

SPRING 2021 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Hauraki Coromandel

Serving the needs of older people

Covering Thames-Coromandel District and Hauraki District (Ngatea, Paeroa and Waihi)



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OFFICE HOURS

9am - 4pm Monday to Wednesday

Managers Memo

tena koutou katoa

Hello everybody and welcome to the Spring Edition of our newsletter.

Never a dull moment...and that is certainly the case as I write this. Covid has reared its ugly head again and Alert Level 4 happened quickly and lockdown saw us go home and stay home.

But this is where we fire into action as connections are so very important in times of uncertainty.

As part of our involvement with the Eastern Waikato Local Welfare Committee Age Concern Hauraki Coromandel heard the call for help from Coromandel Independent Living Trust and the Coromandel Resource Centre and we were able to organise gift bags to be delivered to older adults living in Coromandel who were doing it tough. It was great to work as a team and it's amazing what can be achieved when we all pull together.

A special thanks to those who donated product to the gift bags. I'm looking forward to hearing how they were received.

Now we just have to get to grips with the new normal; face coverings and scanning QR Codes.



Kind Regards, *Glen's Bell*

Mobility Parking Information

If a Mobility Cardholder parks in a standard car park, the time is doubled. For example - if someone parks in a 60-minute parking space, the time will become 120 minutes. The Mobility Card needs to be in a visible position for the parking wardens.



Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Hauraki Coromandel. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

PENINSULA OSTEOPATHS

Cranial, Structural and Visceral Techniques All Ages

- Neck and Back Pain
- Headaches
- Joint Pain
- Arthritis Management

THAMES • COROMANDEL • WHITIANGA

07 868 5205

ACC REGISTERED



Age Concern Hauraki Coromandel Incorporated Invites you to our

Annual General Meeting

When: Thursday 28th September 2021

Where: Age Concern Office, 608 Queen Street, Thames

What time: 10.30 am- 11.30am

All welcome!

Please confirm attendance by emailing: thamesmanager@ageconcern.gen.nz
or Phone 07 868 9790

Those who confirm will be notified if there are any COVID-19 related changes to this meeting.



The 24 new apartments in stage one at Richmond Villas Lifestyle Village are now completed. All apartments are within walking distance to Thames' shops, cafes and walkways. The perfect location to enjoy your fun-filled retirement.



A LIFESTYLE VILLAGE IN THAMES ON THE COROMANDEL
LIVING THE LIFESTYLE Loving the choice...

Phone us
to view by
appointment
**THURSDAY
OPEN DAY
11.00am**



Our open plan, single level apartments feature covered balconies with fantastic views of the sea, Kauaeranga River and mountains. Each unit's elegantly finished kitchen, lounge, bedrooms and bathroom offer stylish warmth and light. All residents enjoy scenic views from each level's shared lounges, use of the Village Community Lodge and participation in all activities and amenities at your leisure. *Experience the difference!*

www.richmondvillas.co.nz

82 Richmond Street, Thames | Ph 0800 868 5484



Preventing falls for people over 65 years

Falling over **is not** part of the ageing process, and most falls are preventable.

Falls can happen to anyone at any age but the older you are, the greater the injury risk. By keeping active and steady on your feet, your strength increases, your balance improves, and your risk of falling and having an injury decreases.

By improving your bone health, along with strength and balance, you add an extra layer of prevention. Strong bones play an important part of reducing fractures (broken bones).

That's why ACC has created the 'Live Stronger for Longer' programme to help you stay on your feet for longer.

Currently, one in seven New Zealanders are 65 years and over. Around 30-60% of people in this age group have a fall each year. And 10-20% will end up in hospital with a fracture (broken bone). Those over the age of 85 are 15 times more likely to fracture their hip in a fall. Hip fractures can have a huge impact and can result in loss of independence or worse.

The Live Stronger for Longer programme is brought to you by ACC, Health Quality and Safety Commission, Ministry of Health, local community health providers, home carers, and community groups across the country such as Age Concern.

The Live Stronger for Longer website has information and advice on how to stay active, well and independent. It includes:

- finding and joining community strength and balance classes such as Steady As You Go
- information on bone health
- falls risk assessment information
- home safety checklist
- resources designed for over 65s.

For all this and a whole lot more visit:
<https://www.livestronger.org.nz/>



Three Sisters

Three elderly sisters, ages 92, 94 and 96, shared a house together. One evening, the 96 year old sister went upstairs to take a bath. As she put her foot into the tub, she paused. "Was I getting into the tub or out?" "You darn fool," said the 94 year old. "I'll come up and see. "When



Wanted

Volunteer Visitors - to bring a smile to an older person's week

Volunteers wanted in Paeroa, Waihi and surrounding areas

In Hauraki-Coromandel, many of our older residents are experiencing isolation, loneliness or fear of going out especially following another COVID-19 Lockdown.

A weekly visit from you, can make a huge difference. You can change a person's life by simply providing companionship, conversations and connections.

- It is an ongoing but flexible role - any day and time that suits you and the older person.
- You'll be making a huge difference in their life and you'll see and feel the pleasure that your visit brings them.

Age Concern Hauraki Coromandel is committed to our volunteers and we provide training and support throughout the year.

Requirements:

- You will need good listening skills and a genuine desire to offer company and companionship.
- You need to be reliable and trustworthy, positive and friendly.
- A Police background check will be completed prior to starting.

Getting started:

The first step is to contact Age Concern on 07 868 9790 or email Jude@ageconcern.gen.nz to learn more.

Thanks a million!

she got halfway up the stairs she paused. "Was I going up the stairs or down?"

The 92 year old sister was sitting at the kitchen table drinking a cup of tea and thought, "I hope I never get that forgetful, knock on wood." She shook her head and called out, "I'll be up to help you both as soon as I see who's at the door."

Why Volunteer?

Why volunteer? The benefits of volunteering can last a lifetime—not only for those who you are helping, but for you as well.

If you are on the fence about diving into a new volunteer experience or have doubts about whether or not volunteering is right for you, you might find yourself surprised at just how much you can gain from taking the plunge.

Volunteering means giving your time and abilities to aid others (usually a non-profit organization such as Age Concern) without the want of financial compensation. Put simply, volunteering is a service to your community.

At Age Concern Hauraki-Coromandel our volunteers enjoy what they do, just as much as we enjoy having them. And it's not all work – in fact, both Val and Jackie (below) say its more enjoyable than they expected and volunteering is helping them move forward with their own lives. They highly recommend it. "It is so rewarding says both Val and Jackie'.



Our volunteers have told us:

- 'The lady I visit is very frail. I try to do something nice for her each week. We have great chats and she is a lovely friend'.
- 'I am very happy I made the decision to become a visitor. The person I visit has had a huge impact on my life'.
- 'Lovely to see his face light up when I arrive, and makes me feel happy too'.
- 'The lady I visit now bakes when she knows I am coming. That didn't happen at first as she was really down-in-the-dumps. She's a lot happier in her outlook now'.

‘What’s On’ in the community

If you have an item or update for this section, please email them to: thamesmanager@ageconcern.gen.nz

Chinwag Café

A weekly group that gathers for conversations, connections and companionship over a cup of tea. Sessions are held at:

- Thames – every Monday at 10.30am, Age Concern office 608 Queen Street Thames
- Ngatea – every Tuesday at 10am, Cooperating Parish Darlington St Ngatea
- Whitianga - every Friday at 10:00am, Whitianga Social Services, 2 Cook Drive.

We are taking expressions of interest for providing a Waihi Chinwag Café. Contact thamesmanager@ageconcern.gen.nz or 07 868 9790 to express your interest.

Thames Grey Power

Has regular meetings to hear guest speakers and discuss issues affecting older people. To find out more about Grey Power Thames visit: <https://greypowerthames.org.nz/wordpress/> or contact:

- President: Barry Young (07 868 6353)
- Secretary & Contact: Carolyn Young (07 868 6353)

Paeroa Grey Power

Meets on the second Monday of each month at 1.30pm at the Paeroa Bible Chapel for guest speakers, a lovely afternoon tea and opportunities to chat with members.

Contact Gail on 07 862 6256 or visit: <https://greypower.co.nz/associations/paeroa/>

Waihi Grey Power

Social gathering and guest speakers on the 4th Friday of every month at Waihi Baptist Church Kenny Street. Starting 10am. Enquires or information: Email: maureengreypower@gmail.com or phone 021 0299 7300 or; Margaret on 027 487 9972

Dementia Waikato

– Thames Coromandel Hauraki Service

Free information and support for people who have a dementia related diagnosis, who are living at home, and for their families/whanau. The services available may include:- home visits or telephone calls, support groups, advice, family education, living with memory loss programme, community awareness talks,

information about types of dementia, symptoms, and awareness and/or training for residential care staff etc. Contact Jill Edmunds on 07 282 1372 mobile: 027 808 4837 or Email: jill@dementiawaikato.org.nz. For more information visit: www.dementiawaikato.org.nz

Stroke Foundation Community Stroke Advisors

Community Stroke Advisors help stroke survivors their whānau and carers, through the rehabilitation process. Contact Lily Beardsell on 07 571 3050 or 021 962 381 or email: coromandel@stroke.org.nz

Thames Stroke Group

A safe space for stroke survivors and their carers to meet for mutual support and friendship. Meets monthly and it’s free to attend. Meeting dates are (Thursday’s) 30 Sept, 28 Oct, 25 Nov, 17 Dec. They meet at St George’s Anglican Church, 602 MacKay Street Thames.

Paeroa Community Support Trust offers a range of services including:

- Community Bus – door to door service every Friday for Paeroa shopping and Thames shopping on Tuesdays. Contact Val on 07 862 7346
- Senior Outings – transport to social outings, usually out of town. Phone 07 862 6110
- They also have a Furniture Bank, Foodbank, Meals on Wheels and a whole lot more.

Contact the team at Hauraki Resource Centre, 2 Mackay Street Paeroa, or phone 07 862 6110

Thames Coromandel District and Hauraki District Library - Housebound Service

Housebound Service - delivers hand-picked books and audiobooks directly to our clients who are no longer able to visit us.

- In Thames contact Shana at Thames Library on 07 868 6616 to register for this service.
- In Hauraki contact via email hdc-library@hauraki-dc.govt.nz, or phone 0800 734 834

Paeroa Drop-in every Tuesday and Thursdays from 9.30am

This social group of friends (or friends to meet) gathers at the St John Ambulance meeting room in Paeroa every Tuesday for a chinwag, chatter, cuppa or challenges (games). Signage on Belmont road (main road) next to Council building. No cost. All welcome.

"60 Not Out"

Is a diverse group who meet monthly to share a hot meal and enjoy fun and fellowship. First Tuesday of every month at 11am. Held at Thames Elim Church (by the Wharf)

Hauraki Citizens Advice Bureau

The Citizens Advice Bureau (CAB) provides free, confidential, independent information and advice to anyone. CAB help people know what their rights are and how to access services they need.

- Paeroa Office: St John Rooms, 31 Belmont Street. Open Tues & Thurs 10am-1pm Ph: 862 8093
- Waihi Office: 24 Rosemont Road, Waihi. Open Wednesday 10am-1pm Ph: 863 7640
- Thames also have an office at 301 Queen Street. Open Mon-Fri 10am-3pm. Phone: 07 868 8405

TCA Fitness Club Thames

Offers a special membership for over 65years. This includes a personal trainer assessment and tailored programme, guided sessions and regular check-ups. Priced at \$8.95 per week direct debit.

Location is: 511 Queen Street, Thames. Next door to the district court house. Contact Arna Rohrlach E: arna@tcafitnessclub.co.nz or phone 07-868-8507



Staying Safe driver refresher team

I didn’t get old on purpose, it just happened. If you are lucky it could happen to you.
Andy Ronney.

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 or NZ Companies Office website www.business.govt.nz/disclose

Contact CDF: Phone: 07 856 6989
Email: cdf@cdh.org.nz Website: 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



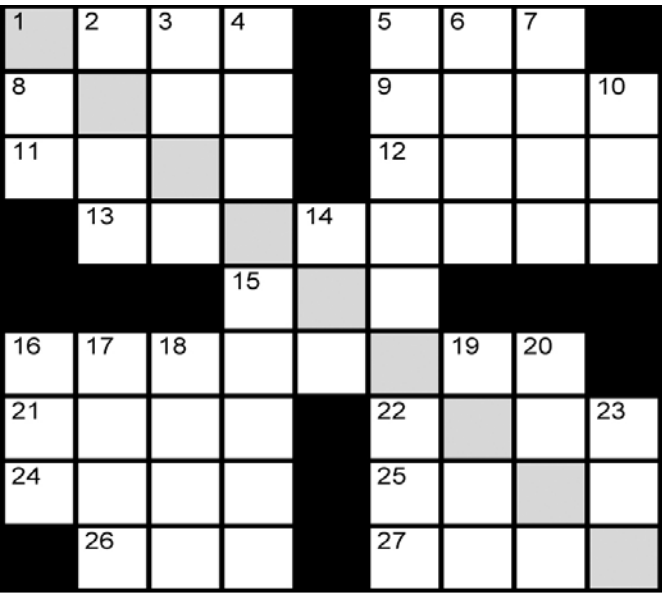
For a brochure and application form please contact:

The Catholic Development Fund (CDF) Ph 07 856 6989
Email: cdf@cdh.org.nz or visit The Chanel Centre
51 Grey Street, Hamilton East

Important Notice: please read

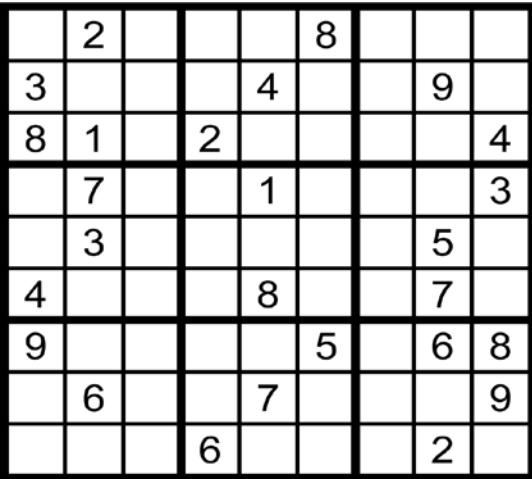
This application to deposit is issued with the Replacement Product Disclosure Statement (PDS) dated 4 December 2020 for an offer of debt securities issued by the Roman Catholic Bishop of the Diocese of Hamilton, trading as the Catholic Development Fund (CDF). The Replacement PDS and the Trust Deed can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

Chompers



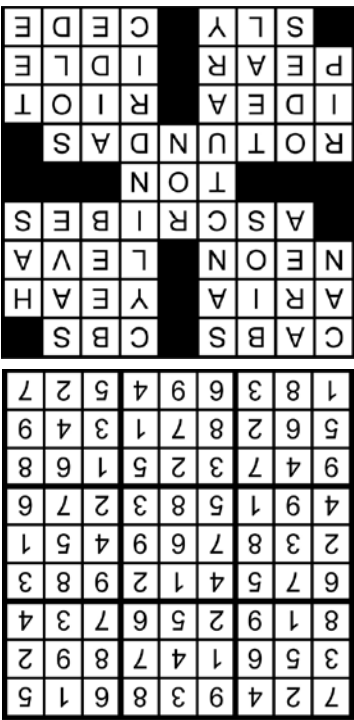
- Across
- 1. Street fleet
 - 5. "60 Minutes" network
 - 8. "Tosca" tune
 - 9. Slangy assent
 - 11. It's a gas
 - 12. Bulgarian currency
 - 13. Attributes
 - 15. Elephant's weight, maybe
 - 16. Domed buildings
 - 21. "The very ___!"
 - 22. Brawl
 - 24. Juicy fruit

- | | | |
|-----------------|------------------|------------------|
| Carpals | Mandible | Scapula |
| Clavicle | Manubrium | Stapes |
| Coccyx | Maxillae | Sternum |
| Cranium | Nasal | Talus |
| Femur | Palatine | Tarsals |
| Fibula | Patella | Tibia |
| Humerus | Phalanges | Ulna |
| Hyoid | Pubis | Vertebrae |
| Ilium | Radius | Vomer |
| Incus | Ribs | |
| Malleus | Sacrum | |



- 25. Not busy
- 26. Like a fox
- 27. Formally surrender

- Down
- 1. Is able
 - 2. Length x width, for a rectangle
 - 3. Life stories, for short
 - 4. Refuge
 - 5. Shaped like a rounded tube
 - 6. Network on the telly
 - 7. Bank
 - 10. Possesses
 - 14. Howard of "Happy Days"
 - 16. Tear
 - 17. Praiseful poems
 - 18. Blue shade
 - 19. Auxiliary
 - 20. Auctioneer's closing word
 - 23. Kicker's aid



BONES



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

RETIREMENT VILLAGES ASSOCIATION
RVA RELEASES A BLUEPRINT TO TAKE US FORWARD

You may have seen some media coverage of the Commission for Financial Capability's (CFFC) White Paper that proposes a review of the retirement village legislation. In our view this proposal is misplaced, as the legislative framework protecting residents' interests in the village is both robust and world-leading. The beauty of the regime is that it permits a huge range of commercial terms that allow residents genuine choice about their village. Looking for somewhere that shares capital gain? There are villages that do that. Want the certainty of a fixed weekly fees? 60% of villages offer that. And so on.

However, we also recognize that there are aspects of the commercial terms, which are the focus of the CFFC's White Paper, that can create problems for residents, especially if units take longer to re-licence than expected and families have to wait longer than desirable for the repayment of the capital sum.

On 25 May 2021, at our Conference, the RVA launched a comprehensive blueprint to introduce a range of improvements in the industry. In particular, the blueprint includes providing residents with a stronger voice, strengthening the complaints process and working with the CFFC to monitor re-licensing times so best practice standards can be developed.

The RVA will also explore establishing an Ombudsman to hear and resolve complaints and invite an independent member of the public to sit on its Executive to represent residents' interests. Retired High Court Judge Hon. Dr John Priestly QC is already the independent chair of the RVA's separate Disciplinary Authority to look at complaints about egregious operator behaviour.

"The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates that we have struck the right balance between robust regulatory oversight and effective self-governance," says RVA President Graham Wilkinson.

"However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. This blueprint sets out the tangible and definitive steps we will be taking to achieve that goal."

As a first step, the RVA has invited the Hon Tracy Martin, a former Minister for Seniors, to be the Independent Member on the RVA's Executive Committee to ensure the residents' voice is heard at our Board level. We are delighted that someone with Tracey's mana and experience has agreed to take up the role.

As part of the blueprint, the RVA has agreed with the CFFC to survey all members annually to examine

emerging trends and work with members, residents and the Retirement Commissioner to design a best practice approach to re-licensing that reflects the reality of the local real estate market, yet ensures residents' estates do not wait an unreasonable period of time for a refund.

"We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Wilkinson.

The blueprint also sets out plans to review Occupation Rights Agreements (ORAs) to address any perceived unfair terms or confusing clauses and ensure clarity around what the resident and operator are responsible for, in particular, repairs, maintenance and replacement of operator-owned chattels.

"We will work with our members, residents and the Retirement Commissioner to identify best practice for future ORAs which define each party's responsibilities, so that residents are not responsible for usual maintenance and replacement of operator-owned chattels, whilst protecting operators from bearing the cost of making good resident abuse or damage to chattels.

"Already some operators have moved towards this position and we anticipate the majority of operators will follow quickly."

The RVA has worked with the CFFC to develop best practice standards around the disclosure of information about residents' transfer to care and have called for these to be incorporated into the Retirement Villages Code of Practice.

"We also agree that the retirement sector can encourage best practice standards, as is illustrated by the sector actively encouraging operators to stop charging all fees when a resident moves out," says Mr Wilkinson.

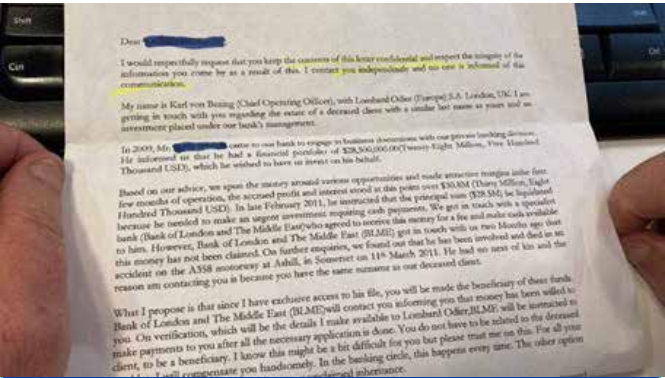
"This is an example of education and market pressure. The practice was extremely rare 20 years ago, but today the majority of villages have adopted this practice and we expect more to follow, although this will always be a challenge for smaller and not-for-profit villages."

Last year, the RVA signed a Memorandum of Understanding with the Retirement Village Residents Association of New Zealand to work together on issues. These include guidelines on dealing with the media, ensuring complaints raised via either organisation are dealt with expeditiously and fairly, implementing a comprehensive village manager training programme, and regular meetings between both the RVA and the RVRA's Executive Committees.

advertorial supplied by the Retirement Villages Association

Inheritance scammers getting personal with mail

July 2021



An inheritance scam letter to be aware of. (Personal details have been blotted out for the recipient's security).

A local resident was surprised to receive an inheritance scam letter recently that was personally addressed to them and contained private family information.

Though they were not taken in by the promise of a huge inheritance of US\$28.5 million (\$NZ\$40.9m) they wanted to warn others not to get caught. The scammer insisted they had invested the “nest egg” on the direction of the person who may be related to them.

However, warnings of keeping the contents of the letter confidential rang warning bells.

The writer also reiterated that the recipient should not “betray” their confidence as no one else knew about the communication and that they should only contact the scammer through fax or email.

NetSafe spokeswoman Angela Boundy said scammers evolved their techniques and used all sorts of forms of communication. She said a lot of personal information they used could be easily accessed as it was public record.

“The reason scams often work is timing. A supposed computer company calls when someone is having problems with their internet. Always stop and think ‘is this legitimate or not’, are there spelling errors or language oddities, then phone the suspected scammer to see who answers. Another tip was to look up the names or organisation mentioned in the

scam (via Google) as well as “+ scam” as it would often detail the hoax.

The Department of Internal Affairs has the following advice about identifying an inheritance scam:

- You’re contacted by a stranger and told to act fast to claim a large sum of money from an unknown distant relative who has died and left you a fortune.
- The scammer usually pretends to be the deceased person’s lawyer or a representative from a bank and the figure quoted is often listed in foreign currency.
- The scammer says he or she needs your personal details, or that you need to pay a fee (for taxes or other administrative costs) before you can claim your inheritance.
- These scams can be very elaborate. Often the scammer will send you fake legal documents in an attempt to convince you that it is real.



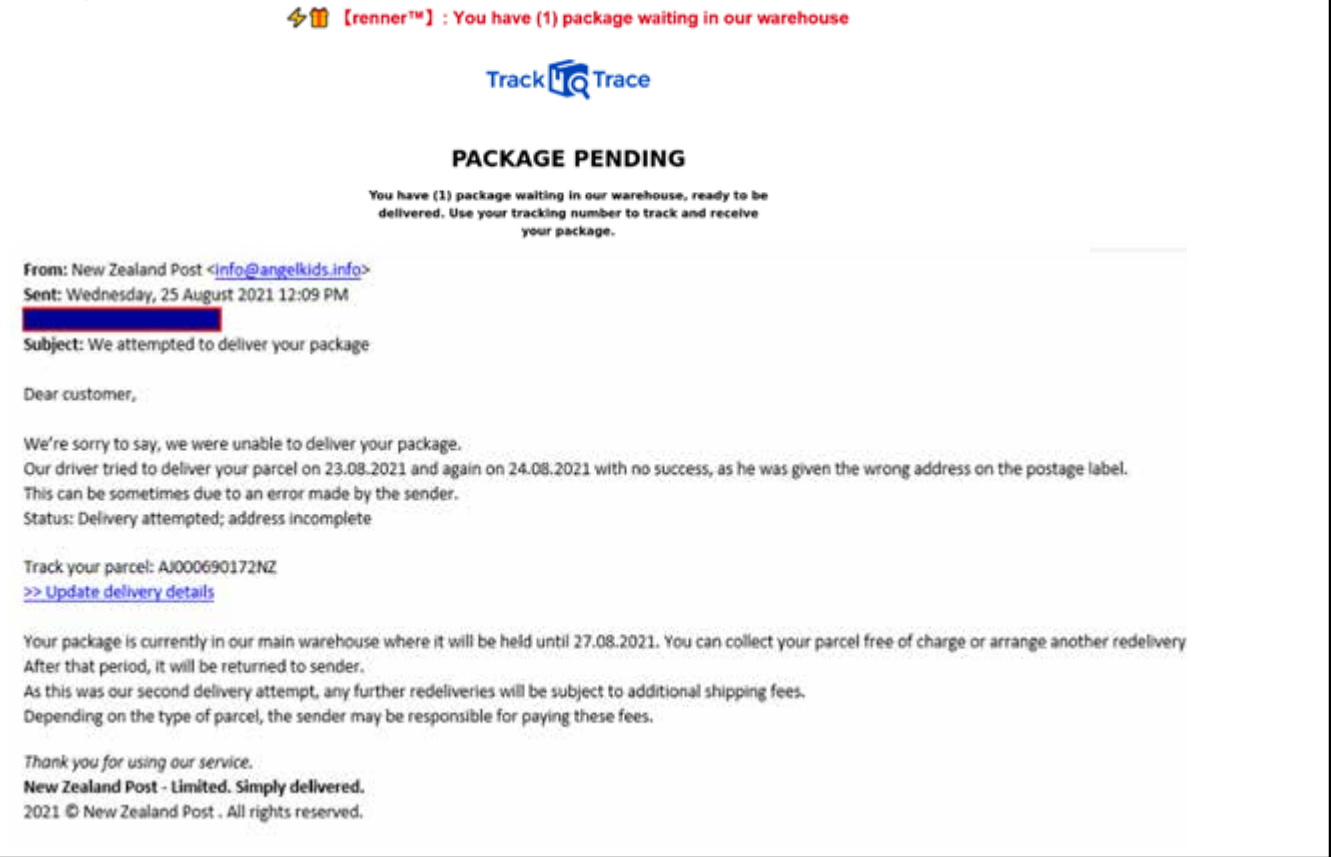
Age Concern Hauraki Coromandel Board members learning about ipads

NZ Post Cyber Security Alerts

NZ Post has published warnings about spam emails circulating that do not come from NZ Post and to reassure customers they would never send an email asking you to click on a link. The advice is to delete the emails.

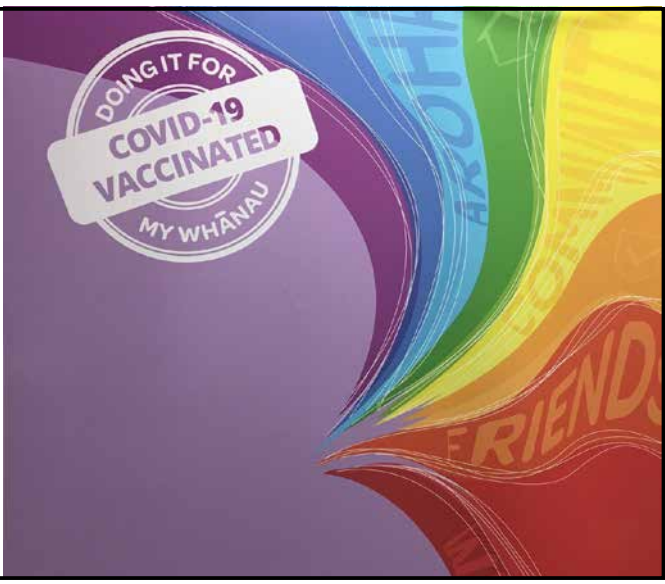
If you have any security concerns or have received something else that you are unsure of please contact them on cyber.security@nzpost.co.nz

Example below:



Covid-19

The Covid-19 situation is ever-changing, but vaccination is a huge step in fighting the pandemic. If you haven’t already had your vaccine, please consider booking an appointment. You don't need an invitation to book. Go to [BookMyVaccine.nz](https://bookmyvaccine.nz) or phone the Covid-19 Vaccination Healthline on 0800 28 29 26.



CHIN-WAG CAFE

A social get-together of older adults who enjoy a 'cuppa' and a good old chin-wag in the company of like-minded people.

Helping to connect with others and to reduce feelings of loneliness or isolation.



All welcome!

\$2 donation welcomed but not essential.

CHIN-WAG CAFÉ IS HELD AT:

THAMES
Mondays 10.30am
Age Concern, 608 Queen Street, Thames.

NGATEA
Tuesdays 10am
Combined Parises Hall, Darlington Street, Ngatea

WHITIANGA
Fridays 10am
Whitianga Social Services, 2 Cook Drive, Whitianga



Gift Packs for Covid 2021



Commerce Commission has concerns about telephone options as NZ moves away from copper-based services.

04 Aug 2021

The Commerce Commission has published an open letter urgently seeking reviews on marketing principles to reduce consumer confusion about alternative technology options as New Zealand transitions away from copper-based services.

The letter follows complaints from consumers that they are receiving incomplete, confusing or potentially misleading information about switching to alternatives as Chorus begins to progressively withdraw the old copper network and Spark removes public switched telephone network (PSTN) connections.

Chorus is able to withdraw copper in areas that already have 'fibre' from 1 September 2021, provided certain consumer protection conditions are met. Meanwhile, Spark has been withdrawing PSTN connections since late last year.

Telecommunications Commissioner Tristan Gilbertson said concerns include;

- Consumers are not aware of alternative service options available to them
- Consumers have been pressured to immediately move to alternative services, even when copper and the PSTN are not scheduled to be withdrawn from their area
- Marketing materials are confusing.

"We have examples of people being told they need to move now because Chorus and Spark are in the process of withdrawing their service when withdrawal isn't even scheduled yet, and marketing materials are making claims about the performance of alternative technologies that don't reflect real world performance," he said.

The open letter sets out the key outcomes the Commission wants to achieve for consumers by working with the industry. Mr Gilbertson said the proposed marketing principles aim to provide consumers with certainty in three specific areas:

1. Consumers will have sufficient notice that copper is being withdrawn from their premises so that they are not hurried into making a decision about replacement technology.
2. Consumers will be aware of alternative access technologies available to them and retailers would avoid giving consumers the impression that their options are limited
3. Consumers will be told about the likely actual peak-time performance of different technologies and plans rather than theoretical maximums, 'up-to' speeds or labels like 'super-fast', which are meaningless when it comes to comparing alternative access technologies and plans.

Mr Gilbertson added that the key thing all New Zealanders need to know about copper withdrawal is that copper will not be withdrawn from their area until fibre is in place. If fibre is their preferred technology, then it will be available to them and they will not be forced to use a different technology.





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for personal and professional care.**

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www.simplycremations.net.nz

Fruit Cake with a twist

Stephen Wallace is a Thames resident and long term ‘chinwag café’ attendee. He is involved in a number of community groups including the local Menz Shed and is known for his somewhat quirky habit of donning his kilt. So it’s fitting that he has kindly offered the recipe for his ‘regularly enjoyed’ (Yummy) fruit cake, with a twist.

It’s a recipe he has adapted and some would say perfected over 40 years of baking this cake, and includes the delicious and nutritious addition of walnuts.

It keeps well and improves over the first few days (if it lasts that long), so don’t be afraid to make it even if you’re not expecting guests.

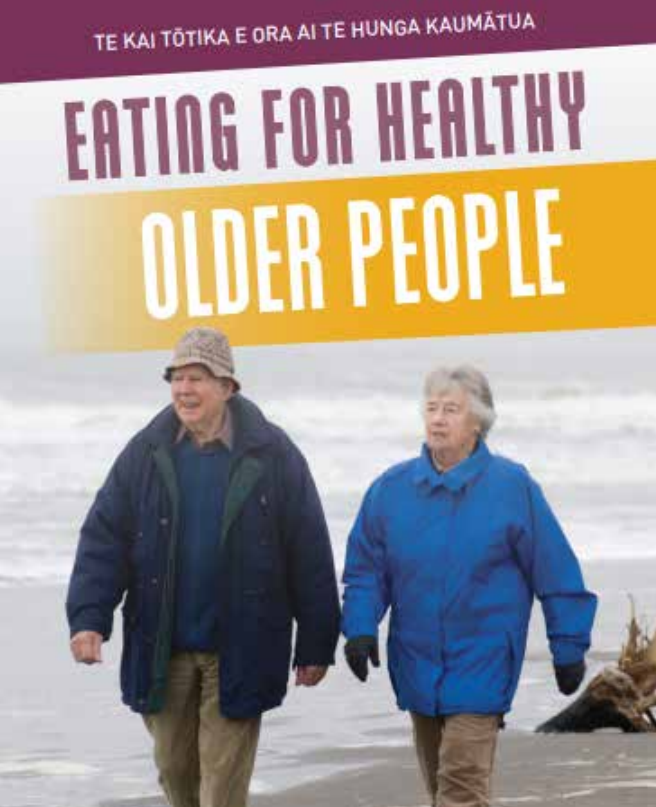
RECIPE

- 100g butter
- 225g sugar
- 1 Tablespoon golden syrup
- 225g flour
- 3 teaspoons baking powder
- 8oz/225g fruit cake mix
- 75g walnut pieces
- 1 ¼ cups milk

Beat butter and sugar to a cream. Add golden syrup
Stir in flour, baking powder, fruit mix and nuts
Add milk to the dry mix, with love and care
Bake 1 hour at 160 degrees Celsius
Cool on a rack and then store in a cool place (the fridge is suitable) and notice it softens over several days. Delicious.
Made and delicious – going, going...too late ...its gone! You can see the Thames Chin-Wag Café group didn’t leave any for tomorrow!



Eating for Healthy Older People



What we eat and drink has a big impact on our general health, immune system and risk of diseases such as diabetes, heart disease and cancer.

Healthy eating is not about sticking to strict diets or depriving yourself of the foods you love. Rather, it’s about eating a balanced range of foods that help you feel great, have more energy, improve your outlook, and help you achieve and maintain a healthy weight.

There are 4 main food groups to eat from every day to get the nutrients you need for your physical and mental health.

- These are:
- vegetables and fruit
 - grain foods (such as breads and cereals)
 - milk and milk products and;
 - protein foods (such as meat or meat alternatives)

Choose or prepare foods with low salt, little or no added sugar and fats.

To find out more, call into the Age Concern office and collect a copy of Eating for Healthy Older People. You will find us at: 608 Queen Street Thames. Or email thamesmanager@ageconcern.gen.nz for an electronic copy.



Charming Spring

Reminiscent melodies
serenade the morning breeze.
Feathered creatures nest with care
in cherry blossoms pink and fair.
Perfumed scent of roses flow.
Tiny blades of green grass grow.
Misty showers soak the earth,
glorious colors come to birth.
Gathering clouds come and go,
rain, sun, and vibrant bow.
Dainty petals, fancy flair,
dancing in the warm, sweet air.
Violets, yellows, purest white,
graceful, gentle, welcomed sight.
Thank you, oh sweet lovely Spring,
patiently waiting the charms you bring!

Source: <https://www.familyfriendpoems.com/poem/charming-spring>

Purnell
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NZ LAW
Stronger Together.

Age Concern Hauraki-Coromandel MEMBERSHIP FORM

Age Concern Hauraki-Coromandel
P O Box 466 Thames 3540
Phone: 07 868 9790
Email: thamesmanager@ageconcern.gen.nz
ageconcern.gen.nz

What are the benefits of Membership?
Age Concern Hauraki-Coromandel is a not-for-profit volunteer organisation, working to support the well-being of older adults (who are often vulnerable, lonely or isolated) in our community. Your membership donation helps us to continue doing this valuable (and valued) work.

- Other benefits include:**
- Receiving a quarterly Age Concern Hauraki-Coromandel newsletter in the post. Or you can choose to have this emailed.
 - Receiving regular email updates and information on local events or news that may be of interest to you
 - As a financial member your voice can be heard at our Volunteer Governing Board via a written submission or meeting with one of our Board members who can represent your concerns or compliments.

- What will it cost?**
- \$20 annual subscription (per household) from 01 January to 31 December
 - \$10 subscription if joining after June

NAME

POSTAL ADDRESS

.....

Post Code Telephone.....

Email:

Would you like to receive our newsletter by:
email [] or posted []

Membership Subscription Fee Paid:
Single/Household [\$20] 1/2 Year [\$10]
Donation of [] greatly appreciated

Please pay by internet banking to
03-0458-0655711-000 (use your name as a reference and specify membership).

Scan or photograph completed form and send to:
thamesmanager@ageconcern.gen.nz
or PO Box 466 Thames 3540

Thank you so very much



Steady As You Go[®]

A weekly peer led group-exercise session that builds strength and balance to reduce the risk of falling.





STRENGTH BALANCE GOOD YARN

Cost: \$2
For more details
 Email: thamesmanager@ageconcern.gen.nz
 or visit the group closest to you
 and chat to the leader.

Coromandel: Tuesdays at 10am
 St Andrews, 1426 Rings Road.

Ngatea: Tuesdays at 10am
 Thames Valley Hockey Pavilion
 Orchard West Road

Paeroa: Wednesdays at 1.30pm
 St Johns Hall, Belmont Road
 (Main St)

Thames: Thursdays at 1.15pm
 St Georges Church Hall,
 Mackay Street (next to hospital)

Waihi: Wednesdays at 10am
 St Johns Ambulance Hall,
 Johnston Street




Staying Safe

a refresher course for older drivers



A **FREE** classroom based course to build confidence and knowledge to stay safe on the road. Bookings are essential and places are limited. So don't delay, book today by emailing thamesmanager@ageconcern.gen.nz or phone 07 868 9790.

Sessions are from 9.30am to 1pm and being held at:

1. Thames, Thursday 23 September
2. Tairua, Thursday 30 September
3. Waihi, Wednesday 13 October
4. Paeroa, Thursday 28 October
5. Whitianga, Thursday 11 November
6. Thames, Thursday 18 November



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