

SUMMER 2021 QUARTERLY NEWSLETTER
www.ageconcern.org.nz

**Age
Concern**
Hauraki Coromandel
He Manaakitanga
Kaumātua

Age Concern Hauraki Coromandel

Serving the needs of older people

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



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OFFICE HOURS
9am - 4pm Monday to Wednesday

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.



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**We are closed from
Thursday 23rd December
opening again on
Monday 17th January**

Purnell

LAWYERS

Hayley Green L.L.B. & Brenda Flay L.L.B. Hons Partners
Damian Quinn BA L.L.B. Solicitor
Julia Monrad L.L.B. Hons Solicitor
Rosie Essuah L.L.B. Solicitor

611 Mackay Street, PO Box 31, Thames 3540
Ph: 07 868 8680 | DX: GA 25514
E: info@purnell.nz | www.purnell.nz



Weekly dance classes over 65 - Tuesdays

Strength, balance, creativity, lots of laughter - Adaptations for level 2
Please ring Francine 020 402 00926
Te Puru Community Hall. 9.30-10.30am
Thames. Grahamstown Hall. 11.30-12.30pm
Koha



Richmond Villas
LIFESTYLE VILLAGE

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
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Phone us to view by appointment

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!*

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82 Richmond Street, Thames | Ph 0800 868 5484



Top tips for a healthy Christmas

Published: by Heart Foundation New Zealand

The summer holidays and Christmas celebrations come all at once for us in New Zealand. It can be busy and maybe a bit stressful. We have 8 tips to keep healthy while enjoying the celebrations.

Christmas is only one day, yet by the time we reach December the social events can take their toll, so it's important to keep yourself healthy.

Healthy eating is a great place to start but also playing an important role is the quality of your sleep or the way you manage stress. Can't have one without the other so the below tips focus on your overall lifestyle, so you can enjoy the holidays with friends and family.

1. Regular fibre rich meals - Fibre fills us up and keeps our gut nice and healthy. There is often a lot of low fibre, high sugar food at Christmas, so include some high fibre food at every meal and snack. Things like fruit, vegetables and whole grains like oats, brown rice or whole grain bread etc.

2. Avoid going hungry - There can be a tendency to eat less food during the day if you are going out for a Christmas lunch or dinner to prevent overeating. However, this can make it harder for you to moderate what you eat if you let yourself get too hungry. Aim to eat regular meals and choose lighter meals or smaller portions. Some simple meals to eat either side of a Christmas lunch/dinner are:

- a mixed salad with chicken or tuna
- an egg on toast with spinach and avocado
- oats, fruit and natural yoghurt
- fruit salad with nuts and natural yoghurt.

3. Keep your food safe - Falling ill from Christmas celebrations is no one's idea of a good summer holiday. Each year around 100,000 cases of food poisoning occur from food eaten at home. The risk increases across the summer months as the bugs that make us sick grow faster in warm weather. To avoid getting yourself or your family sick, follow the three "Cs".

Clean

- Before preparing food wash your hands, chopping boards and all utensils.

Cook

- When cooking food, especially chicken and mince, make sure the juices run clear once cooked.
- If you reheat food, reheat until its steaming.

Chill

- Keep raw and cooked food separate in the fridge.
- Don't leave food sitting out on the bench.
- Put cooked meat in the fridge as soon as possible to stop bacteria growing.

4. Change your drink choices - Whether you drink alcohol or not is your personal choice. But to reduce any health risks associated with alcohol make sure you're hydrated before you start drinking alcohol. Alternate alcohol with non-alcoholic drinks such as water and remember, it's ok to choose non-alcoholic.

5. Keep active - Keeping active all year round is important for us all. Exercise supports both your physical and mental health and even a walk with a friend, or on your own will help keep you balanced.

6. Prioritise sleep

Sleep can be one thing we skim on to fit more into the day or when we have a lot on our mind. Sleep helps the body rest, restore and recover. Poor sleep is linked to an increased risk of heart disease which is reason enough to aim for 7-8 hours of sleep a night. Eating well, daily physical activity, moderating alcohol intake and switching off from screens/devices at least an hour before sleeping can help you get good quality sleep.

7. Enjoy the social time - One thing 2021 has taught us is the power, and importance, of social connection. It's been a big year for everyone. With all the uncertainty, everyone needs some time to rest and relax.

Give yourself some time to switch off from the news, social media or the neighbourhood gossip and be present in the moment. Allow yourself to enjoy the social time with your friends and whanau, or the peace of a walk in nature if the house is full of noise or people, or you feel unsafe.

If you find this time of year difficult and need some support, talk to your GP or a counsellor. Other 'help' services include:

- Healthline - for free medical advice about COVID-19 0800 358 5453
- COVID-19 - Government helpline 0800 358 5453 and website <https://covid19.govt.nz/>
- Mental Wellbeing - How to look after your mental wellbeing, keep safe and reassured, free resources and where to go for help. <https://covid19.govt.nz/health-and-wellbeing/mental-wellbeing/where-to-go-for-help/>
- Elder Abuse and Neglect - <https://officeforseniors.govt.nz/our-work/raising-awareness-of-elder-abuse/>

Healthy Christmas Cake recipe

Ingredients:

- 3 ½ cups sultanas
- 1 ½ cups raisins (or add extra sultanas)
- 1 ½ cups dates
- ¾ cup currents
- ½ cup mixed peel
- 2/3 cup glazed cherries
- ¼ cup chopped pineapple pieces
- ¼ cup chopped apricots
- ½ cup rum (or fruit juice) (Or use a large bag of dried mixed fruit)
- 250g margarine
- 1 cup brown sugar
- 5 eggs
- 1 ½ cups plain flour
- 1/3 cup self-raising flour
- 1 tsp mixed spice



Method:

In a large bowl, combine fruit with the rum. Add water or fruit juice if using dried fruit. Cover and let stand overnight or up to a week. Beat margarine until soft, add sugar. Beat only until combined. Add eggs one at a time. Beating only until combined. Add creamed mixture to fruit mixture. Mix well. Stir in sifted dry ingredients. Spread evenly into a deep tin. Bake slowly for 3-3 ½ hours.

COVID-19 symptoms

MOST COMMON SYMPTOMS



Fever



Cough



Tiredness



Loss of taste or smell

LESS COMMON SYMPTOMS



Sore throat



Headache



Aches and pains



Runny poo



A rash on the skin or discolouration of fingers or toes



Red or irritated eyes

‘What’s On’ in the community

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

COVID-19 Screening:

If you are unwell, self-isolating, awaiting a Covid test result, or have any symptoms of Covid, please do not attend any of the below options. And please wear a mask and scan or sign in on entry.

Chinwag Café

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

- **Thames** – (NEW VENUE) Monday’s from 10am at Aeroview Garden Centre Café, 382 Ngati Maru Highway, Thames.
- **Ngatea** – (HOPING TO RECOMMENCE IN THE NEW YEAR) Tuesday’s from 10am, Cooperating Parish Darlington St, Ngatea
- **Whitianga** - Fridays from 10:00am, Whitianga Social Services, 2 Cook Drive.
- **Paeroa ‘Drop-in’** - This social group of friends (or friends to meet) gathers at the Baptist Church, Wood Street, Paeroa every Tuesday for a chinwag, chatter, cuppa and challenge (games). No cost. All welcome.
- **Waihi Chinwag Café** - We are taking expressions of interest for a Waihi Chinwag Café. Contact thamesmanager@ageconcern.gen.nz or 07 868 9790 to express your interest or desire to be involved.

Thames Grey Power

To find out more about Grey Power Thames visit: <https://greypowerthames.org.nz/wordpress/> or contact: Barry or Carolyn Young (07 868 6353)

Paeroa Grey Power

To find out more contact Gail on 07 862 6256 or visit: <https://greypower.co.nz/associations/paeroa/>

Waihi Grey Power

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. Please note Dementia Waikato will be closed from 24/12/2021 to 10/01/2022.

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. Meet monthly at St George’s Anglican Church, 602 MacKay Street Thames. Phone 021 962 381 or email: coromandel@stroke.org.nz

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

Waihi Community Resource Centre

Waihi Community Resource Centre (WCRC) at 4 Mueller Street Waihi, is a not-for-profit community organisation that provides a range of social services and community development initiatives to meet the needs of the Waihi community. They will be closing on Thursday, 23 December and re-opening on Wednesday, 5 January.

For emergencies there is an on call person who can be reached by phoning or texting 027 537 3996. Contact Jan Smeaton, Manager - Ph: 07 863 7555 Mob: 027 490 1061. <https://www.wcrc.org.nz/>

Thames Coromandel and Hauraki District Libraries - 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

"60 Not Out" Elim Church

A group that 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.

Located at 511 Queen Street, Thames. Next door to the district court house. Contact Arna on 07-868-8507 or email: arna@tcafitnessclub.co.nz

Steady As You Go - Falls Prevention classes

Weekly gentle exercise groups to help improve strength and balance and reduce the risk of falling over.

Classes are held in:

- Coromandel – Tuesday’s 10am at the Coromandel Gym
- Ngatea – Tuesdays 10am at the Hockey Pavilion
- Paeroa – Wednesdays 1.30pm (currently on hold)
- Thames – Thursdays 1.15pm at St Georges Hall
- Waihi – Wednesdays 10am at the Museum Hall

Be willing to be a beginner every single morning. (Meister Eckhart)

In other words do not give up. Have a go at something. Do something. Help someone. You will be helping yourself to enjoy 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 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.

FOOD WASTE IS A MASSIVE PROBLEM IN NEW ZEALAND

<https://lovefoodhatewaste.co.nz/>



EVERY YEAR KIWIS SEND 157,398 TONNES OF FOOD TO LANDFILL, ALL OF WHICH COULD HAVE BEEN EATEN. NOT ONLY IS WASTING FOOD COSTING US MONEY, IT IS ALSO BAD FOR THE ENVIRONMENT. LOVE FOOD HATE WASTE HAS TIPS AND RECIPES TO HELP YOU REDUCE YOUR FOOD WASTE AND SAVE MONEY

FOOD DATE LABELS – WHAT DO THEY MEAN?

Take a quick glance at your food packaging – chances are, there’s probably a date on there somewhere. The dates can be a bit confusing if you don’t understand them, so ‘Love Food Hate Waste’ can help you make sense of them, and in the process save your food from being wasted!

BEST BEFORE

‘Best before’ refers to quality: your food will be at its best before the date given. After this date, it might not be at its best, but it will still be safe to eat. Depending on how your food is stored, it has the potential to be good enough to eat for a long time

after this date. Here’s a guide to a few key food items and how long after the date they can be eaten:

- Crisps – one month
- Biscuits – six months
- Cereals – six months
- Canned food – 12 months
- Confectionary – 12 months
- Pasta sauce – 12 months
- Dried pasta – three years!

USE BY

‘Use by’ refers to safety: you must not eat food past the ‘use by’ date. You cannot always smell the bacteria that causes food to spoil, so after the ‘use by’ date, the food may appear perfectly fine to eat, but could still lead to food poisoning. Let’s be absolutely clear: you should NOT eat food after the ‘use by’ date - even if it looks and smells OK.

Top tip: you can freeze food right up to and including the ‘use by’ date. If you’re not sure you will eat it in time, freeze it for another day!

symptoms getting worse. Dementia is different for everyone – what people experience, and how quickly they are affected is unique to them. What they can do, remember and understand may change from day to day.

To read more about information on supporting someone affected by dementia, how to reduce your risks of dementia or to download information booklets, visit: <https://alzheimers.org.nz/about-dementia/what-is-dementia/>

But one thing is for sure, an early diagnosis provides a range of benefits not only for the person getting diagnosed, but also their family or carer.

Contact <https://www.dementiawaikato.org.nz/> or Jill Edmunds, NZ Registered Occupational Therapist and Local Support for Dementia Waikato on 07 282 1372 or email: jill@dementiawaikato.org.nz

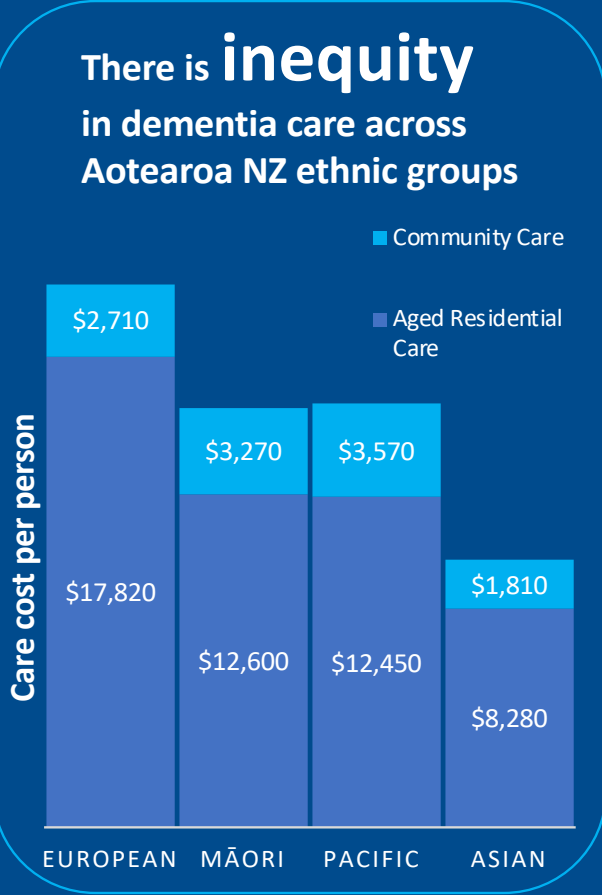
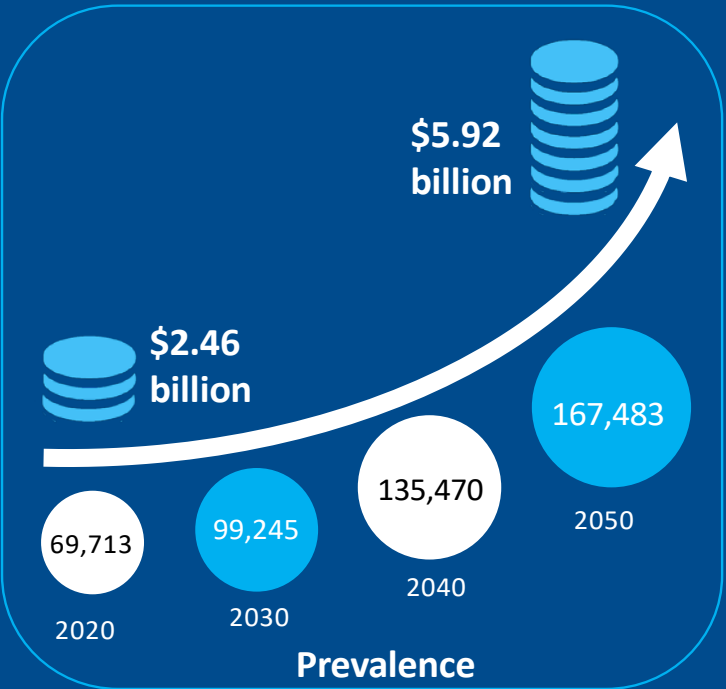
What is dementia?

Dementia is an umbrella term used to describe a group of symptoms that affect how well our brains work. Dementia can affect anyone, and as people get older the chances of developing dementia increase. The most common form of dementia is Alzheimer’s disease – which around two-thirds of people with dementia have.

The symptoms each person experiences depends on the parts of the brain that are affected. However, the most common dementia symptoms include changes in memory, thinking, behaviour, personality and emotions. These changes affect a person’s ability to perform everyday tasks and interfere with their everyday lives. Dementia is progressive, which means that for most people the changes gradually spread through the brain and lead to the

**Dementia:
a rapidly growing
problem for
Aotearoa NZ**

September 2021



One in four people will die with dementia

Dementia is increasing **faster** in Māori, Pacific, and Asian peoples

- Priority Areas**
- Research on the true rates of dementia in Aotearoa NZ
 - Culturally appropriate care that maximises quality of life
 - A National Dementia Plan for Aotearoa NZ

Assisted dying starting in November

Henry Cooke 15:42, Oct 12 2021



Health Minister Andrew Little has announced the final details of the process.

The Government have announced the final details of how euthanasia will work in New Zealand when it became legal on November 7.

The law change was spurred by ACT MP David Seymour's members' bill and a referendum at the 2020 election, where the option to legalise assisting dying won 65% of the vote.

Strict guidelines surround the procedure. People who wish to end their life under the law must be terminally ill and likely to die within the next six months. They must be in an advanced state of irreversible decline and must be undergoing "unbearable" suffering. And they must be mentally able enough to make an informed decision.

Those who apply for assisted dying need two medical practitioners to agree that the person is eligible under the strict criteria. If there is any uncertainty about their capacity, a psychiatrist must assess their competency.

The Ministry of Health must be informed of anyone who undergoes assisted dying, with a special review committee keeping track.

Health Minister Andrew Little, announced the membership of the committee who will review reports of those undergoing assisted dying: Dr Dana Wensley, a medical ethicist, Brenda Close, a health practitioner, and Dr Jane Greville, a medical practitioner practising end-of-life-care.

"This independent review mechanism is one of the many safeguards put in place to ensure the service is operating in line with strict criteria set out by the Act," Little said.

"The other body required under the legislation, the

Support and Consultation for End of Life in New Zealand group, or SCENZ, was appointed in August. Its responsibilities include maintaining a list of health practitioners providing assisted-dying services, and helping develop and oversee standards of care."

Little said the funding was key to make sure the service was accessible, and for most people would be free.

"We expect that in most circumstances, these services will be provided in the community and will be free for people who meet the strict eligibility criteria," Little said.

"From November 7, New Zealanders are able to access the End of Life Choice Act, with those who are suffering able to end their lives in peace and dignity surrounded by loved ones," she said.

"We say that a society should be judged by how it treats its most vulnerable. Very soon our country will give those who face terrible suffering at the end of their life compassion and choice. It will be a good day to be a Kiwi."

Dr Jessica Young, a Postdoctoral Research Fellow in the School of Health at Te Herenga Waka—Victoria University of Wellington writes:

"Now that the referendum is complete, the spotlight is on how we should implement it.

If people do not realise that doctors are prohibited from raising assisted dying as an option, they may assume assisted dying is not an available alternative for them or that they are ineligible.

While ensuring no one is coerced and avoiding suggestibility are important, the prohibition on initiating the first assisted dying conversation becomes problematic in practice. A concern is that practitioners may avoid any discussions for fear of repercussions. A doctor raising the option of assisted dying would be in breach of the Act and open to a complaint to the Health and Disability Commissioner and further consequences".

It will pay to ask questions and discuss openly with the person suffering, their family and their healthcare provider, but better still make sure you have an Advance Care Plan so your wishes are recognised and respected. Visit: <https://www.healthnavigator.org.nz/health-a-z/a/advance-care-planning/> or talk to your GP.

COROMANDEL 'STEADY AS YOU GO' GROUP

STEADY AS YOU GO started in Coromandel town in November 2019 in the St Andrews Church Hall and we started with 3 or 4 participants.

We survived Lockdown in 2020 and again in 2021. Our participants were regular and enjoyed the classes. One by one, our numbers increased and thus we outgrew the space St Andrew's offered. We approached the Coromandel Gym on Pottery Lane, who very kindly agreed to our renting their gym space on a Tuesday morning. We advertised in the Coromandel Chronicle and now our numbers have increased exponentially and we are regularly seeing 17 -18 participants.

We have approx 50:50 gender mix and it makes me so happy that the blokes are coming along to improve their strength and balance, AND we all get results from our participation.

We start our class with a set of simple hand exercises taken from the Parkinson's website which gives us time to settle and chat which leads us then into the Steady As You Go programme and off we go for the next 50 minutes or so - we have received feedback from participants who are now able to get confidently up from their chairs; able to put on their trousers easily; able to wiggle their toes as well as (but perhaps not at the same time), crochet and knit. Showing that those stiff painful joints are moving freely again. We are all thrilled to hear and feel these results.

Our last class for 2021 will be held on Tuesday 21 December and classes will resume at the Coromandel Gym on Tuesday 18 January 2022. All welcome.

Vickie Macrae

Peer Leader, Steady As You Go, Coromandel Town

Live in the moment, and find each moment worthwhile. You owe it to yourself to forgive the past. Live in the future.

Make time every day to do what's important to you - to work enough to feel satisfied, to play enough, to stay young.

WAIHI 'STEADY AS YOU GO' GROUP

We have moved – We have moved



we are now using the hall at the WAIHI MUSEUM

Address: 54 KENNY STREET, WAIHI
WEDNESDAY'S 10A.M. TO 11 A.M.

All Welcome

It's a great group, we all enjoy learning how to balance and not fall over – only leaves fall - not us. SHIRLEY leads the group and she will show you how to do the exercises – all of which have been specially designed to help us keep our independence, our balance, our connections and it also helps to keep us fit.

We do a little socialising after class, just a simple tea or coffee, perhaps something yummy too (its balance we are after not diets) but for now its masks on as you enter and leave (but off it comes when the exercising starts), scan in on your phone or sign the register, keep your distance from others (so we have to yell to be heard), then away we go.

So come and join us.... We would love to meet you.

Pedicare Service

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Therapeutic Foot Care
by a Registered Nurse**



Phone for an appointment at your home or a clinic

Mobile: 027 663 2320

Chinwag Café

By Ester Bassett, Accredited Visiting Service Coordinator, Age Concern Hauraki-Coromandel.

This aptly named get together has been around longer than anyone I asked can precisely remember. Age Concern's around the country run a variety of social groups aimed at connectedness such as, "tea and talk", "coffee and conversation", and our Hauraki-Coromandel version, is the "Chinwag Café".

The Thames group, who continue in a form somewhat unrecognizable to that of my first experience about five years ago, have been running much longer than that and have accommodated a number of changes. It's a simple form of social connection, open to any older adult and provides a time, a place, and a cuppa; to support conversations and the development of a sense of community. As Haydn Wright who attends both the Ngatea and Thames groups said to me at a recent get together, "it is a place to meet and talk to people who you can then say hello to in the street".

The Chinwag Café began in the original office at the Thames community centre with comfy sofas and chocolate bikkies but as the office staff grew and premises changed there were adjustments that weren't quite so comfortable. A noisier room and chairs that roll across the floor made for a raucous sort of get together but still, of course, we kept the chocolate bikkies coming.

Then due to the demand of office duties there was a time shift to an afternoon group, throwing out the routine of many loyal attendees. This was a challenging one to adjust to and it may well go down in history as the most unpopular change of all! The successful recruitment of wonderful volunteers, Val and Jackie, allowed for mornings to resume but the government restrictions for COVID management jumped in to force for yet another change.

Age Concern is a charitable organisation with a strong sense of supporting those in the community who are lonely or isolated, and this is a growing issue with the risk of illness in the back of our minds (and in the daily media). We very much want to enable as many social gatherings and individual connections to be made but there are new guidelines to consider so we went back to the drawing board.

Finally after a 3 month pause, the Thames Chinwag has resumed.

We are holding the gathering outdoors (to meet Covid regulations for gatherings), so prepare for the weather and we will meet:

- **Monday mornings from 10am**
- **At the 'Tastebud café' connected to the Aeroview Garden Center**
- **On the Ngati Maru Highway**

Coffee and tea can be purchased at the café but I will definitely bring chocolate bikkies because nothing makes the chin wag more than the combined sweetness of friendship and biscuits.

The final Chinwag in Thames will be on Monday 20th December and back after Christmas and New Year on Monday the 24th January.

All going well, the Ngatea group will look to resume following the Christmas break.

For other information about groups on offer, please call the office on 07 868 9790 or email ThamesAVS@ageconcern.gen.nz

Government announces new Ministry for Disabled People

Minister of Social Development Carmel Sepuloni says the new ministry will improve the lives of disabled people.



A new Ministry for Disabled People will improve the "broken" disability system and the lives of the one in four New Zealanders who have a disability, the Government says.

The new ministry will come into existence in July next year. Minister for Social Development Carmel Sepuloni said on Friday the disability system was "broken and puts too many barriers in place for disabled people and whānau".

"The new ministry will join up all the supports and services available to disabled people and replace a

fragmented system where there is no single agency responsible for driving improved outcomes for disabled people," she said.

The barriers to access currently include different eligibility criteria for services making it difficult for people to know what they can access, and the support focuses on people's impairments, as opposed to supporting them to achieve their aspirations.

"The establishment of a new ministry recognises that a broader and whole-of-life approach to disability is needed, as opposed to viewing disability as a health issue," she said.

"I firmly believe the changes announced are a bold and truly transformative way forward for disabled people and their whānau to thrive in Aotearoa New Zealand."

The Government is also introducing a new accessibility frameworks to ensure disabled people can participate and access the same opportunities on an equal basis with others, as well as a new accessibility governance board led by disabled people and whānau. It has also committed to rolling out its Enabling Good Lives scheme nationwide, a programme for people who receive disability support first trialled in 2018.

"Hopefully you'll see disabled people everywhere living ordinary lives, because the structures are going to be put in place to enable that to happen".

"It's a momentous occasion for disabled people and their family and whānau. This is the biggest change we'll see in more than a generation," she said.

Health Minister Andrew Little said the changes will complement the health reforms but would move disability support out of the health system.

"The disabled community told us that disability issues are not just health issues," he said.

"We've heard and responded to their desire to lift disability support out of the health system, which is why we're establishing a new Ministry for Disabled People to deliver support for all disabled people."

A 2013 survey found one in four New Zealanders had a disability. Disabled people are disproportionately represented in poverty statistics, and experience high rates of discrimination.

New Banking page on Age Concern NZ webpage: www.ageconcern.org.nz

Having access to a bank account is important for many reasons and especially as we are experiencing a rapid shift to online purchasing and bill payments.

The closure of some bank branches and the removal of cheques from the financial systems has also created a more urgent move to be able to understand online and phone banking services.

Banks want their customers to have a good banking experience. The Code of Banking Practice sets out the principles of good banking practice. NZ banks agree to follow these good banking practices in their customer relationships.

We hope that having information about your bank will help you find the support you need, so visit www.ageconcern.org.nz and click on Information and Support to find the banking pages.

Please also be aware there is a Banking Ombudsman Scheme who can help with your banking problems. They want to hear from you if you have a problem with your bank and need independent advice. To contact them call 0800 805 950 or www.bankomb.org.nz

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Contact Carla Turner or Gayle Melrose for personal and professional care.

07 849 2139 or 0800 920 222
www.simplycremations.net.nz

Low Cost Christmas Decoration Ideas

Spread some joy this Christmas with these low-cost decorating ideas. Then email us, at Age Concern Hauraki-Coromandel, a photo of your creativity and go in the draw to win.
Email to: thamesmanager@ageconcern.gen.nz



The S.T.O.P. Method

In worrying or stressful times, it is helpful to have ways of soothing the nervous system, the part of us that holds tension. This technique is called **STOP**.

Stand up (or sit with your feet firmly on the ground) and breathe. Feel your connection to the ground.

Tune in to your body. Lower your gaze. Mentally scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the 'in' breath.

Observe. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.

Possibility. Ask yourself what is possible or what is new or what is a forward step.

If you find yourself being reactive, try the following steps:

- Pause and take one to three big breaths.
- Say "step back." (You don't have to physically step back, you can just do it in your mind.)
- Say "clear head."
- Say "calm body."
- Breathe again. Say "relax," "melt" or "ease."

My Joint Pain

This website from the Arthritis Foundation can help you relieve the symptoms of joint pain or osteoarthritis, and it can help you to lead a more active and pain-free life. It's easy to use and it's free to access.

<https://www.myjointpain.co.nz/>

Got joint pain?
Get long term relief
Let MyJointPain.co.nz
show you how

SIGN UP FOR FREE NOW

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

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Post Code Telephone.....

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Would you like to receive our newsletter by:
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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.

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES



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

Coromandel Gym, Pottery Lane

Last class for 2021: 21 December

First class for 2022: 18 January

Ngatea: Tuesdays at 10am

Thames Valley Hockey Pavilion, Orchard West Rd

Last class for 2021: 21 December

First class for 2022: 1 February

Paeroa: Wednesdays at 1.30pm

St Johns Hall, Belmont Road, (Main St)

This class has not restarted due to Covid restrictions. We hope to recommence in early February.

Thames: Thursdays at 1.15pm

St Georges Church Hall, Mackay Street (next to hospital)

Last class for 2021: 23 December

First class for 2022: 13 January

Waihi: Wednesdays at 10am

Art Museum Hall, Kenny Street, (next to Gull)

Last class for 2021: 15 December

First class for 2022: 12 January

To comply with the latest Covid-19 mandated safety precautions, please provide the group leader with your vaccination status (which will remain confidential). They will guide you from there.



TOGETHER WITH **WAKA KOTAHU**
NZ TRANSPORT AGENCY

Staying Safe

a refresher course for older drivers



This **FREE** classroom based course is designed to build your confidence and knowledge to help you stay safe on the road. It will increase your knowledge and help you remain independent for longer. For drivers 60 years or over. Due to COVID-19 restrictions all previous courses were postponed to the following dates:

Thames - At St James Parish Hall, Pahu Street on **2nd Feb** and **23rd Feb** 2022

Waihi - At Baptist Church, Cnr Gilmore & Kenny St on **9 Feb** 2022

Paeroa - At St Johns Hall, Belmont Street on **18 Feb.**

Whitianga - At Community Resource Centre, 2 Cook Drive on **2 March.**

To book your place email:
thamesmanager@ageconcern.gen.nz
or Phone: 07 868 9790

- Bookings that were previously confirmed have been transferred to the new dates
- Courses start at 9.30am and finish at 1pm
- Please arrive at 9.15am to complete the required pre-session registration.
- Morning tea is provided, if you have special dietary requirements, please BYO.
- Due to COVID restrictions – no walk-ins on the day allowed.



Serving the needs of older people