activity is linked to many health benefits in this population. There is strong evidence that physical activity is linked with functional abilities, including mobility and independence in personal and community activities of daily life.

Physical activity also improves outcomes in older people with chronic diseases such as cardiovascular and cerebrovascular disease, dementia, and cognitive impairment. Reduced function and mobility are often precursors to reductions in independence, quality of life, institutionalisation, and mortality.

Exercise, particularly balance and strength exercises, have been shown to reduce risk of falls and improve function, particularly in older people who are frail or who have limited mobility. Physical activity guidelines have been developed specifically for older people and for older people with mild cognitive impairment. These guidelines reflect the importance of including aerobic, strengthening, and balance exercises, and are summarized in Table 1.

However, evidence indicates that even during “normal” times, many older people do not meet physical activity guidelines. Older people with mobility limitations, disability, chronic disease, or cognitive impairment are particularly unlikely to meet physical activity guidelines. Unfortunately, the negative consequences of reduced activity are likely to have the greatest impact on function in older people who are frail, who have health conditions, or who already have impaired mobility.

What Physical Activity or Exercise Should Older People Be Doing? Older people should be engaging in physical activity and exercise programs that reflect current evidence and are in line with current guidelines, as outlined in Table 1. Exercise programs should include a mix of strength, balance, and aerobic exercise.

Walking is often recommended as a cheap and easily accessible form of exercise, however, walking on its own does not provide older people with sufficient strength and balance challenge to reduce

falls or fracture risk. Thus, although walking may be a component of an exercise program, it must be supplemented by strength and balance exercise and alternative forms of aerobic exercise to get the heart pumping on a regular basis.

Table 1

A Summary of Physical Activity Guidelines for Older People

- Older people should accumulate at least 150 to 300 minutes of moderate intensity physical activity or 75-150 minutes of vigorous intensity a week or an equivalent combination of moderate and vigorous intensity exercise.
- Older people should do a mix of aerobic, strengthening, and balance training.
- Aerobic exercise can be done in bouts of 10 min.
- Older people who are not able to meet the guidelines because of health conditions should be as active as their conditions and abilities allow.
- Some physical activity is better than none at all.



This item is based on an editorial published online in Jamda and written by Catherine M Said PhD, BAppSc (Physio), Frances Batchelor PhD, BAappsc (Physio) and Gustavo Duque MD, PhD, FRACP, FGSA.

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WORD SEARCH



Ways to say goodbye

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

Adios.	Do svidaniya.	A hui hou	Farewell
Arrivederci.	Annyeong.	Adieu	See you
Au Revoir.	Farvel	Haere ra	
Adeus.	Bon voyage	E noho ra	
Auf Wiedersehen.	Sudie	Addiju	
Sayōnara.	Farvel	Adjo	

AUTUMN WELLNESS

It's almost time to say goodbye to the summer sun, and the changing of the seasons is the perfect time to reflect on how to look after your mental wellbeing.

Seasonal affective disorder (SAD) is a form of depression that's related to the change of season from summer to winter.

The Mental Health Foundation of New Zealand suggests getting outdoors and making the most of the weather while it's still warm and dry, and staying connected to loved ones.

"It is said that friends and family are good medicine", the Mental Health Foundation says.

"You may also find that hobbies or voluntary work contribute to a sense of worth and belonging in a community."

"These are just a few things that can protect you from depression and SAD, or help you make a successful recovery from it."

You can do this and more to boost your mental health by incorporating the "Five Ways to Wellbeing" into your daily life. These are:

Connect – Host a BBQ with friends, family or Whānau or have a friend over for coffee.

Give – Give your time to others! This could be helping a neighbour, volunteering with animals, or using your experience to mentor someone else.

Take notice – Take a moment to reflect on the present – for example, how proud you are of your thriving garden or what you're grateful for today.

Keep learning – Watching documentaries, listening to educational podcasts, and even doing a crossword puzzle help keep your mind sharp. Love books? You can learn and be sociable at the same time by joining a book club or starting your own.

Be active – Go for walks with loved ones.

Be sure to look out for the signs that you or someone you know might have SAD, including changes in sleep, moods, energy, and appetite.

For more information on taking care of your wellbeing go to the Mental Health Foundation Website at www.mentalhealth.org.nz

Need to talk?
Free call 1737
any time for support from a trained counsellor.



Stay active with loved ones this autumn.
Image credit: Centre for Ageing Better/Peter Kindersley

Retirement village contracts unfairly favour providers

- Consumer NZ

A consumer watchdog is calling for an overhaul of retirement village regulations to protect elderly residents from being ripped off. Consumer NZ has reviewed the contracts offered by six major companies including Bupa, Ryman Healthcare and Summerset.

Chief executive Jon Duffy said retirement villages promised the good life in your golden years, but the review showed the agreements people must sign unfairly favoured the village. Duffy said a major concern were contract terms that made residents responsible for the costs of electrical or plumbing repairs even though they had no ownership rights to their unit.

Many also faced significant financial losses when their unit was sold because they did not get any capital gains, despite paying towards the property's upkeep.

Consumer NZ head of research Jessica Wilson told Morning Report how payment for a place in a village worked.

"When you move into a retirement village you buy a licence to occupy. This gives you the right to live in the unit, but you don't own it. You have got no ownership rights in the property or the chattels, they all belong to the operator.

"You pay a fee to buy your licence ... you also pay a weekly fee while you are there to meet ongoing costs and when you leave there is something called an exit fee that's charged - that can range from 20 to 30 percent of your licence fee.

"What we found in our review of contracts is that some of them make residents liable for repairs to appliances and other items in their unit, even though they don't own them.

"We think it raises issues under the Fair Trading Act, we also think it conflicts with the rights consumers ordinarily enjoy under the Consumer Guarantees Act to enjoy services of a reasonable standard."

Retirement Villages Association chief executive John Collyns told Morning Report 45,000 New Zealanders lived in the villages across the country - "so we must be doing an awful lot right".

As for things that broke, he said: "In our view, it is essential the contracts are clear about who pays for what, whether the operator pays or the resident pays, and what that boundary is.

"If the contracts are not clear and doubt lies with the resident, then the operator has to pay."

Potential residents were required by law to have legal advice to look at the contract before they moved in, Collyns said.

"That's the time when we explain what the resident is liable for, so none of this should come as a surprise."

Historic agreement between retirement village industry and residents' association

The Retirement Villages Association (RVA) and the Retirement Villages Residents Association of New Zealand (RVRANZ) have committed to closer collaboration and co-operation with the signing of a Memorandum of Understanding (MoU).

"The interests of our village residents are at the heart of everything we do so it's great news that the RVA and RVRANZ will be working together to support the provision of a quality living environment for older New Zealanders," Graham Wilkinson, president of the RVA, said.

"More than 45,000 New Zealanders choose to live in retirement villages and independent research commissioned by agencies such as the Commission for Financial Capability have reported overwhelming general satisfaction among residents.

"New Zealand's retirement villages are also subject to a regulatory framework with safeguards and consumer protection for residents, which is often referred to as 'world leading' by countries where villages are prevalent.

"However, we are always looking to make improvements and this agreement with the RVRANZ will provide an opportunity to gain valuable input and insights in a range of areas."

Peter Carr, President of the RVRANZ, welcomed the signing of the MoU.

"The overwhelming majority of residents in villages are satisfied and glad they moved to their village, but like any area where there are many personalities involved, sometimes an issue can arise. The Residents' Association looks forward to working with the RVA in developing best practice in a range of areas as well as encouraging debate about the industry model and potential options."

The RVRANZ will also work with the Commission for Financial Capability to finalise a short Resident Handbook for forming and conducting a resident committee, and will continue their work in monitoring the effectiveness of the current legislation.

The Retirement Villages Association of New Zealand (RVA) is a voluntary industry association that represents the interests of the owners, developers and managers of 96% of registered retirement village units across New Zealand. The RVRANZ is a voluntary organisation that represents the interests of many thousands of residents at retirement villages in New Zealand.

editorial supplied by Retirement Villages Association

4 April 2021 - Daylight Saving Time Ends



Make a note of the date and remember to check your smoke alarm batteries for the winter months. Although most of us have heat pumps as opposed to open fires there is always an added risk of house fires in the winter with bar heaters being used.

As part of the MoU, the associations have agreed to develop a structure and process for a Resident Advisory Group (RAG) including members from both associations, which will meet regularly. The RVA also undertook to remind members that residents have the right to form a village Residents' Committee if they so wish.

The MoU also has a focus on effective training so that village staff continue to provide emotionally-intelligent care and support for their residents.



Baked Chicken



Ingredients:	1 Serve	2 Serves
Oil	1 t	2 t
Dry breadcrumbs	2 T	¼ cup
Turmeric	¼ t	½ t
Paprika	½ t	1 t
Chicken stock powder	½ t	1 t
Cumin	¼ t	½ t
Chicken pieces	1	2

- Method**
1. Pre-heat oven to 180°C.
 2. Lightly grease an ovenproof dish with oil or oil spray.
 3. Mix breadcrumbs, turmeric, paprika, chicken stock powder and cumin together in a small bowl.
 4. Coat chicken on both sides with breadcrumb mixture.
 5. Place chicken in greased dish and drizzle with oil. Cover dish with lid or tinfoil.
 6. Bake in oven for 40-45 minutes or until cooked. Serving Suggestion: Garnish with chopped parsley and serve with a baked potato and cooked vegetables or coleslaw.

Tips to reduce the risk of falling when wearing a face mask

With Auckland going in and out of lockdown, you may find yourself considering wearing a facemask when out and about to help limit the spread of COVID-19. Unfortunately, for the many of us who wear glasses, masks can cause some loss of lower peripheral vision. The lower peripheral vision is an important sensory function that guides us when we walk and helps to stop us tripping or falling. It is therefore essential to consider how to reduce the risk of falling while wearing a face mask.

- Some useful tips to consider:**
- Check your mask fits snugly around your nose and cheeks to reduce any visual impairment and fogging of glasses
 - Slow your walking pace to give you more time to consider what is immediately in front of you and what trip hazards lie ahead
 - If you wear glasses, consider adopting practices to help reduce fogging, like swimmers do with their goggles (such as a drop of washing up liquid on glasses)



Mayors Nationwide call for an inquiry into bank closures.

Mayors from the Far North to Southland are urging the government to set up a formal inquiry into the impact of New Zealand banks closing branches in provincial communities.

Gisborne Mayor Rehette Stoltz said banks must consider more than just economics when it came to closing branches.

It was a view backed by 32 other mayors who signed a letter to Prime Minister Jacinda Ardern calling for the government to intervene.

They said access to an ATM did not address "the social harm and problems" caused by closing branches supporting provincial communities and economies.

South Wairarapa Mayor Alex Beijen, who wrote the letter and has rallied the support of others across the country, said his district had experienced a "full withdrawal" of banking branches.

"An area of nearly 3000 sq/km without a single bank," he said.

It comes as Kiwibank last week announced plans to close seven branches including Gisborne over the next year, in a response to more customers moving online to do their banking.

Bank of New Zealand in November last year announced its plans to close 38 branches.

Stoltz said Kiwibank's plans were of "great concern". "I know that this proposal will cause upset especially among our older residents as they value the face-to-face service, and might also not be tech-savvy

enough to navigate their way via internet banking and the Kiwibank app.

"We also need to remember that some members of our society are not able to use phone or internet technology and need banking assistance.

"Our community needs and deserves to be serviced by our only state-owned bank in a fit-for-purpose way - face-to-face, phone, internet and via an app.

"Kiwibank will need to consider more than just its economic reasons," she said.

"If the prime minister agrees to an inquiry and the inquiry highlights these negative impacts, the government should require that all major commercial banks operating in New Zealand - as part of their licence to operate - be required to provide a level of service that redresses these issues," Stoltz said.

Original article accredited to Local Democracy Reporting.

Texting FOR Seniors

BFF
BTW
TTYL
BYOT
LMDO
FWIW
IMHAO
OMMR
ROFLACGU

- best friend fell

- bring the wheelchair

- talk to you louder

- bring your own teeth

- laughing my dentures out

- forgot where I was

- is my hearing aid on?

- on my massage recliner

- rolling on the floor laughing and can't get up

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Stronger Together.



CHUCKLE CORNER

I think more about running away now than I did as a kid. But by the time I put my teeth in, find my glasses and find my keys I have forgotten what I was going to do!

I am old enough to make my own decisions, but not young enough to remember what I decided.

Question: What do you call the Easter Bunny the Monday after Easter?

Answer: Tired

Question: Why did the Easter Egg hide?

Answer: Because it was a little chicken.

Question: What do you get if you cross a rabbit with shellfish?

Answer: The Oyster Bunny

Health is a state of body. Wellness is a state of being.

"A healthy attitude is contagious. But don't wait to catch it from others. Be a carrier."
-Tom Stoppard

"Of this be sure: you do not find the happy life, you make it."
-Thomas S. Monson

It's not how old you are, it's how you are old."
— Jules Renard

The years have touched her only to enrich her; the flower of her youth had not faded; it only hung more quietly on its stem."
— Henry James, The Portrait of a Lady

It is important to have a twinkle in your wrinkle.

When you understand why a pizza is made round, packed in a square box and eaten as a triangle... Then you will understand women"

THE SUPERGOLD APP

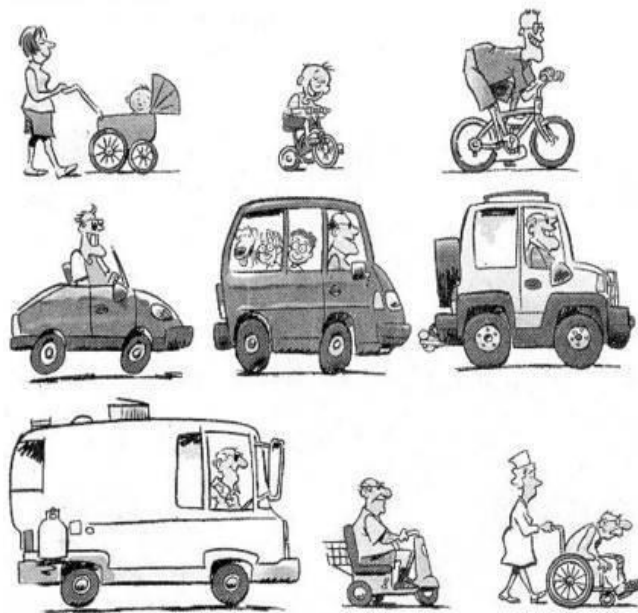
The SuperGold smartphone app is the easy way to find discounts and offers when you're out and about, it's a good way to find discounts near you, whether you're close to home or travelling in New Zealand.

If you have a smartphone or tablet, you can download the SuperGold App from the Google Play Store (Android users) or the App store (Apple users) it's easy to do, but if you're new to downloading Apps you'll find instructions on www.supergold.govt.nz

Once you have downloaded the SuperGold App this will let you search for SuperGold savings near you, or wherever you plan to be. There's over 10,000 places throughout New Zealand to use your SuperGold card so give it a go.



The Wheels of Life



COVID PHONE SCAM

We have heard that there are a couple of scams asking for payment for COVID vaccines about please be careful if you get a phone call from anyone you do not personally know.

Never in any circumstances give any financial details such as credit card numbers, bank account numbers or PIN numbers over the phone. Even if the caller sounds very official. There is NO charge for the COVID vaccine and Banks do not telephone customers asking for these details – your bank already knows this stuff.

Scam: Phone call about the vaccine being for sale

First appeared: 20 February 2021

Details: The scammer calls to advise the vaccine is available for \$49.99. You are given the choice to press 1 to continue or 2 to cancel.

This is a way to automate getting people on the line for a scammer to then get their credit card details, gain access to their computer or exploit them some other way.

So our advice is **HANG UP!**
Do not press 1 or 2, simply hang up.

More info on CERT NZ site:
<https://www.cert.govt.nz/individuals/common-threats/covid-19-vaccine-scams/covid-19-vaccine-related-scam-examples/>

We are grateful to all our funders:



TRUST WAIKATO
TE PUNA O WAIKATO



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?

\$20 per person for an annual subscription OR
\$25 per household OR
\$50 annual group/ corporate / subscription

How long will it last?

01 January 2021 to 31 December 2021.

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:

**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**



The Benefits of Pets

Want to start 2021 with a cuddly companion? If you are considering pet ownership, there are lots of great reasons to bring a 'fur baby' into your life.

"Extensive research shows that interacting with animals has multiple physical and mental health benefits for seniors," according to a spokesperson for the SPCA.



These benefits include the unconditional companionship and comfort pets offer, especially to those who are lonely or isolated. A recent study found that people aged 65 and over were 29% more likely to be lonely if they were living alone. By 2034 it is estimated that people in this age bracket living alone will make up 55% of all people living alone.

"Older people tend to make responsible animal guardians and typically have a lot more time to give to an animal, which is mutually beneficial for both animal and the owner," the SPCA adds.

Do not want to commit? Volunteer! There are several opportunities to work with organisations across the country, including at the SPCA whose 5,000-strong volunteer workforce covers roles such as fostering animals before they are ready for adoption.

Alternatively, you can research your options at Seek Volunteer and Volunteering New Zealand.

If you are fortunate enough to be able to commit to owning a pet, be sure to pick your pet with care, the SPCA advises. For example, dogs generally need a lot of exercise and are ideal if you regularly go out on long walks. However, smaller breeds need less exercise, so are usually easier to look after.

If you are already a pet owner, creating an Enduring Power of Attorney (EPA) can give you peace of mind by choosing someone you trust to make important decisions about your furry friend, in event you are not able to.

Even without an EPA, you can start working with a friend or family member who is happy to care for your pet if you cannot.