

SPRING 2021 QUARTERLY MAGAZINE  
www.ageconcerntauranga.org.nz



# Age Concern Tauranga

*Serving the needs of older people*

## KEEPING YOU CONNECTED



Pat Duckmanton  
(AVS Coordinator) and  
Lucy Willard  
(Age Connect Coordinator)

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

<b>Chairperson:</b>	Anna Bones
<b>Board Members:</b>	Angela Scott Eddie Jackson Adrienne von Tunzelmann Evan Turbott Ciska Vogelzang Peter Moss



## Staff

<b>General Manager:</b>	Tanya Smith
<b>Administrator:</b>	Janelle Jamieson
<b>AVS Team Co-ordinator:</b>	Pat Duckmanton
<b>AgeConnect Social Connector:</b>	Lucy Willard
<b>SAYGO Co-ordinator:</b>	Angelika Gillen
<b>Staying Safe Driver Refresher Facilitator:</b>	Ian Lee
<b>Total Mobility Assessor:</b>	Judi Steel
<b>Walking Group Co-ordinator:</b>	Renee Hill
<b>Social Activities Co-ordinators:</b>	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:



## Introducing Janelle Jamieson



Kia ora, my name is Janelle Jamieson, and I joined the team at Age Concern in November 2020. I have a background in support work, with over 15 years of experience in aged care, palliative, disability & rehabilitation, and mental health. I find, being able to support clients in a different manner extremely rewarding.

I completed a Bachelor in Community Health with a Public Health major in July 2019. This fuelled my fire, of wanting to further support our community and walk alongside people to get the best out of their lives. Sometimes a friendly ear on the end of the phone, means a lot to many.

I have 3 children – Blake is nearly 23, and works locally, Nadia, nearly 18 is in her last year of college and intends to take a gap year to learn more about life, before embarking on a student life and studying a Bachelor in Fine Arts in Wellington and Rylee (my baby) is 11 going on 25, is in her first year of Intermediate. We have two fur babies that grace us with their presence.

I am loving my role as Administrator at Age Concern, please do leave me a message on the answer phone with your name and contact phone number if I do not answer the phone, I may be with a client or on another call and I will return your call as soon as I am available.

## Age Concern Tauranga Seminar 2021



### Living with Dementia

#### Presenters

#### Cheryl Collier

Speciality Nurse Early Dementia Mental Health Services Older People in the Community

#### Faye Philp

Alzheimer's Tauranga/WBOP

**Tuesday 14 September**

**Tauranga Citizens Club**

**170 Thirteenth Avenue, Tauranga**

**10.30am to 12.00pm**

**Entry Fee: \$4 per person**

**To avoid disappointment, registration is essential.**

**Phone Age Concern Tauranga on 578 2631**

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## Sorry, pardon what was that?

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**HOW TO CHOOSE  
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Problems with bladder control can increase as you get older, this is known as ‘incontinence’. Many people may feel embarrassed and find it difficult to address the problem which can diminish the quality of life for those affected.

There is a range of easy-to-use products that can help, but it’s important to choose the right one!

**Correct style** - The product needs to suit the user’s lifestyle. There are pads that can be placed into underwear or pull ups that are an all-in-one style to be worn instead of regular underwear.

**Correct absorbency** - Pads and pull ups have different absorbency levels from light to heavy. It’s important to have the right one to avoid overly moist skin and the associated skin irritation and infections. If you are wearing the pad and still have spillage then we will recommend a higher absorbency. If you are feeling reasonably dry, then it’s the right one for you. Of course, the absorbency level you need can change over time.

**Correct size** - The continence product you choose must fit properly to avoid leaking and inconvenience. There are sizes to fit all body shapes. It’s hard to

know which product will best suit your needs, which is why Lille Healthcare offers free samples for you to try before you buy.

Lille Healthcare has a wide range of products that can help you manage incontinence. If you require further advice, contact a continence specialist, nurse or doctor, or visit our online store for more information.

**Properly managed incontinence  
improves independence and confidence,  
making everyday life more enjoyable.**

*editorial supplied by Lille Healthcare NZ*





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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](http://www.lillehealthcare.co.nz)



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

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- \*Some conditions apply

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[rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)





## Being mindful not Wasteful

### Recycle

Recycling is a great way to ensure that materials like plastic, glass and aluminum can be used repeatedly and keep them out of landfill. But its essential that you recycle right, by rinsing your recyclables clean and following the rules.

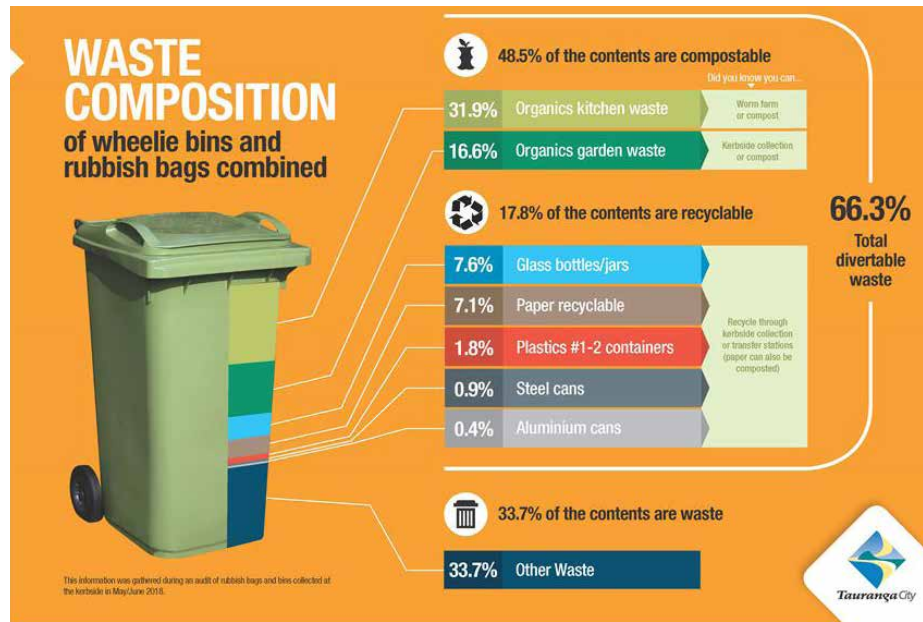
### Reuse

Investing in a few handy items like a reusable water bottle, a keep cup, and a stash of reusable bags for your groceries can make a huge dent in your waste footprint. And why not get creative and find ways to upcycle and reuse objects that you might otherwise throw away.

### Shop Smart

The choices you make when you

shop are powerful when it comes to cutting waste. Opt for items with the least amount of packaging or packaging that can be recycled. Choose products designed to last the distance or be made into something new after use.



## 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.**



**LEGACY funerals**

**Here to help you celebrate a life well-lived.**

*The death of a loved one can bring with it great sadness. Grieving families have a lot to deal with and organise. There are also many decisions to make. Pre-planning your own funeral helps to provide you and your family with peace of mind and also lessens the load for them at such a difficult time.*

**For a copy of our pre-arrangement form or to discuss your needs, get in touch with us today.**

**(07) 543 4780 | [www.legacyfunerals.co.nz](http://www.legacyfunerals.co.nz)**

## Bowel Screening

The National Bowel Screening Programme, a free initiative that helps detect bowel cancer, is being offered every two years to eligible people aged between 60 to 74.

Those who are diagnosed early have a 90% chance of long-term survival.

If the cancer is found at a later, more advanced stage, it is harder to treat.

Bowel screening is currently offered in 17 out of 20 District Health Board (DHB) areas, with the nationwide roll out expected to be completed by December 2021. Those eligible will be sent an invitation letter and a consent form during the first two years of the programme starting in their DHB. A bowel screening test kit with instructions will also be sent out. The test is easy to do and can be done at home.

Information on who is eligible for the programme, or how to opt out if you wish, is available on the Ministry of Health website or by phoning 0800 924 432.

Source: [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz)

**Love and care for your bowels - do the bowel screening test**

**It's FREE for people aged 60 to 74,\* it only takes a few minutes and it may save your life**

## 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 invest funds in fees free term deposit and savings (including funeral savings) accounts. Allowing them to support 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 East.

## 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.



## 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**

## Budget 2021

Budget 2021 includes funding for the Government's commitment to establish an Aged Care Commissioner.

The aged care sector is responsible for supporting a large and sometimes vulnerable population in New Zealand.

Several reports have identified issues in the sector, ranging from the complexity of the complaints process, to feeling fearful of the repercussions from raising issues, and the lack of visibility of the standard of service being provided by home and community support providers.

The Commissioner will give older people and their whānau greater confidence in the quality and safety of aged care, in the investigation of their complaints, and will provide leadership on much-needed systemic change.

The Government has allocated \$8.1 million over the next four financial years towards this initiative.

Detailed policy work on establishing the Aged Care Commissioner is well underway, and announcements with more detail about it will be made soon.

This year's Budget also includes almost \$2 million over four years for the implementation of the Better Later Life - He Oranga Kaumātua Strategy, which was launched in 2019.

The strategy is focused on making New Zealand a great place to age and this funding will go towards taking action in three priority areas of housing, employment, and digital inclusion so older people are given the opportunity to engage with others online.

Source: [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz)

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## Texting FOR Seniors

**BFF** - best friend fell  
**BTW** - bring the wheelchair

**TTYL** - talk to you louder  
**BYOT** - bring your own teeth  
**LMDO** - laughing my dentures out  
**FWIW** - forgot where I was

**IMHAO** - is my hearing aid on?  
**OMMR** - on my massage recliner  
**ROFLACGU** - rolling on the floor laughing and can't get up

## 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

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**Free Consultations**



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Sepsis, what you need to know

Knowledge is power and knowing the red flags and signs of sepsis can save your life, and the life of your loved ones.

**So - what is sepsis?** Sepsis (also known as “septicaemia” or “blood poisoning”) is a life-threatening complication of infection where the body’s immune response starts to damage its tissues and organs. It can affect every part of the body from head to toe.

**How serious is sepsis?** Some with sepsis make a full recovery, especially if they are treated early. Others are left with lifelong disabilities, particularly where sepsis is not recognised or treated quickly. Overall, at least 10% of older people with sepsis die in hospital, and 60% of adults who survive an admission have a new physical or cognitive disability (a ‘cognitive’ disability is one caused by disturbance of normal brain function).

**So why is it so important for the older generation to be aware of?** As we get older our immune system is not firing on all cylinders like it did when we were young and sprightly. Some people have medical problems or injuries which make infection more likely. When an infection does happen (such as a urinary tract infection, a skin infection like ‘cellulitis’, pneumonia, or an infection after a procedure or surgery) older people are less able to get it under control before sepsis takes over. The sooner we get medical treatment the better the outcome.

**So - what are the signs of sepsis?** Sepsis is not a simple cough, cold or fever. In fact, quite a lot of

people with sepsis don’t have a high temperature when they get to hospital, and some even have low body temperatures. People will often have a sense that they are unwell with an infection before developing the following as the poisoning takes hold:

Seek medical help urgently if you or your loved one develops any or one of the following:

- Slurred speech or confusion, or difficult to wake
- Extreme shivering or muscle pain
- Passing no urine (pee/mimi) for a day
- Severe breathlessness or breathing very fast
- It “feels like you are going to die”
- Skin mottled, bluish, or pale or feels abnormally cold to touch

Unfortunately, sepsis still causes deaths in New Zealand - more than breast, bowel and prostate cancer combined. The Sepsis Trust NZ is a team of passionate doctors, nurses, survivors and supporters who all work towards the common goal of eliminating unnecessary harm due to sepsis in this country. The Trust aims to increase awareness of sepsis, improve care for people with sepsis, and support the survivors of sepsis and their families/whaanau. Through our fundraising efforts we’ve been able to appoint a sepsis support nurse, who can offer a friendly ear and practical advice to anyone who wants more information, or who might be struggling with sepsis and its aftermath.

Visit the Sepsis Trust NZ website at [sepsis.org.nz](http://sepsis.org.nz) for more information. We appreciate donations or regular giving - use the website or get in touch at [info@sepsis.org.nz](mailto:info@sepsis.org.nz) to support our mission.

**21°C The Healthy Temperature**  
Keeping rooms you live in heated to 21°C helps prevent cold related illness

**Below 16°C**  
there is an increased risk of respiratory illness

**Below 12°C**  
there is an increased risk of having a stroke or heart attack

**Below 9°C**  
there is an increased risk of hypothermia

Volunteers Needed

We are seeking interested parties for the following volunteer positions at Age Concern Tauranga

- Admin Support**  
The primary task of this role is to provide administration support as and when is required with any of the following tasks
- Reception
  - Brochure stands
  - Newsletter mail out
  - Database updates
- Transport**  
The primary task for this role is to provide transport for financial members to attend social events / outings. A standard driver’s licence is required.
- Van driver – 12-seater passenger van
  - Drivers’ assistant

**Visiting Service**  
Become a volunteer visitor and provide weekly home visits and friendship to an assigned client

**Website Maintenance**  
Do you have website experience? Then we need you on an as and when required basis, to update our website

**Property Maintenance**  
Do you love gardening or cleaning? The come and join us, with maintaining in and around our offices – weekly cleaning, cleaning our vehicles

**Social Events Support**  
Do you have an interest in being a social events support person? The main tasks for this position can include but not limited to:

- Monthly coffee group mornings
- Monthly public meetings
- Annual general meetings

**Volunteer Co-Ordinator**  
Primary purpose is to assist with the recruitment and management of volunteers.

If any of these positions interest you, please call into the Age Concern Tauranga office to see Janelle and ask for a volunteer application form or give us a call and we will mail one out to you.



TVNZ OnDemand device installs to the TV

One of our favourite inexpensive technology solutions on offer today, enhances any TV into a Smart (or Smarter) TV, through plugging into the TV an ‘HDMI SmartVU device’. It even comes with its own really simple to use Bluetooth remote control.

With this device, you can watch all of your favourite TV1, TV2, TV3 programs at the time you want to. It also comes with endless Apps, like Freeview, SkyNow, Spark Sport, Netflix, Neon, YouTube, or if you like to listen to music, you can install Spotify!

There are many less advertisements to suffer while using this digital system and connected to the TVNZ OnDemand service. Furthermore, there are no adverts at all if you subscribe to Netflix, Neon, Disney or other streaming services.

Haven’t your friends been talking to you about this device already? Not one of our customers have had any difficulty to utilise it out of the box, once set-up!

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*We come to you - leave knowledge behind*

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- ↳ E-mail and domain hosting - email@yourname.co.nz
- ↳ See all your photos and videos - on TV any time

**Small Business Support**

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- ↳ 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  
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# Community Event

The Wednesday walking group's visit to Te Puke on 30 June 2021.



## FIRST HEARING CENTRE

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## Netsafe

Who could have predicted that just a few decades ago that things like banking, socialising, reading - even looking for recipes - would change so significantly?

These things have all migrated online and Netsafe was founded more than 20 years ago to help internet users connect safely to the new opportunities and challenges of digital technology.

We remain committed to helping keep everyone in New Zealand safe online, and that includes the older members of our community, as 'silver surfers' are the fastest-growing group of users.

In 2020, there were 22,705 online incidents reported to Netsafe. People aged over 65 made up 21.3 percent of this figure.

Generally, any new internet user is more likely to encounter risks and challenges. It's important that anyone embracing the opportunities can adopt safe behaviours along the way as this will help them avoid or minimise possible harm.

Netsafe has developed self-help advice for seniors on a range of topics including scams, protecting your 'digital footprint' (the 'breadcrumbs' you leave behind online) and devices, tips on how to shop safely and online dating. You can find our Top Tips for Older People at [www.netsafe.org.nz/olderpeople](http://www.netsafe.org.nz/olderpeople)

As we head into winter, people are likely to spend more time online. Mostly this is a positive experience, but it does mean that you might be more susceptible to risks. We know that older people are defrauded out of larger sums of money than the rest of the population.

Netsafe has much experience supporting people with online scams, which can take many forms, and we can talk to you about the ways you can stay safe. We also provide a service under the Harmful Digital Communications Act to help people dealing with serious or repeated harmful communications.

Whether you're dealing with harassment, scams or need advice about another issue for yourself or someone else, we can help.

Our service is free, non-judgemental and available seven days a week.

Call us toll-free on 0508 NETSAFE (0508 638 723) or send an email to [help@netsafe.org.nz](mailto:help@netsafe.org.nz). You can also text 'Netsafe' to 4282 or complete an online contact form on our website: [www.netsafe.org.nz](http://www.netsafe.org.nz)

Source: [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz)

## Real Estate Update from Vanessa

In June 2021 the median Tauranga residential house price was \$941,000 (\$940,000 in May) with an increase of 30.7% occurring over the past 12 months. The current "Days to Sell" of 31 days is much less than the 10-year average for June which is 50 days. (Source REINZ Statistics).

The affordability of housing has been constantly in the media with rents increasing significantly and low-cost housing in short supply. I was interested to discover that the impressive new multi-storey apartment block on the western edge of Bethlehem Town Centre is being constructed by a developer in partnership with Tauranga Community Housing Trust (TCHT). When the apartments are completed they will be available for those in need of long-term housing who may otherwise struggle to find rental accommodation.

On further investigation I found that TCHT have several significant projects underway which will provide good quality local housing. Potential tenants must be referred by an approved community housing organisation. It was also with interest that I learnt that TCHT are looking to form business partnerships with community minded landlords who have a rental property available. There is more information on the TCHT website at <https://tcht.co>

**Seniors Real Estate Tip:** When choosing a retirement village, take a look at the future care options. It can be easy to assume that all care options within a village will be available for residents however rest homes are normally run separately from the village and have their own admission criteria.

*Vanessa Charman-Moore is a Tauranga Seniors Real Estate specialist. For more information, see Vanessa's advertisement below or visit [www.seniorsrealestate.co.nz](http://www.seniorsrealestate.co.nz)*

## COMPUTER CONUNDRUM?

- ✓ Affordably Priced
- ✓ Hardware/Software
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## Seniors Real Estate Specialist

**Vanessa Charman-Moore**  
027 242 7646  
[www.seniorsrealestate.co.nz](http://www.seniorsrealestate.co.nz)

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What's On...

Walking Group meeting at 10am unless specified.

Wednesday 4th August  
Countdown Bureta

Wednesday 11th August  
New World Brookfield

Wednesday 18th August  
Whakaruru Place, off Levers Road, opposite Smiths Road, Matua

Wednesday 25th August  
Plummers Point - end of road

Minibus Adventures

Saturday 7 August - Lunch at The Boat Shed, Cambridge. Cost: \$25pp  
Meals at your own cost ranging from \$7.50 - \$22

Saturday 14 August - Lunch at Maketu Beachside Cafe & Restaurant  
Cost: \$20pp plus your choice of seafood delicacies

Tuesday 24 August - Lunch at Gana Cafe, Papamoa  
Cost: \$20pp plus meals ranging from \$6.50 - \$23

Saturday 4 September - Splashy Ceramics and Pottery - Horotiu, Waikato  
Cost: \$25pp  
Bring a packed lunch and paint your own pottery or ceramic. Prices start at \$14 with the average piece costing \$24 - \$28, includes firing glazing

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.



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

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 4 August & Wednesday 8 September  
Time: 10.30am to 12pm  
Where: St Stephens Methodist Church Hall, 9 Brookfield Terrace, Brookfield  
Cost: \$3.00pp

Te Puke Group

When: Tuesday 10 August & Tuesday 14 September  
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 12 August & Thursday 9 September  
Time: 10.30am to 12pm  
Where: Greerton Senior Citizens Hall, 33 Maitland Street, Greerton  
Cost: \$3.00pp

Monthly Meeting

When: Thursday 26th August 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: Carol Golding Anderson  
Topic: Seasons of Grief

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

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 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](http://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.

What is Daffodil Day

Daffodil Day symbolises hope for all New Zealanders impacted by cancer.  
Cancer Society has been running Daffodil Day since 1990, and for 30 years New Zealanders have been raising money for a wide range of support services relating to all types of cancer. From education and awareness programmes, to funding vital research into the causes and treatment of all cancer types, money raised from Daffodil Day has been helping Kiwis living and dealing with cancer for several decades.  
Help support Cancer Society's Daffodil Day this August 27th, by donating, volunteering, or signing up your workplace as a collection point.  
For more information, visit Cancer Society Daffodil Day

What is Daffodil Day?

Daffodil Day symbolises hope for all New Zealanders impacted by cancer.  
Since 1990, this iconic event has inspired people to come together and support the Cancer Society's work. As well as providing an opportunity to raise awareness of cancer in New Zealand.  
Your donations will go towards providing a wide range of support services, education and awareness programmes plus fund vital research into the causes and treatment of all types of cancer.



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*Thanks*

## Steady As You Go® Falls Prevention

**Community based, ongoing peer-led classes for men and women over 65 to improve balance, leg strength, flexibility and general fitness**

**For more information on classes available in your area phone Age Concern 578 2631.**



## 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.**