

WINTER 2021 QUARTERLY MAGAZINE  
www.ageconcerntauranga.org.nz



# Age Concern Tauranga

*Serving the needs of older people*

## KEEPING YOU CONNECTED



Anna Bones (chairperson)  
and Agnes Acott

For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

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## Contact Information

Phone: (07) 578 2631

Email: [ageconcerntga@extra.co.nz](mailto:ageconcerntga@extra.co.nz)

Address: 177a Fraser Street, Tauranga 3112

### OFFICE HOURS

8.30am - 2.30pm Monday to Friday

## Board Members

### Chairperson:

Anna Bones

### Board Members:

Angela Scott

Eddie Jackson

Adrienne von Tunzelmann

Evan Turbott

Ciska Vogelzang

Peter Moss

Ken Collings



## Staff

### General Manager:

Tanya Smith

### Administrator:

Janelle Jamieson

### AVS Team Co-ordinator:

Pat Duckmanton

### AgeConnect Social

### Connector:

Lucy Willard

### SAYGO Co-ordinator:

Angelika Gillen

### Staying Safe Driver

### Refresher Facilitator:

Ian Lee

### Total Mobility Assessor:

Judi Steel

### Walking Group

### Co-ordinator:

Renee Hill

### Social Activities

### Co-ordinators:

Lesley Tong (Brookfield)

Diann O'Sullivan (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](mailto:ageconcerntga@extra.co.nz) or visit our website

[www.ageconcerntauranga.org.nz](http://www.ageconcerntauranga.org.nz)

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



Age Concern Tauranga Incorporated

## ANNUAL GENERAL MEETING NOTICE

Thursday 24th June 2021  
10.15am to 12.00pm

Held at Tauranga Citizens Club (upstairs)  
170, 13th Avenue, Tauranga

Guest Speaker:

Robyn Paterson

Community Magistrate

Topic: History of Magistrates in New Zealand

Everyone Welcome.

Lunch available at your own cost  
At the Bistro downstairs after AGM

## Age Concern Tauranga Incorporated Board Member 2021 Nomination Form

We the undersigned nominate:

1. ....

2. ....

To be Board Member (s) of the Age Concern Tauranga Board.

Nominated by:

Signature:

Date: .....

Seconded by: .....

Signature: .....

Date: .....

**Nominee:** Please be prepared to introduce yourself at the Annual General Meeting. Completed form must be received at the Age Concern Tauranga office by 2.30pm Thursday 10th June 2021.



## Great news for SuperGold Card bus users

- Make the most of your SuperGold card and registered Bee Card
- Travel free on Bayhopper buses from 9am on weekdays
- Travel free all day on weekends and public holidays

Head to [www.baybus.co.nz](http://www.baybus.co.nz) for more details





MATARIKI – The Maori New Year

Matariki is one of the most important Māori celebrations. It signifies the start of the New Year in Māori culture.

Matariki is the name for a star cluster also known as the Pleiades, that rises in late June or early July. It literally translates in English to the 'eyes of god' or 'little eyes'.

In 2021 Matariki will be celebrated between 19 June to 11 July. Whakanuia te tau hou Māori, 19 o Pipiri ki 11 o Hōngongoi 2021.

How is Matariki celebrated?

Traditionally, Māori believed if the Matariki stars were very bright in the sky, this signified a warmer season and more fruitful crops for harvest.

It was seen as an ideal time for ceremonial offerings to the Māori land-based gods Rongo, Uenuku and Whiro to ensure their crops were healthy for the

coming year. Matariki was also seen as an important time for family to gather and reflect on the past and the future.

Today Matariki celebrates the unique place in which we live and gives respect to the land we live on. This is celebrated through education and remembering whakapapa (ancestry).

The planting of new trees and crops is done to represent new beginnings. Celebrations traditionally last up to 3 days after the new moon has risen following the Matariki clusters visibility in the sky.



What are the Matariki stars called?

Matariki is a star cluster, not a constellation. The 9 Matariki stars are called:

- Hiwa-i-te-rangi
- Pohutukawa
- Tupu-a-nuku
- Tupu-a-rangi
- Waipuna-a-rangi
- Matariki
- Waiti
- Waita
- Ururangi

Sourced: <https://www.twinkl.co.nz/event/matariki-2021>

Introducing Lucy Willard



Confucius once said, “Choose a job you love, and you will never have to work a day in your life.” These words could not be truer; I love my job, my clients, my colleagues, my volunteers, and everything that Age Concern stands for! Daily I am humbled by the people I meet, especially those that offer their time to

help prevent loneliness and isolation.

Kia ora, my name is Lucy Willard and I have recently joined the team as their new Social Connector. I have been working in the non-for-profit sector for the past 11 years and I would not change a thing. Working with volunteers, clients, and the community gives me a sense of purpose, knowing that what I do makes a difference; it is extremely rewarding.

My partner and I relocated from Hamilton late April and we are loving the warmer climate; I am certainly not missing the damp and foggy mornings that were most prevalent during Waikato’s winter!

My son Luc recently qualified as a Commercial Pilot and is now studying to be an instructor. He lives in Kaiteriteri near Nelson and flies two to three times a day over the glorious Able Tasman and Marlborough Sounds; now that’s what I call, ‘living the dream’.

My daughter Alix recently returned from an internship in Disneyworld, Florida as part of her travel and tourism diploma. I was fortunate enough to join her and enjoy some of the magic that is Disney; there really is no happier place on earth! She is hoping to join the NZ Police Force as soon as she can, to fulfil her passion of helping others in the community.

My mission as the Social Connector is to support lonely, isolated and those challenged in today’s society to find a place of comfort and support. An environment where they are linked to other organisations, communities, and people who can assist them lead a more fulfilling and happier life.

If you know of anyone who could benefit from our Social Connect programme, please do contact Age Concern for further information, or just for a chat. I’m really looking forward to getting to know Tauranga, it’s people and my community.

Who is managing your investments while you are on the road?



NZ MORTGAGE AWARDS 2021 WINNER NON-BANK OF THE YEAR

Annualised pre-tax return for the quarter ending 31 March 2021

4.30%\* PA

PIE Fund

\*Effective return is calculated based on a taxpayer paying tax on non PIE income at 33%

4.00% PA

Group Investment Fund and PIE Fund

Past returns do not guarantee future performance.

We have been in business for over 25 years. We are proud to have provided consistently higher returns to investors. Returns currently exceed bank term deposit rates by an average of 75%.

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How to bank online. Get step-by-step guides to learn about internet and mobile banking. [asb.co.nz/how-to](http://asb.co.nz/how-to)



Your direct line to ASB. If you're 65 and over, call our priority line. 0800 272 119

ASB ONE STEP>AHEAD







**World Elder Abuse Awareness Day June 15** is a great opportunity to learn more about a global concern that affects New Zealanders too. We cannot solve abuse issues in our families and communities if we don't learn and talk together about why "Elder Abuse hits close to home."

We can all help to prevent elder abuse and neglect by:

- Loving and cherishing older relatives / whānau.
- Phoning, zooming or facetimeing older people / kaumātua.
- Visit older people / kaumātua in our neighbourhood.
- Involving older people / kaumātua in our social activities.
- Encouraging older people / kaumātua to make their own decisions.
- Supporting older people / kaumātua to use their money for their needs.
- Honouring older people's / kaumātua's wisdom.
- Enabling older people / kaumātua to set their own pace.
- Speaking respectfully and listening to older people's / kaumātua's stories.

- Seeking advice from any Elder Abuse Service or Age Concern if you think an older person / kaumātua is being abused or neglected.

#### Sign up as an Age Concern Dignity Champion

Age Concern strives to create a New Zealand in which everyone is valued, supported and empowered no matter how old they are. However, this is not the society we live in – not yet. That's where you come in. We need New Zealanders from all walks of life to join us and become Age Concern Dignity Champions.


#### An Age Concern Dignity Champion pledges to:

1. Reject stereotypes and focus on the uniqueness of every individual
2. Speak up when they hear people speaking negatively about growing old
3. Have the courage to question practices they feel are disrespectful to older people
4. Not patronise older people
5. Be patient, polite and friendly
6. Have zero tolerance for abuse or neglect
7. Build relationships – they combat isolation and loneliness by getting to know the older people in their lives.

[www.ageconcern.org.nz](http://www.ageconcern.org.nz)

**FIGHT COVID-19 coronavirus**

## GET YOUR COVID-19 VACCINATION



**Getting a COVID-19 vaccination is the best way to protect yourself your family and your community.**

## Rate's rebate

A rates rebate is a partial refund for people who pay rates to a council. If you pay rates on your residence – you might be eligible for a rebate of up to \$655.

The scheme only applies to the one property you live in and does not apply to multiple or holiday homes.

You can apply for a rates rebate if you live in a retirement village, you just need the signature of your village manager.

Head over to [www.govt.nz](http://www.govt.nz) to find out more on eligibility, what to do if you live in a trust owned property and work out how much you might be entitled to with the online rebate calculator.

Some payments, such as the Winter Energy Payment, are not included in the definition of income.

Post or drop off your application form to your council. Applications close 30 June 2021.

Source: <https://superseniors.msd.govt.nz/news-events/superseniors-newsletter/index.html>

## HELP US TO CONTINUE TO HELP OTHERS

Did you know we are building an enduring **Age Concern Tauranga Fund** through the Acorn Foundation?

This endowment fund will allow us to have an even greater impact in our community, now and in the future.

Through your generosity, you can contribute to the growth of our fund by leaving a gift in your will, or donating during your lifetime.

Donate online now: [acornfoundation.org.nz/funding/community-group-funds](http://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.**



## Real Estate Market Update from Vanessa

In April 2021 the median residential house price in Tauranga city reached a record of \$937,500 with an increase of 34.8% occurring over the past 12 months. Between March 2021 and April 2021 there was a 14% fall in the number of properties sold with a 3.3% rise in median price (Source REINZ Statistics).

A low inventory of properties in the Tauranga market has meant many home owners have held onto their properties instead of trying to secure a new property in a competitive market. Those moving into a lifestyle village have had the advantage of being able to secure a property, with three months normally given to sell their existing property.

**Downsizing Sales Tip:** The market ultimately decides the price, with the most interest occurring in the first 2-3 weeks so it is important to have a good understanding of the current market value and be confident when negotiating.

**Vanessa Charman-Moore is a Tauranga Seniors Real Estate Specialist. For more information see Vanessa's advertisement below.**

## Thinking of moving to a smaller home?

*Learn what your property is worth with a free property appraisal*

*Get tips on choosing a location, preparing for sale, and moving into a smaller space*

[www.vanessarealestate.co.nz](http://www.vanessarealestate.co.nz)



Inspire

Licensed Agent REAA 2008

**Vanessa Charman-Moore**  
027 242 7646  
[vanessa@inspireproperty.co.nz](mailto:vanessa@inspireproperty.co.nz)

Licensed Salesperson REAA 2008



## Now offering the **TOTAL MOBILITY** subsidy in the Bay of Plenty!

Freedom Drivers in the Bay of Plenty are absolutely delighted to let our customers know we are now part of the Total Mobility scheme and are able to offer the TM subsidy on our transport services.

"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**

## New online version of the **Guide for Carers**

The Ministry of Social Development (MSD) has recently updated the Guide for Carers.

The guide has information for people who care for and support family, whānau, āiga or friends with a health condition, a disability, an injury, a physical or mental illness.

If you are caring for someone and want to know more about the kinds of support available, this free resource is a great starting point.

It covers a range of topics such as financial help, assessing needs, getting help at home and being able to take a break from caring.

The Guide for Carers is available on the MSD website and can be downloaded as a PDF, which can be printed in part or as a whole document.

MSD wants to make sure people get the support they are entitled to and that carers get the information they need. They are always happy to talk with you about your situation and how they may be able to help.

If you, or someone you know, is getting NZ Super and you would like to find out what support is available, you can call 0800 552 002, Monday to Friday 7am to 6pm.

If you are under 65, are caring for someone and would like support, you can call 0800 559 009, Monday to Friday 7am to 6pm, Saturday 8am to 1pm.

MSD can also talk with you if you are deaf, hearing-impaired or find it hard to communicate by phone. Contact them via:

**Deaf Link free-fax:**  
0800 621 621

**Text:** 029 286 7170

**Email:** MSD\_Deaf\_Services@msd.govt.nz

Source: <https://superseniors.msd.govt.nz/news-events/superseniors-newsletter/index.html>

## TRANSPORT YOU CAN TRUST

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- One off or regular
- Long trips and local
- Adults and children



**Call Gavin now!**  
For a quote or  
more information

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[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)



Now Offering  
**TOTAL MOBILITY**  
subsidy in your area!

**SCAM  
ALERT**

Please be aware that Age Concern Auckland have received a worrying notification of someone running a scam. The scammer is posing as a representative of Age Concern. They are claiming that as cheques are being phased out, people will need to use credit cards, and are asking for these details over the phone. Please be aware that Age Concern are not making calls of this nature. If you receive a call like this, please do not give out your credit card details.

## 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

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.

Find us on



# KAIMAI DENTURES

## Mobile Denture Service

Full Sets: from \$1750 | Partial: from \$450 | Relines: from \$290 | Repairs: from \$105

**Free Consultations**



**Ph: 027 541 9466**

Find us on





## Leave your loved ones fond memories .... not your funeral costs



For over 38 years the Catholic Development Fund (CDF) of the Catholic Diocese of Hamilton is

where Catholics and others can deposit funds in term deposits and savings (including funeral savings) accounts. While supporting the religious, educational and charitable objectives of the Bishop, local communities and the wider Church..

**CDF's funeral savings account is open to all faiths, even those of no faith, and pays interest on all balances. Contributions can be made by lump sum(s) or regular automatic payment. There's no minimum deposit, frequency or account fees.**

Under current legislation, up to \$10,000 in a CDF funeral savings account should not affect account holder eligibility for any residential care subsidy.

If you share our values and wish to know more please view the product disclosure statement (PDS) and trust deed on our diocesan website [www.cdf.cdh.nz](http://www.cdf.cdh.nz) or NZ Companies Office website [www.business.govt.nz/disclose](http://www.business.govt.nz/disclose)

Contact CDF: Phone: 07 856 6989

Email: [cdf@cdh.org.nz](mailto:cdf@cdh.org.nz) Website: [www.cdh.org.nz](http://www.cdh.org.nz)

Mail: PO Box 4353 Hamilton East 3247,

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

Leave your loved ones fond memories.... not your funeral costs

## FUNERAL SAVINGS ACCOUNT

For a brochure and application form please contact:

The Catholic Development Fund (CDF) Ph 07 856 6989

Email: [cdf@cdh.org.nz](mailto:cdf@cdh.org.nz) or visit The Chanel Centre 51 Grey Street, Hamilton East

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](http://www.business.govt.nz/disclose); Catholic Diocese of Hamilton [www.cdh.org.nz](http://www.cdh.org.nz) or the Diocesan Office at 51 Grey Street, Hamilton East, Hamilton 3216.

## "Exploring the Seasons of Grief"

- a Seasons for Growth® programme offered to our Age Concern networks by Growing Through Grief-Tauranga



Change and loss are part of life, and grief is a normal response to these losses.

Seasons for Growth aims to strengthen the social and emotional wellbeing of adults affected by significant life changes by:

- Exploring the personal impacts of the change, loss and grief on everyday life
- Learning new ways to respond to these changes

The programme creates a safe place for participants to learn together in small groups of 4-7 adults, with one or two experienced facilitators. Programmes are four 2.5 hour sessions.

*"Grieving is like being in a fog: you can't see much, and you wonder if people can see you. Seasons for Growth helped lift the fog." Participant*

Programmes at Age Concern will be for people 65 plus who are living with the effects of change and loss. Many factors can cause change, for example

- Loss of someone or something you love
- Families separating
- Moving to a new home or place
- Impact of illness, our own or a family member's
- Work-life changes, such as redundancy or retirement
- Losing independence or mobility.

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that Seasons for Growth focuses on.

We suggest that anyone affected by bereavement waits 6-12 months before participating in a Seasons for Growth programme.

A new group is starting at the Age Concern office on **Monday 14th June, 1-3.30pm** and will run for four weeks. Cost to attend is \$40 per person for the full programme. Enrolments are essential. All enquiries to Age Concern Tauranga: **Janelle Jamieson**, [ageconcernntga@extra.co.nz](mailto:ageconcernntga@extra.co.nz) or 07 578 2631



**To all our volunteers.  
Thank you.  
We could not do it without you!**

## EECA's "Warmer Kiwi Homes" programme helps eligible homeowners insulate and heat their homes.

**It provides qualifying homeowners with:**

The government is offering Warmer Kiwi Homes grants to make Kiwi homes warmer and healthier

- 90-100% insulation grants for ceiling and underfloor insulation, and on-ground moisture barriers;
  - 90% heat pump grants (up to \$3,000 inc GST). We can help in Bay of Plenty and Eastern Bay of Plenty, subsidy providers vary by region.
  - Grants for heaters are capped at \$2500 Eligibility criteria
  - Do you have a Community Services Card
- OR**
- Live in a lower income area
- AND**
- Your home was built before 2008

**REGISTER YOUR INTEREST today to see if you're eligible and whether we have grants in your region. Terms and conditions apply. 0800 749 782**

## Buy a computer to last a decade today

My father bought a computer that lasted him 13-years before he replaced it. The secret to his success is that the computer had a really good CPU (core processing unit), or brain (if you prefer).

Intel CPUs make it easy for us to follow the potential lifespan. You can buy a computer with an Intel CPU that is either an i3, i5, i7 or i9. My father's computer had an i7 CPU.

As a general rule, we only supply computers with i7 processors to give any computer the 10+ years lifespan our clients expect.

Computers with an i3 processor (CPU) can have a lifespan of 5-7-years. An i5 processor could potentially last 7-9 years, an i7 CPU can last 10-13 years and an i9; well, who needs an i9 at home really?

The CPU is the only significant computer part that cannot be upgraded later, so buy right today!

**We are here to talk on 0800 262 300.  
We come to you!**

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**Home Support**

- ↳ Windows or MAC - any combination
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- ↳ Pimp your slow computer - upgrade to solid-state disk (SSD)
- ↳ E-mail and domain hosting - [email@yourname.co.nz](mailto:email@yourname.co.nz)
- ↳ See all your photos and videos - on TV any time

**Small Business Support**

- ↳ Customer Relationship Management
- ↳ E-mail and Website management
- ↳ Disaster Recovery

**Onsite visits · Personal Service**  
**Phone Support**

*Auto-synchronise photos from phones to computers*

*"It turns out, I knew what I was doing all along, but the computer wasn't set up correctly"*

Ph 07 262 1000, 7 days  
[info@silverservice.co.nz](mailto:info@silverservice.co.nz)  
[silverservice.co.nz](http://silverservice.co.nz)  
SilverServiceIT

# Incontinence – it’s not about ageing

Incontinence can be an uncomfortable topic to discuss, as many people are too embarrassed to talk about their struggles with even those closest to them. However, it's a lot more common than you might think.

Women are twice as likely than men to suffer from urinary incontinence at some stage of their lives. It is estimated that between 30 to 60 per cent of middle-aged and older women are affected.

However, far from being a natural and inevitable part of the ageing process – there are things you can do about it and help is available too.

Changes in lifestyle, such as quitting smoking and eating well, have shown to help alleviate the symptoms of incontinence.

Women can also do pelvic floor muscle training, and this is most effective when guided by a physiotherapist.

You can also get an assessment to see what might be causing it, and what your treatment options are. Your local District Health Board (DHB) will have a team of trained 'continence advisors' who will be able to help you. You can call the Continence Helpline free on 0800 650 659 or go through your GP to arrange an assessment.

You may also be eligible for free continence products from your local DHB or ACC, or subsidised products. For those with an ongoing need for products, funding might be available through the Disability Allowance.

For more information visit [www.continence.org.nz](http://www.continence.org.nz)

Source: <https://superseniors.msd.govt.nz/webadmin/html/email/superseniors-1-february.html>

## How do I know what’s normal?

Have a look at our quick reference charts below

### A healthy bladder

- ✓ Doesn’t leak, tells you when it’s full and gives you time to get to a toilet
- ✓ Can hold up to 400 – 600 ml of urine
- ✓ Empties 4 – 8 times a day
- ✓ May wake you up once a night to go the toilet (or twice if you are older)
- ✓ Completely empties each time

### An unhealthy bladder

- ✗ Leaks urine with coughing/sneezing/lifting
- ✗ Empties more than 8 times per day
- ✗ Can only hold 300mls of urine or less
- ✗ Has you up more than twice a night
- ✗ Does not feel completely empty after passing urine
- ✗ Burns or stings when passing urine
- ✗ The urge is so strong you can’t get to the toilet in time

If you think you might have an unhealthy bladder, don’t panic! Call us on 0800 650 659 for some friendly advice, or go to [continence.org.nz](http://continence.org.nz) for more information. Many issues can be easily resolved, with the right support.

0800 650 659 | [continence.org.nz](http://continence.org.nz)

**continence** NZ

## Free Staying Safe Driver Refresher Workshop

Workshops are theory based.  
Refresh your knowledge and understanding on:

- ✓ Road rules
- ✓ Intersection rules and roundabouts
- ✓ Looking out for hazards
- ✓ Car care and maintenance hints
- ✓ Prescription drugs and driving
- ✓ Rural and urban driving

Logos: Tauranga City, Western Bay of Plenty District Council, Age Concern

<b>Thursday 10th June</b> 9.15am—1.30pm Katikati Community Centre 45 Beach Road, Katikati	<b>Friday 11th June</b> 9.15am—1.30pm Tauranga Senior Citizens Hall 14 Norris Street, Tauranga
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Tea and coffee provided. Bring your lunch.  
Phone Age Concern on 578 2631 to book your space.

Like us on Facebook

Go to [www.facebook.com/ageconcerntauranga/](http://www.facebook.com/ageconcerntauranga/) to follow us on Facebook.

## COMPUTER CONUNDRUM?

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## Your NZ Incontinence Care Product Specialists

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What's On...

Walking Group meeting at 10am unless specified.

Wednesday 2nd June

Carlton Reserve Carpark

Wednesday 9th June

Carmichael Reserve Carpark

Wednesday 16th June

Wylie Street, Greerton

Wednesday 23rd June

Oaktree Restaurant, Greerton

Wednesday 30th June

Papamoa Palms Shopping Centre,  
Gravatt Road bus stop

Minibus Adventures

Wednesday 2 June - Transport to Brookfield Coffee & Conversation St Methodist Church, Brookfield

Cost: \$5pp

Saturday 5 June - Lunch at Waikino Tavern

Note: Lunch at own cost

Cost: \$25pp Meals range from \$15 - \$22

Thursday 10 June - Transport to Greerton Coffee & Conversation Greerton Senior Citizens Hall

Cost: \$5pp

Saturday 12 June - Thames Museum

Cost: \$30pp includes entry

Saturday 19 June - The Olde Creamery, Hamilton

Note: Lunch at own cost

Cost: \$25pp Meals are a set cost of \$30pp

Thursday 24th June - Transport to AGM

Tauranga Senior Citizens Club Cost: \$5

Saturday 3rd July - The Oxford Café, Cambridge  
(previously the Red Cherry Café)

Cost: \$25 Note: Lunch at own cost

Brunch menu ranges from \$9 - \$25

Please Note: Minibus trips are subject to the availability of a volunteer driver.

• ALL LUNCHES 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 Age Concern on 578 2631.

Brookfield Group

When: Wednesday 2nd June & Wednesday 7th July

Time: 10.30am to 12pm

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

Cost: \$3.00pp

Te Puke Group

When: Tuesday 8th June & Tuesday 13th July

Time: 10.30am to 11.30am

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

Cost: \$5.00pp

Greerton Group

Please note date changes

When: Thursday 10th June & Thursday 8th July

Time: 10.30am to 12pm

Where: Greerton Senior Citizens Hall  
33 Maitland Street, Greerton

Cost: \$3.00pp

Age Concern Tauranga AGM

When: Thursday 24th June 2021

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

Time: 10.15am to 12.00pm

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

Guest Speaker: Robyn Paterson  
Community Magistrate

Topic: History of Magistrates in New Zealand

Everyone Welcome. Lunch available at your  
own cost at the Bistro downstairs after the AGM.

500 Card Group

Have you always wanted to play 500 but don't know how? We will teach you. A friendly fun group gets together at 9.30am until 11.30am every Monday (except Public Holidays) held at Age Concern 177a Fraser Street, Tauranga. 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".



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.

Tech Support

Do you need help learning how to use your technical device? These may include:

- Tablet / iPad
- Chromebook / Laptop
- Smartphone



- Send a text
- Create and send an email
- Doing a google search
- Make a phone call
- Set up apps, e.g. NZ Covid App / What's App
- Google Duo / Facebook

The ability to use digital technology is a useful tool for addressing isolation among older adults and developing/maintaining social connections.

Register your interest at Age Concern 578 2631



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## Steady As You Go® Falls Prevention

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## 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: .....

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

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

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

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

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

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