

AUTUMN 2021 QUARTERLY MAGAZINE
www.ageconcerntauranga.org.nz



Age Concern Tauranga

Serving the needs of older people

KEEPING YOU CONNECTED



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

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AgeConnect Social

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SAYGO Co-ordinator:

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Ian Lee

Total Mobility Assessor:

Judi Steel

Walking Group

Co-ordinator:

Renee Hill

Social Activities

Co-ordinators:

Marie Hickling (Greerton)

Lesley Tong (Brookfield)

Sheryl Gibney (Te Puke)

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

Thinking of You

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



Services

• Accredited Visiting Service (AVS)

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

• AgeConnect

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

• Ageing Well

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

• Total Mobility Scheme

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

• Community Development

Looks to promote and develop programmes for the community.

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

www.ageconcerntauranga.org.nz

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



20 Years a Volunteer

Prior to retiring in August 2000, Age Concern purchased a minibus and advertised for drivers. When I retired, 3 months later, they had enough drivers. I had met the Administrator and the President and was co-opted on the Committee then at the following AGM I was elected. I experienced interesting times with the introduction of new processes to action and working closely with the then President Lorraine Wilson to register for GST when the income approached \$40,000, registering with the Charities Commission, and when the Health and Safety Employment Act was extended to include the volunteers, a health and safety policy was established.

Other activities have included

- Age Concern representative (Access Committee of CCS) This role involved support for the boardwalk along Pilot Bay with a more suitable pathway older people
- City Council, Elders Forum
- Sub Committee to celebrate Age Concern, 25th anniversary.
- Global Embrace Walk on the International Day of the Older Person.
- Two years on the Age Concern Board



when it was set up in 2011.

- Bus driving.
- Friday reception, (Man Friday) In 2014 I became the Friday receptionist in the office, until Fiona was employed in 2018. I continued in a support role and look after the vehicles.
- Coffee and Conversation group When the Coffee & Conversation groups were established, I joined a group of volunteers to work together to provide, what has become very enjoyable gatherings.

Although I have volunteered for 20 years, Age Concern has contributed to the enjoyment of my retirement. It has given me an insight to the lives of other retirees and the opportunity to meet so many wonderful people.

I was honoured to receive a Life membership in 2015 and I also received the Dignity Champions award in 2018. These acknowledgements, alongside the feedback from other members, has made my time spent, very worthwhile. I would like to acknowledge, the Manager Tanya, the administration staff and the other volunteers who have contributed to my enjoyment of being part of the Age Concern Team.

Roland

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Introducing Mandy Anderson



Hi, my name is Mandy Anderson, and I started the role of Age Connect Co-ordinator in September 2020. I have been married to my husband Graham for 31 years. We have two adult sons one of whom lives in the UK and the other who has recently moved home after living in Australia for 9 years. I am also the proud mother of Molly our 1-year-old Spoodle who brings a huge amount of joy into our empty nest.

I have always had a passion for walking alongside people and helping them to get the best out of their lives. In 2017 I completed my Bachelor of Social Work so that I could continue to help people in a more meaningful way. My passion has always been based around exploring and implementing ways to combat Social Isolation. Sadly, in a world which is so well connected by technology we have seen a sharp increase in people feeling lonely and isolated. This is why Age Connect is such a great service and one which I believe has the ability to create meaningful change to people’s lives.

I enjoy working with people to help them work through some of their personal challenges which prevent them from forming social connections. It is also exciting to be given the opportunity to work with other organisations to help find solutions to institutional barriers which prevent people from living a full and rich life.

I look forward to meeting with some of you and if you or someone you know would like to know more about the Age Connect programme please visit our website, give us a call or pop into the office for a chat.



Social Isolation and Loneliness: What Age Connect can do.

“The most terrible poverty is loneliness and feeling unloved” Mother Teresa.

The **AgeConnect** Service has been established to address social isolation and loneliness in our community. The Age Connect service will work to enhance older people’s wellbeing through social connections, ensure older people’s contribution is valued and help to foster meaningful interactions.

The AgeConnect service aims to build friendships and community connections for isolated older people by:

- Linking isolated and/or lonely people to services, support, and social activities.
- Address barriers that prevent people from connecting and participating in the community.
- Providing information about social groups and events
- Working with communities to create new social connection options as needed

What does social connection mean?

Social connection means the social ties that we have with other people. It is a broad term that includes things like getting together with others, having others we can rely on for support, or feeling that we belong and are valued. We can experience these different types of social connection with family and friends, in neighbourhoods, or as members of a group or club.

Meaningful social connection is vital to our health and wellbeing. If we lack social connection, or if the contact we do have with others is not meeting our emotional needs, it affects our physical and mental health and can result in feeling lonely. Consequently, we need to care for ourselves by seeking more meaningful social connection.

If you are socially isolated and/or lonely and need some help, an Age Concern Social Connector can help you to make the right connections. To find out more or to make a referral contact:

Age Concern Social Connector:
Mandy Anderson
Phone: 07 578 2631
Email: cc.ageconcerntga@xtra.co.nz



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

RYMAN PIONEERS
Peace of mind

Our pioneering approach to retirement living includes our Peace of Mind Guarantees designed to give our residents greater confidence to live the way they want. They provide freedom and flexibility that lets you choose when, where, and how you want to live your life.

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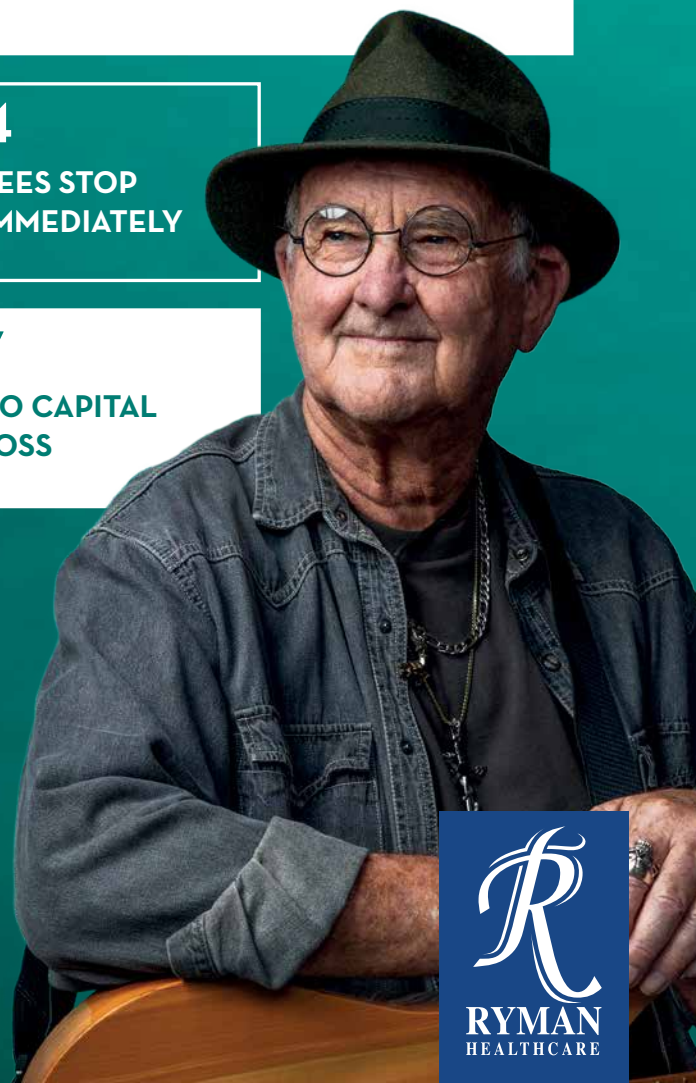
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For full details on our Peace of Mind Guarantees, or our Bob Owens Village, call 07 579 2519.

112 Carmichael Road, Tauranga
rymanhealthcare.co.nz





On 25 January 2021, there were a series of earthquakes centered in Rotorua which prompts the reminder of:

Get Ready Get Thru

1. Have a Plan

Planning for emergency events is as easy as having a chat with your family, flatmates, friends and neighbours.

It is important you talk about what you would do if you had to leave home in a hurry, were made to stay or stuck at home, or couldn't get home. You should also think about what you would do if you had no power, no water, no communication or you were ill.

Disasters can happen anytime, and you could be anywhere! Think about if you were at home, at work or the kids were at school.

- Talk to your children about your emergency plan. Arrange for friends and family nearby to collect your children from school and let the school know. Decide on a place where you will all meet in the event of an emergency.
- Decide who will help with food supplies if you and your household become unwell.
- Don't forget your pets and make sure they are a part of your plan. If you have a lifestyle block or a farm you need to make sure you have a plan for how you will care for them.
- Think about family, friends and neighbours with special needs. If you or a member of your family has a disability it is critical you develop a plan and a local support network.
- Get to know your neighbours and share your plan.

If you, a member of your family, friend or neighbour has mobility issues, hearing or visual impairments or intellectual disabilities, it is important you take extra time to plan for how you will respond to an emergency.

People who need assistance need to put in place a support network of people close to home or work who can provide support during an event.

- Make a plan and think about special needs or support you require.
- Prepare a getaway kit. Consider the addition of medication and important equipment you may need. Include a pen and paper to assist you in communicating with others.
- Stay Informed.

2. Prepare your home

Making your home safer will reduce the risk of damage during an emergency as well as allow you to stay in your home.

It is important that you learn about the disasters that might impact you and your home. For example, do you live in a flood prone area, tsunami evacuation zone or an area vulnerable to earthquakes? If you are in a flood

prone area, it is important to plan and prepare for severe weather events. Stay informed, plan for your family and neighbours, pets and livestock. Think about storing precious items as high off the ground as possible and maybe even storing some sandbags. If you are renting, it is in your landlord's best interests if your home is still liveable after an event, so talk to them about making your home safer.

- Sort out home and contents insurance. Most people are underinsured. Make sure you are insured for the right amount and keep copies of important insurance papers in a safe place.
- Damaged utilities can be dangerous and also prevent you from staying in your home. Find out where your gas main valve, main power switch and water toby are and learn how to turn them off (you could mark them clearly so you can find them easily).
- Fix, fasten, forget! Secure heavy items of furniture (such as bookcases and dressers) to the floor or wall. Visit EQC to find more about how to quake safe your home.

3. Prepare a getaway kit.

Prepare for if you have to leave home in a hurry.

In an emergency you may have to leave your home in hurry, have you thought about where you might go? What would you take? What about pets? What about neighbours that might need your help? Everyone should have a getaway bag with some warm clothes, a bottle of water, some snacks, medications and copies of important documents. Keep your torch, radio (a wind-up radio is a great option) and some cash handy, so you can grab them in a hurry.

- Although you can purchase getaway kits it is easy to develop your own from a re-useable shopping bag or an old backpack you no longer need.
- Daylight savings is a great time to check on your water bottles and expiry date of snacks in your getaway kit.
- In the spring, instead of throwing away your unwanted or old warm clothes, put an old jacket into your getaway kit.
- Take photocopies of your passport or drivers licence to add to your kit. Also don't forget to take a list of important phone numbers such as friends and family, school, vet and doctors.
- Some comfortable closed shoes are essential. In the event of an earthquake, there may be broken glass and debris that might pose a hazard.
- Think about your pets. Make sure you keep your dog's lead, or a cat crate handy in case you have to leave in a hurry and add some extra water and pet snacks into your kit. Make sure your pets have identity tags with your telephone number in case they get separated from you.

Before it is time to renew your prescription, put some of your medication aside for your kit. Don't forget to check the expiry dates.

Did you know that New Zealand has one of the highest companion animal ownership rates in the world with over 65% of households having one or more pets?

We know New Zealanders love their animals and that's why it is important to think about how you will look after your pets during an emergency.

- Make a pet plan. If you leave your pet behind, they may get lost or injured, or worse. You might ask neighbours or other pet owners close by to help.
- Prepare a getaway kit specifically for your pet. Include important information like contact numbers (for your vet, kennels and catteries or pet friendly hotels), copies of medical and vaccination records. Don't forget collars and leads and familiar items such as favourite toys or blanket. Keep a crate or pet carrier handy.
- Microchip your pet and keep your information updated. Make sure your cat or dog has an identity tag.
- Stay Informed. It is important you know where you will get information during an event.

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.



Where is Tauranga's best downsizing location?

Tauranga has over thirty lifestyle villages of varying sizes, facilities and price ranges. Most are licence to occupy, where a right is given to live in a village for the lifetime of the occupant although some offer a freehold title.

In 2020 Vanessa started visiting Tauranga's downsizing locations and writing about each experience in order to be able to provide the most up to date and relevant information to downsizing clients. This information is available at www.downsizing.nz

Downsizing Tip

When searching for a downsizing location take a checklist with you as each village will vary in subtle ways which may be important to you. Some villages allow pets, some don't have a bowling green, some offer future care options, some don't have a cafe, some have freehold properties etc.

A number of good checklists can be downloaded from www.sorted.org.nz or get in contact with Vanessa for more information.

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"Our customers have been asking us for this service for years so it's fantastic that we are now able to provide the TM discount throughout the Bay of Plenty," says Gavin Bennett from Freedom Drivers Tauranga.

"This will make a big difference to the cost of transport particularly for our senior clients. I'd love to hear from anyone who has a TM card and who has not tried our service before to give me a ring for a chat and a quote."

Freedom Drivers specialise in providing safe, caring transport with extra help and assistance for our senior citizens. Freedom prices are comparable to (and often less) than a standard taxi and our service is very personal with lots of extras.

**Call Gavin directly with any enquiries
on (07) 575 6324 or 027 489 7621**

Kerbside Collection Concerns

As with all new initiatives there are worries raised. One of those is the Tauranga City Council changes to kerbside rubbish collection, for our older population.

Why is the new service being introduced?

The new service will make reducing household waste easier, more accessible, and more affordable for our community, and is expected to halve the amount of waste the average household sends to landfill each year by 2028.

The majority of households will see their current waste disposal costs reduced, while receiving a more comprehensive service – as the service provides a dedicated rubbish, recycling, food scraps and glass recycling collection for the same cost as using one and a half rubbish bags a week today.

Currently, almost 70% of Tauranga's household waste sent to landfill could be recycled or composted instead. This is a result of our 'opt-in' system, where many households are unable, or choose not to take part in recycling or composting. We asked the community as part of the Long-term Plan 2018-28, whether we should introduce rates-funded kerbside collections to help reduce the amount of household waste going to landfill – and 66% of the submissions received were in favour of doing so. After listening to the community and assessing the environmental impacts of the current 'opt-in' system, Council made a resolution

in 2018 to introduce the new collections. In late 2020, Council confirmed fortnightly rubbish and recycling, weekly food scraps and an optional fortnightly or 4-weekly garden waste collection will be added to the existing fortnightly glass recycling service from 1 July 2021.

Request for Assisted Service

The City Council have a Request for Assisted Service to support our aging populations concerns. At present the information that is on the website, is only for glass however the Tauranga City Council have assured us that they are working on a form that will cover all the bins, for the roll-out



in July 2021.

The Request for Assisted Services needs to be signed off by your doctor and is a free service for those needing it. This information is available on the Tauranga City Council website <https://www.tauranga.govt.nz/living/rubbish-and-recycling/kerbside->

KAIMAI DENTURES, YOUR MOBILE DENTURE SERVICE



Kaimai Dentures offers a unique, extremely popular and competitively priced mobile denture service. Business owner, Bernard Kramer, has recently returned to the Tauranga area after a 4 year span in the South Island. Bernard is certainly no recent convert to the mobile denture business, he previously operated a successful mobile denture service in this area since 2002. Bernard was popular and well liked and known for his excellent workmanship, attention to detail and his caring manner towards patients in Hospitals, Rest homes, Retirement Villages and private homes. Bernard gained a reputation for being honest, reliable, genuinely caring and down-to-earth humble.

Do you need to regain that natural looking smile? Maybe your dentures are old, cracked, worn, or loose; Kaimai Dentures Mobile Denture Service comes to you in the comfort of your own home offering all your denture needs, including insurance and WINZ quotes. A mobile denture service is especially convenient to our elderly members of the community who may find

collections/kerbside-glass-collections/request-an-assisted-service and for those that have no access to the internet, a phone call to the Council 07 577 7000 will have a form mailed out. Any concerns, please contact the Council.

driving a challenge or have compromised mobility. While this service is affordably priced there is definitely no compromise in quality and workmanship. There's also no extra charge for the mobile facility.

Bernard encourages his patients to participate in the choice of teeth (shade, size, shape) and is comprehensive in his explanation of the detail and process - all in simple terms enabling his clients to remain fully informed.

Since 1986 Bernard has studied and worked in Europe and Africa, before moving to New Zealand in 2000. As a registered Clinical Dental Technician, he can provide dentures direct to the public. He does everything from start to finish and also completes after-care appointments. He has the 'knack' of creating beautifully, natural looking dentures, individually made to suit each customer, Bernard only uses the best quality materials and proven technology. Bernard's motto has always been, 'the best or nothing'

Want to know more? Please get in touch by either phoning 0275 419 466 or message via Kaimai Dentures Facebook page, Bernard would love to chat with you.

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Contact CDF: Phone: 0800 843-233

Email: cdf@cdh.org.nz Website: www.cdf.cdh.nz

Mail: PO Box 4353 Hamilton East 3247,

In-person: Chanel Centre, Catholic Diocese of Hamilton, 51 Grey St Hamilton East, Hamilton

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Important Notice: please read

This application to deposit is issued with the Replacement Product Disclosure Statement (PDS) dated 4 December 2020 for an offer of debt securities issued by the Roman Catholic Bishop of the Diocese of Hamilton, trading as the Catholic Development Fund (CDF). The Replacement PDS and the Trust Deed can be viewed at the following websites: NZ Companies Office www.business.govt.nz/disclose; Catholic Diocese of Hamilton www.cdf.cdh.nz or the Diocesan Office at 51 Grey Street, Hamilton East, Hamilton 3216.

editorial supplied by Catholic Diocese of Hamilton

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Wednesday 24th March 9.15am—1.30pm Greerton Senior Citizens Hall 33 Maitland Street, Greerton	Friday 26th March 9.15am—1.30pm Tauranga Senior Citizens Hall 14 Norris Street, Tauranga
Thursday 15th April 9.15am—1.30pm Papamoa Sports & Recreation Centre Gordon Spratt Reserve	Wednesday 5th May 9.15am — 1.30pm Mount Maunganui RSA 544 Maunganui Road Mount Maunganui

Tea and coffee provided. Bring your lunch.

Phone Age Concern on 578 2631 to book your space.

IF AN EARTHQUAKE IS
LONG OR
STRONG,
GET GONE



Phishing season - advice from CERT NZ

The festive season brings a flurry of online shopping and deliveries, it also brings opportunities for scammers to try and trick us into sharing our personal and financial information.



One of the most common ways they do this is known as phishing, and it's often carried out through email. A phishing email is where a scammer sends an email pretending to be from a well-known organisation or business. The email will likely ask the recipient to either click on a link or attachment or enter personal and financial information.

A common phishing email in the lead up the holiday season is the 'parcel delivery' scam. They appear to come from well-recognised freight, courier, or postal companies, and claim the recipient has a pending parcel delivery. The message asks the recipient to click a link or attachment to accept delivery, except it is false. It is a trick to get us to enter personal information or make a payment to have the non-existent parcel delivered.

Things to check

It is exciting to be notified of a delivery, but it pays to check a couple of things.

If you're not expecting a delivery, don't click the link or open the attachment. Call the courier company to check the delivery notice is legitimate.

Phishing - How to protect yourself

Phishing can be hard to detect, but easy to fall for. CERT NZ recommends these simple steps to help keep secure.

Use unique passwords for all your online accounts. This means if you've shared your login information, only that account is exposed, and you only have to change that one password.

Add two-factor authentication to your online accounts, like your bank and email. It adds an extra layer of security. That way, if a scammer gets your login details, they still can't access your account.

Go to the CERT NZ website for more information.

When may you Update or Upgrade software?

Think of it like this. Any software that is already on your computer, tablet or phone, has your permission to be there. It was put there (installed) by 'Us', or 'You' when you first bought it, or by a helpful family member.

When that software has a new version ready to install, it will usually pop-up and tell you, "I want to update, or upgrade" myself. The reason it wants to, is because all the software on your devices are constantly being improved with bug fixes, security improvements, or planned feature enhancements.

When your computer or device asks to update existing software, allow it to do so as soon as possible!

On the other hand, if an unknown Program or App is asking to install itself for the first time, the answer is 'No', unless you had consciously instigated it. If you are not sure, ring us and ask.

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LILLE Healthcare

BOOST YOUR CONFIDENCE

Social activities and outings should be fun and a thing to look forward to, but unfortunately for some it can also bring up some uncomfortable feelings. When we think of parties and get together, some people tend to shy away from the activities due to fears around bladder weakness or incontinence. Despite these fears, it is important for us to remember that these symptoms are more common than we think – 1 in 5 people experience some form of continence struggles in their lifetime. With these statistics, we need to ask ourselves why we are feeling shy, embarrassed or uncomfortable, and strive to be more confident in who we are. To help with these struggles, here are a few tips to help manage these discomforts and live a life in full view!

1. Keep Hydrated

Some people believe that by reducing fluid intake, they won't have to go to the toilet as often. Well this is what really happens: your urine becomes concentrated (a dark yellow colour) and this irritates the inside of the bladder. Your bladder then wants to squeeze itself to remove the urine making you have to go to the toilet more often. Even worse, some drinks also have this effect on your bladder – drinks that have caffeine in them such as coffee, tea, soft drinks, energy drinks and alcohol should be reduced to help us maintain a healthy bladder.

So how much fluid should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth your water needs depend on many factors; including your health, how active you are and where you live. Consequently, try to drink when you are thirsty but keep in mind that you should be having around 6-8 glasses of 250 ml of fluids per day. Just remember that water will always be your best choice of fluid!

2. Try to keep alcohol intake in check

To promote a healthy bladder, it is recommended to have at least 2 alcohol free days a week – however the more the better! Both men and women should consume no more than 2 standard drinks on any day (which may be hard during the festivities) where one standard drink is equivalent to:

- One 375ml can or stubbie of mid-strength beer
- 100ml wine (13.5% alcohol)
- 30ml nip spirits
- One 250ml can of full strength pre-mix spirits (5% alcohol)

3. Eat plenty of unprocessed, fresh foods

It all boils down to this simple rule. Processed foods (biscuits, cakes, takeaways, soft-drinks etc.) are all laden with sugar, salt and bad fats – so fresh is best! Don't think of it as a 'diet', think of it as 'eating well'. Remember, it's also a good idea to eat more fibre, which can be found in vegetables, fruits and whole grains. This helps prevent constipation – a cause of urinary incontinence.

4. Toilet Visits

Teach your bladder good habits! Try not to go to the toilet 'just in case'. This can result in a lazy bladder that gets into the habit of believing it needs to be emptied regularly. Try to go to the toilet only when your bladder is full, and you really need to go. Also, whilst you are out and about, to help you be better prepared find a toilet close by for you in advance.

5. Get moving!

Honestly, we all know that we sit on our butts way too much, but we make lots of excuses as to why we can't exercise. Let's change our mindset and decide that it isn't exercise that we are going to do, but just moving. By 'moving' 30 minutes at least a day, you will be doing your body (and its future) a huge favour. This will help by keeping your bowels regular and assist you in losing any extra weight that may be putting strain on your bladder and its supporting muscles. There are lots of different ways to get moving but the trick is to find something that suits you. Try parking the car further away from your destination and walk the extra distance instead. That will be a great start!

6. Use the right protection

Make sure you are using the correct size and absorbency for your continence products. If you are not using the correct product, you may find that the performance will not provide the results you require and you may feel uncomfortable. If you are unsure if you have the right product for your needs, Lille Healthcare NZ can send you a few samples to try before you buy.

7. Personal Hygiene

Good personal hygiene is very important in managing incontinence. If you wear an absorbent product it is always a good idea to have a pack of wet wipes or wet wash gloves on hand for your personal hygiene and wellbeing so that you can refresh when needed.

Please remember, if you have any questions surrounding your bladder discomforts or continence troubles, you can reach out to the Continence NZ Helpline

0800 650 659 or email info@lillehealthcare.co.nz.

Ref: <https://www.ontexhealthcare.com.au/articles/boost-your-confidence-this-festive-season/> December 12, 2018

AGE CONCERN TAURANGA SEMINAR 2021



Incontinence – An Embarrassing Secret

- Basic Continence Management
- Older people and continence
- Stress continence
- Caring for someone with incontinence
- Products available

Presenter: Jante Thackray. Continence Educator, Continence NZ

TUESDAY 13th April 2021

Tauranga Citizens Club (upstairs)
170 Thirteenth Avenue, Tauranga

Time: 10.30am to 12.00pm

Entry Fee: \$4 per person

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

Sponsored by:



Wool for Charity
Yarn Stash Tauranga

Charity Yarn Stash Tauranga needs donations of wool to keep their valuable work going. If you have any spare wool or other yarn, please drop it in to Age Concern Tauranga and we will pass these on to Charity Yarn Stash.

The Group has delivered an amazing array of blankets, scarves, beanies, and gloves to Age Concern Tauranga for distribution. There is a wide range of sizes and colours. Please contact us if you could use any of these lovingly crafted items.

If you are a crafter and want to get involved, please let us know and we will contact Lisa Sterling the Tauranga co-ordinator.

Or you can contact Lisa directly 021 951 909 or lisa.sterling@craftyvoluteers.org.nz



DEDICATED TO CONTINENCE CARE



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at www.lillehealthcare.co.nz

What's On...

Wednesday Walking Group

Wednesday 10 March - 10am

Memorial Park. 17th Avenue

Wednesday 17 March - 10am

Waipuna Park,
25 Kaitemako Road, Welcome Bay

Wednesday 24 March - 10am

Mitre 10 Gate Pa Shopping Centre

Wednesday 31 March - 10am

Bus Depot, Willow Street

Wednesday 7 April - 10am

The Crossing, Pak N Save, Tauriko

Wednesday 14 April

Trip to Tarawera Falls, Kawerau.

(Register your interest at Age Concern 578 2631 to secure your seating on this amazing trail).

Minibus Adventures



Saturday 13 March - Blokes Day Out. Visit Hamilton Car Museum and Lunch. **Cost: \$37pp includes entry fee.**

Thursday 18 March - Transport to Greerton C&C **Cost: \$5pp**

Saturday 20 March - Lunch at the Falls Cafe, McLaren Falls Road, Omanawa **Cost: \$10pp**

Thursday 25 March - Transport to the Monthly Meeting, Tauranga Citizens Club. **Cost: \$5pp**

Saturday 10 April - Lunch at Flat White, Waihi Beach. **Cost: \$25pp**

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

When: Wednesday 7th April & 5th May

Time: 10.30am to 12 noon

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

Cost: \$3.00pp

Te Puke Group

When: Tuesday 13th April & 11th May

Time: 10.30am to 11.30am

Where: Te Puke Country Lodge, 1 No 1 Road, Te Puke

Cost: \$5.00pp

Greerton Group

When: Thursday 15th April & 20th May

Time: 10.30am to 12 noon

Where: Greerton Senior Citizens Hall
33 Maitland Street, Greerton

Cost: \$3.00pp

Everyone Welcome

Monthly Meeting

When: Thursday 25th March 2021

Where: Tauranga Citizens Club, 170 13th Avenue,
Tauranga South (upstairs)

Time: 10.00am to 11.00am

Cost: \$4.00pp - light refreshments provided prior to meeting.

Guest Speaker: Amber Joins
ASB Branch Manager

Topic: Scams & Digital Banking

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



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

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".



2021 / 2022 Subscriptions

Age Concern Tauranga's Membership period is from 1st April 2021 to 31st March 2022.

To renew your membership or join as a new member, please complete the details on the back page of this Newsletter, cut it out and post with your cheque to the address provided or call into the office.

Eftpos available.

Sorry no Credit Card payments accepted.

If you would like to pay online, our account details are:

Age Concern Tauranga Inc
03 0445 0172665 00

Please use your initial and surname as reference.

Thank you for your continued support and welcome to our new members.

Welcome

Welcome to new members

Welcome to all our new members that have joined over the last few months. We hope you enjoyed reading our monthly magazine. We love hearing from our members so if you have any feedback regarding our services please do not hesitate to contact our office on 578 2631.

Happy Birthday to our members that have just recently celebrated a birthday or to those that are celebrating one in the months of September/October/November/December

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

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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

4 April 2021 - Daylight Saving Time Ends



Sunday, 4 April 2021,
3am clocks are turned
backward 1 hour to
Sunday, 4 April 2021,
2am local standard
time instead.

Sunrise and sunset will
be about 1 hour earlier
on 4 April 2021 than
the day before.

There will be more light
in the morning.

**Also called Fall Back
and Winter Time.**

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:

Address: Postcode:

Phone: Mobile: D.O.B. / /

☐ 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.