

**SUMMER 2021 QUARTERLY MAGAZINE**  
www.ageconcerntauranga.org.nz



# Age Concern Tauranga

*Serving the needs of older people*

**KEEPING YOU CONNECTED**



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

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## Contact Information

Phone: (07) 578 2631

Email: [ageconcerntga@xtra.co.nz](mailto:ageconcerntga@xtra.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



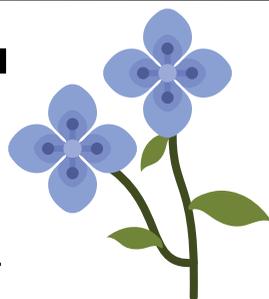
## Staff

<b>General Manager:</b>	Tanya Smith
<b>Administrator:</b>	Janelle Jamieson
<b>AVS Team Co-ordinator:</b>	Lucy Willard
<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) Ngairie Drabble (Greerton)

*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@xtra.co.nz](mailto:ageconcerntga@xtra.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:**



## Let's Get Connected with Age Connect



Moira & Allan Wilson – Age Connect Clients

"We'd been stuck at home for 15 months due to ill health. We were referred to Age Concern and to Lucy, who spent time talking us through the different activities available. The Age Connect project enabled us to do something we love, and that is going out for a coffee and meeting people. We now attend the Coffee & Conversation group in Greerton which is lovely. You don't feel like a stranger amongst them; they're very welcoming. The minute you sit down, they're turning their chairs around to make sure someone is talking to you. We have also become members of Age Concern to enjoy their bus trips, which has included a visit to Cambridge. We have met such lovely people on

these outings. Age Connect has opened our world to new people and different experiences".

### Getting Connected

Our mission at Age Concern Tauranga is to enrich the lives of older people. Your happiness, sense of well-being, belonging and independence matters, and we are here to help.

Age Connect is an opportunity for those over 65 to build friendships and community connections. Whether you are wanting to volunteer and run an activity or need help in finding a group to participate in, we can help. Connection gives purpose and meaning to our lives. Being socially

connected supports older people to stay in good health.

Let Lucy, our Age Connect Coordinator, walk alongside you to restore your social independence through the formation of your own friendship/support networks.

**Please contact Age Concern Tauranga 07 578 2631 or [ageconcerntga@xtra.co.nz](mailto:ageconcerntga@xtra.co.nz) for more details.**

## Let's Volunteer for Age Concern

Would you like to play and have fun coordinating a Men's Lego group; maybe reading a book out loud to those who struggle to see; assisting with practical support, (whether it is changing a lightbulb, hanging pictures, or showing someone how to use their technology devices), or providing short-term assistance to support and encourage an older person to regain confidence, learn how to navigate public transport, and/or attend groups and activities?

**If you have said yes to any of these, please contact Lucy at Age Concern Tauranga on 07 578 2631 or [cc.ageconcerntga@xtra.co.nz](mailto:cc.ageconcerntga@xtra.co.nz)**

## Sorry, pardon what was that?

Are you concerned about your hearing?

Hearing Therapy is a trusted, free and independent Ministry of Health-funded service that can help you live well with hearing loss.

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- Managing tinnitus
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[www.hearingtherapy.co.nz](http://www.hearingtherapy.co.nz)

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**For this and much more, come and see us**

## Travelling overseas during COVID pandemic



If you're thinking about travelling overseas, it's vitally important you check the Work and Income rules before you go.

Some NZ Super and Veteran's Pension clients are unfortunately stuck overseas and unable to return, because they haven't been able to secure a place in a managed isolation and quarantine facility.

If you do decide to leave the country, you will need to visit the Work and Income website and complete a form.

Don't go overseas without checking the Work and Income rules. If you can't get back and you're away for longer than you're allowed under usual Absence from New Zealand rules, you may need to pay some of your payments back to Work and Income.

The Ministry of Foreign Affairs and Trade (MFAT) provide consular assistance to New Zealand citizens who are experiencing difficulties overseas. If you're stuck overseas, please contact your local embassy or the Ministry of Foreign Affairs and Trade.

Read the Work and Income rules about going overseas by visiting [www.workandincome.govt.nz/pensions/travelling-or-moving/going-overseas-super/index.html](http://www.workandincome.govt.nz/pensions/travelling-or-moving/going-overseas-super/index.html) or phone 0800 552 002

Sourced: [www.officeforseniors.govt.nz](http://www.officeforseniors.govt.nz)

### A prayer as I put on my mask:

Creator God,  
as I prepare to go into the world,  
help me to see the sacrament  
in the wearing of this cloth -  
let it be "an outward sign  
of an inward grace" -  
a tangible and visible way of living  
love for my neighbours,  
as I love myself.

Christ, the Son,  
since my lips will be covered,  
uncover my heart,  
that people would see my smile  
in the crinkles around my eyes.  
Since my voice may be muffled,  
help me to speak clearly,  
not only with my words,  
but with my actions.

Holy Spirit,  
As the elastic touches my ears,  
remind me to listen carefully -  
and full of care -  
to all those I meet.  
May this simple piece of cloth be  
shield and banner,  
and each breath that it holds,  
be filled with your love.  
In your Triune Name and  
in that love,  
I pray.

May it be so.  
May it be so.

*Rev. Dr Richard Bott, moderator  
of the United Church of Canada (adapted)*

## Catching the bus in Tauranga City, the Mount, Pāpāmoa and Te Puke?

There are new bus routes and timetables from 15 November 2021.

We're making it simpler and more convenient to get around.

Plan your journey now.

Find out more at [www.baybus.co.nz](http://www.baybus.co.nz)  
or call **0800 4 BAY BUS (0800 4 229 287)**



## Funding Assistance for Equipment

We offer support for people who have a physical, intellectual, sensory (vision or hearing) and/or age-related disability.

### You must also:

- have a long-term disability (a disability that is likely to continue for at least 6 months)
- need specific equipment, or modifications to your home or vehicle, to help you manage and/or access your everyday activities
- have a disability that is not already covered by the Accident Compensation Corporation (ACC)
- be a New Zealand resident usually living in New Zealand
- be living in New Zealand at the time you request and receive the equipment or modifications.

### Our Equipment and Modifications Service (EMS) can support you by:

- providing advice on the best equipment or modifications to your home and/or vehicle to suit your particular needs
- providing equipment on long-term loan
- helping pay all or part of the costs of modifications to your home or vehicle.

### ASCs are organisations contracted by the Ministry of Health to work with disabled people and their family, whānau, aiga, or carers, to:

- identify their strengths and support needs
- outline what disability support services are available
- determine their eligibility for Ministry-funded support services.

NASCs allocate Ministry-funded disability support services and help with accessing other supports. These services are then delivered by their respective service providers.

NASCs are contracted by the Ministry's Disability Support Services unit. It's their job to ensure that the support and services allocated to you are fair, and fit within the disability support services budget.

### What's involved in a needs assessment

A needs assessment looks at your abilities, resources, goals and needs. The NASC will work with you to identify which of these is most important.

The goal of the needs assessment is to figure out how to maximise your independence so that you can participate as fully as possible in society.

### Who's eligible for a needs assessment

Needs assessment is available for people who meet the Ministry's definition of disability. The Ministry funds services for people with a physical, intellectual and/or sensory impairment or disability that is

- likely to continue for a minimum of 6 months
- reduces your ability to function independently, to the extent that ongoing support is required.

If you have a disability, you can get equipment to help you with your daily activities. Enable New Zealand specialises in equipment to help disabled people and older people in their everyday lives.

Find out if you can apply for disability equipment funded by the government. The government doesn't usually pay for equipment that costs less than \$50.

## Applying for equipment

We provide government-funded equipment to people with a long-term disability. This includes physical, intellectual, sensory (hearing or vision) or age-related disabilities. Long-term means lasting at least six months.

Our equipment service is for eligible disabled people in these areas:

- **North Island:** all areas south of Meremere (Bombay Hills)
- **South Island:** Stewart Island, Chatham Islands.

The equipment belongs to the Ministry of Health. We lend it out, free of charge, for as long as the person needs it.

To apply for equipment, you'll need to contact an Equipment and Modification Services (EMS) assessor ie. Support Net. The assessor will send your request to us, if you meet the Ministry's funding criteria for equipment.

### Please visit the Ministry of Health website to find out:

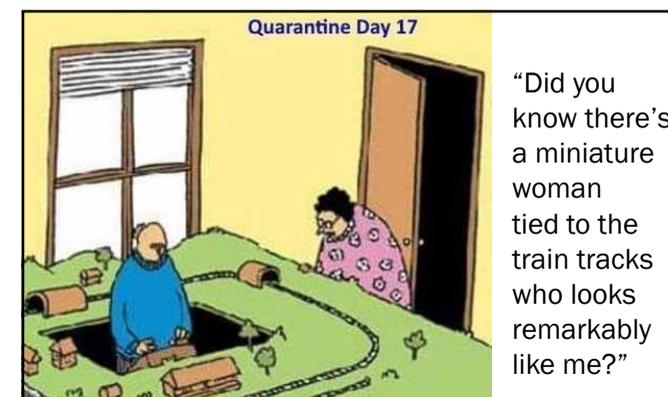
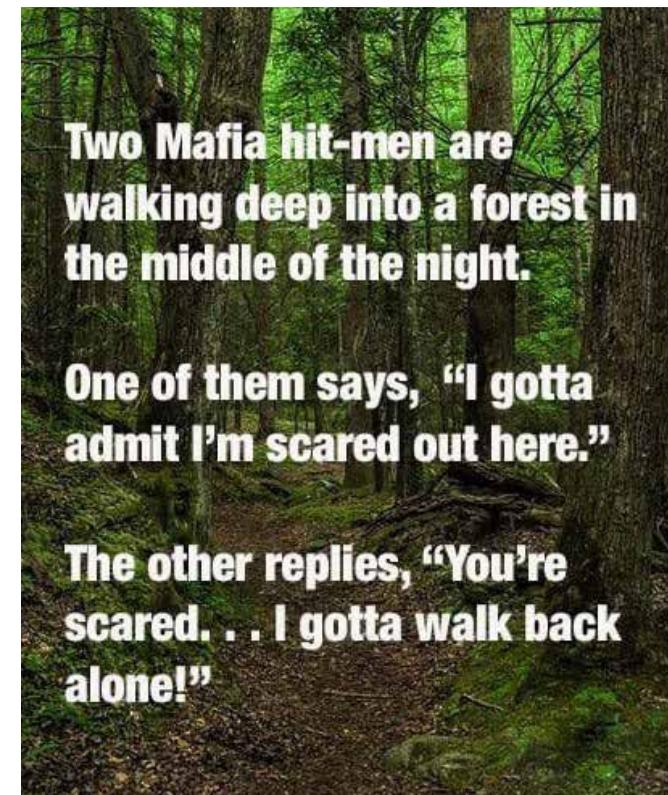
- who can get funding for equipment
- types of equipment we provide
- how to get an assessment for the equipment you need.

You're welcome to contact us for more information. Or for help finding an equipment assessor.

**Buy or hire daily living aids and equipment:** If you're not eligible for government-funded equipment, or you'd prefer to buy your own equipment, we can help.

Contact Enable New Zealand on 0800 171 995 OR Support Net Disability Services and support 0800 262 477.

source: [www.health.govt.nz](http://www.health.govt.nz)



## 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.

## Old teeth need looking after

Tiaki niho ā pakeke

Having a healthy mouth and teeth contributes to your overall health. Looking after your teeth by brushing twice a day and seeing your dentist regularly is an important part of looking after yourself and is even more important as you get older.

If you're caring for an older person, don't forget the contribution good dental health can make to their comfort, nutrition, health and wellbeing.

### Common dental health issues in older people include:

- problems with gums and mouth ulcers
- tooth loss
- older fillings needing replacement
- cavities around the roots of teeth
- medication side effects such as a dry mouth
- problems with dentures

If you have pain in your mouth, swelling, or discomfort from your teeth, it's important to talk to your dentist or GP. Don't put it off. If you notice changes to the way your mouth and teeth feel or look, it's also important to seek treatment.

### Preventing problems with your mouth and teeth

If you've had good dental habits all your life, it's important to keep it up. However, it's never too late to develop better habits around dental hygiene.

**Teeth cleaning** - Brushing and flossing removes plaque and tartar from teeth to prevent gum disease and tooth decay. Severe gum disease causes at least one-third of adult tooth loss.

- Brush your teeth every day – morning and night
- Brush with a soft toothbrush and fluoride toothpaste
- After brushing your teeth swish and spit but don't rinse
- Avoid sugary foods and drinks between meals – give your mouth a break
- Drink water or milk between meals
- Arthritis and other mobility issues may make it difficult to brush and floss. An electric toothbrush may make this easier. If you are having trouble, talk to your GP or dentist. If you're receiving care at home (or in an aged residential facility) you may be able to ask your carer to assist.

**Denture care** - It's important to care for your



removable partial or full dentures:

- Remove and rinse dentures after eating
- Clean your mouth after removing your dentures using a soft toothbrush
- Brush your dentures at least daily
- Soak your dentures in water overnight. This helps to keep their shape.

**Mouth ulcers** - Mouth ulcers are small sores that develop in your mouth. These are quite common and generally go away on their own. If you have ulcers that are very painful, that are stopping you eating or drinking the foods you usually like, or that have lasted more than two weeks, it's important to see your dentist or GP.

**Regular dental check-ups** - A yearly dental check-up can help maintain the health of your teeth and deal with problems at an early stage before they become severe. There are many things a dentist can spot during a dental check-up such as cavities, early signs of gum disease, and other oral problems that can affect your general health.

Dental treatment can be expensive, however, seeing a dentist for regular check-ups will save you a lot of money and trouble, and will help to keep your teeth looking good and working well.

**Subsidies for older people** - Subsidies may be available to help pay for dental treatment. It's important to discuss with your dentist how much any treatment is likely to cost and which subsidies you can use. You may be able to pay off the cost of treatment.

The Bay of Plenty DHB funds emergency dental care for low income adults. If you're in pain, or have swelling or an infection in your mouth, subsidised emergency treatment is available through a number of private dentists for older adults with a Community Services Card. Work and Income generally pay up to \$300.

They usually only make payments for urgent dental treatment once a year. You may be able to get help for more than one treatment in a year, or help with treatment over \$300, but you might have to pay some of this back.

source: [www.healthinfo.org.nz](http://www.healthinfo.org.nz)

## WELLBEING TIPS

**THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!**

**TAKE NOTICE – ME ARO TONU**

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.

**GIVE – ĀWHINA**

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!

**GET MOVING – KIA KORI**

Regular movement and exercise helps release tension and stress and gives you an energy boost!

**CONNECT – TŪHONO**

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.

**STICK TO A ROUTINE – WHAI MAHERE**

It will help you get through each day and adjust to regular life when it goes back to normal.

**STAY CURIOUS – ME WHAI WHAKAARO**

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.

**RELAX – MAURI TAU**

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

# GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

## ALL RIGHT?

Mental Health Foundation  
mauri tū, mauri era



**What sorts of situations is PHONE 105 for?**

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.

**NON-EMERGENCY** Ohotata Kore **105** 

**Better Later Life Action Plan**

The Better Later Life Action Plan sets out the governments priorities and commitments to deliver the Better Later Life strategy over the next three years (2021 -2024).

COVID-19 has made significant changes to New Zealanders lives. The Action Plan focuses on the impact of COVID-19 on older people and contributes to the recovery by focusing on three priority areas: Employment, Digital Inclusion and Housing.

Progress on the Action Plan will be tracked by two-yearly reporting to the government on actions taken. These reports will be published on the Office for Seniors website.

You can read the Action Plan on the new Office for Seniors website by visiting the link below:

[www.officeforseniors.govt.nz/better-later-life-strategy/better-later-life-he-oranga-kaumatua-action-plan-2021-to-2024-he-mahere-hohenga-2021-ki-2024/](http://www.officeforseniors.govt.nz/better-later-life-strategy/better-later-life-he-oranga-kaumatua-action-plan-2021-to-2024-he-mahere-hohenga-2021-ki-2024/)  
Source: [www.officeforseniors.govt.nz](http://www.officeforseniors.govt.nz)



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**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.*

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

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I guess the closest comparable example would be if someone knitted me a jersey. I would know how to wear that jersey like an expert and I could admire the pattern, but please don't ask me what stitches were used to achieve that splendid outcome. At the same time, I can put that jersey ON, and take it OFF multiple times a day, and it still works precisely as expected, just like our technology set-ups.

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## Insurance & Financial Services Ombudsman



By the time people reach 50, they've usually experienced numerous insurance policies, like home and contents, vehicle,

life, health and income cover. Unfortunately, despite this experience, the Insurance & Financial Services Ombudsman (IFSO) Scheme regularly sees complaints from people who thought their policy gave them cover but, when they came to make a claim, discovered that it didn't. A common misunderstanding lies in what exclusions can cut out.

Take the example of Rebecca who came to the IFSO Scheme after her claim for carpet to be replaced was not accepted by her insurer. Rebecca said she was moving her large pot plant and suddenly discovered the carpet underneath it was ruined. She realised she had been over-watering the plant for months. Rebecca made a claim, and she was horrified to have it rejected as being "gradual damage", which was an exclusion in her policy. Gradual damage means that, although Rebecca's discovery was sudden, the damage had been occurring over some time and, therefore, it was excluded from cover.

Another problematic area for seniors is funeral insurance. It's often sold as an "affordable way to ease the financial burden on your loved ones". But

is it really? Consumers need to understand that, sometimes, they will pay more in premiums for funeral cover than the cover is worth. This will happen when funeral cover is held for a long time. It is not a savings product and, if premiums are not paid, the cover will usually lapse. The IFSO Scheme holds concerns about funeral insurance and expects to see the risk of paying more than the sum insured clearly notified to the consumer.

Because funeral cover is a risk-based policy, the insurer takes the risk of paying a claim before the premiums paid are equal to the sum insured. On the other hand, the insured risks paying more in premiums than the sum insured. Because funeral insurance can have relatively low sums insured, the risk of premiums overtaking the sum insured increases as an insured person ages.

Take the case of Rachel, who complained to the IFSO Scheme that she had paid nearly \$10,000 in premiums over many years, and since she retired, couldn't afford to keep paying. She contacted the insurer which told her that, if she stopped paying the premiums, she'd lose the entire amount she'd paid over the years and would no longer be covered. A devastating situation and one we don't want consumers to have to deal with.

The Insurance & Financial Services Ombudsman Scheme resolves complaints about insurance and financial services. This service is independent and fair, and free for consumers. If you have a concern about a policy, or think you have not been treated fairly you can call **0800 888 202**

or **www.ifso.nz** Source: [www.officeforseniors.govt.nz](http://www.officeforseniors.govt.nz)

## Diabetes NZ

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



Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas, that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood (known as hyperglycaemia). Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues.

Diabetes New Zealand's mission is that every person in New Zealand affected by, or at risk of diabetes has access to the information and support needed to manage their health and well-being.

**Contact – 0800 DIABETES – 0800 342 238**

## Real Estate Update from Vanessa

In September 2021 the median residential house price in Tauranga city reached a record of \$990,000 with an increase of 26.9% occurring over the past 12 months. The continued increase in prices is being driven by strong demand combined with low listing numbers. (Source REINZ Statistics).

Over the past years I have been assisting Seniors wishing to release capital from their homes and move to smaller, lower maintenance properties. The decision on where to move may take many months or occasionally years of preparation. For those in good health a move to one of the "retirement suburbs" is a popular choice. Moving to a care apartment in a village is a positive choice for those needing some additional support. For others, the eventual choice is assisted government support in their home until more advanced care is required.

In some cases, I have found that I can assist by visiting retirement villages and potential properties with my clients. The large number of properties that have been going to auction has made it difficult for those with a house to sell; this combined with having to compete with first home buyers and investors has made downsizing a challenge for some. I have found that I have been able to help by proactively searching for properties in areas that clients have recognised as being of interest.

**Seniors Real Estate Tip:** Each retirement village has a "personality" where residents particularly enjoy their art, cycling, socialising or gardening etc. It is well worth writing down what you wish to achieve and then targeting your search in that direction.

*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)*

### Active Ageing

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[robin.leroy@raywhite.com](mailto:robin.leroy@raywhite.com)

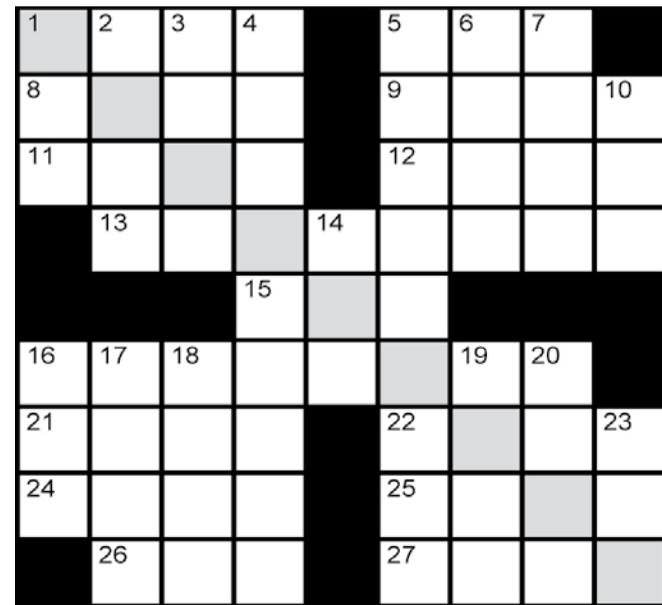
[www.seniorsrealestate.co.nz](http://www.seniorsrealestate.co.nz)

**Extra support for Seniors who are preparing to move and sell**

**Vanessa Charman-Moore**  
Seniors Real Estate Specialist  
027 242 7646

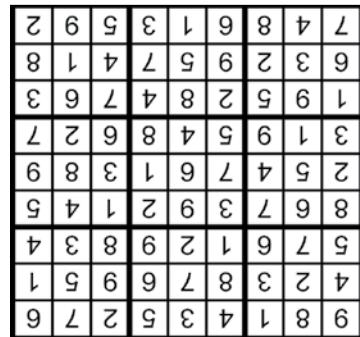
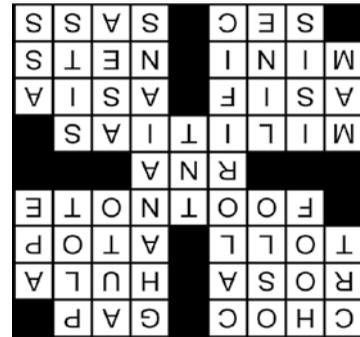
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**Settlers**



- Across  
 1. Van. alternative  
 5. Mountain pass  
 8. Santa \_\_\_\_, Calif.  
 9. Maui dance
11. Turnpike fee  
 12. At the peak of  
 13. Annotation  
 15. Genetic material  
 16. Groups of minutemen

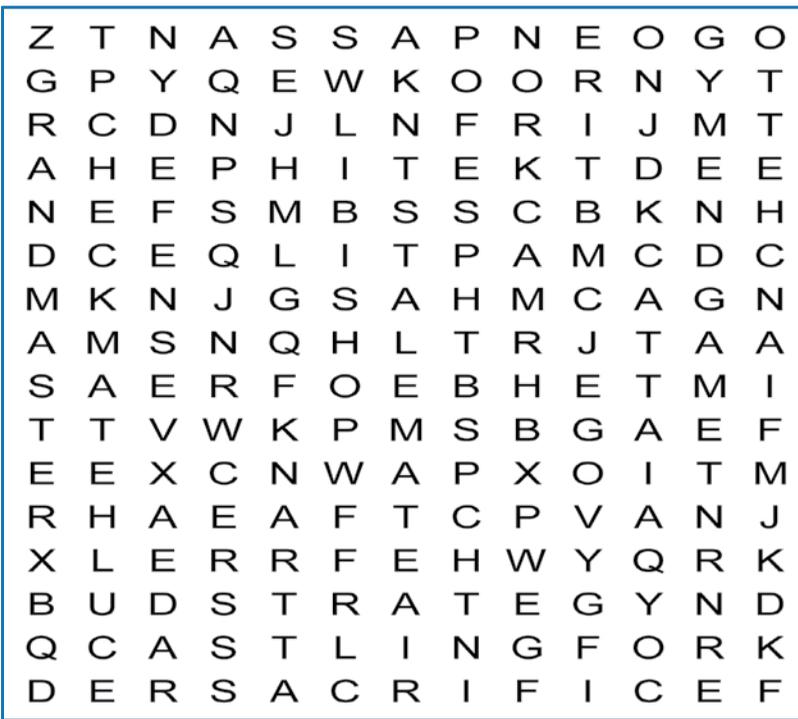
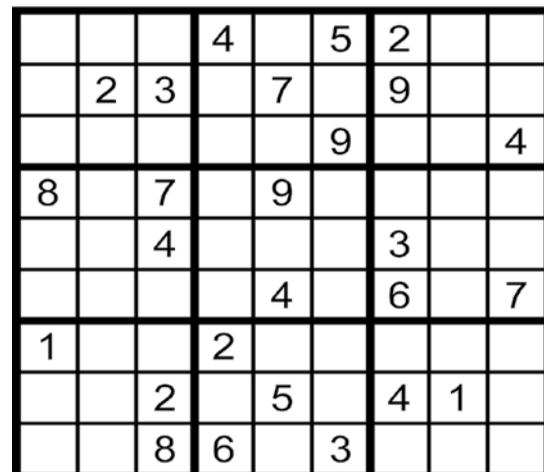
21. "Dream on!"  
 22. Atlas section  
 24. Short skirt  
 25. Fishing gear  
 26. "Hold on a \_\_\_\_!"  
 27. Back talk
- Down  
 1. Computer monitor, for short  
 2. Horseshoe site  
 3. Nobel Peace Prize city  
 4. Relating to heat  
 5. Inhabitants of the Gold Coast  
 6. Vehicle  
 7. Scheme  
 10. "Tarzan" extra  
 14. Atlanta-based station  
 16. Mayan Indian  
 17. Egyptian fertility goddess  
 18. Queue  
 19. Fishing, perhaps



20. Takes a seat  
 23. Blockhead

**GAME OF CHESS**

- |            |             |
|------------|-------------|
| ATTACK     | GRANDMASTER |
| BISHOP     | KING        |
| BLACK      | KNIGHT      |
| BOARD      | PAWN        |
| CASTLE     | QUEEN       |
| CASTLING   | RED         |
| CHECKMATE  | RESIGN      |
| DEFENSE    | ROOK        |
| DRAW       | SACRIFICE   |
| EN PASSANT | STALEMATE   |
| ENDGAME    | STRATEGY    |
| FIANCHETTO | THREAT      |
| FORK       |             |



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.*

**New Zealand's Best Small Museum**

The Western Bay Museum is easy to spot when you're visiting Katikati, the small arty town half an hour north of Tauranga. Housed in the old bright red Fire Station, on the Main Road, the Western Bay Museum aspires to be the best small museum in the country. Unlike other small regional museums, Western Bay Museum is bright and modern. Exhibitions change two to three times a year, so there's always something new to explore and discover.

The museum brings to life the pioneering spirit of the local Māori, Ulster Irish and all the other settlers who together built the area.

Guided tours of the latest exhibition and the permanent collections are available for small groups and they're the best way to enjoy the fascinating stories behind the history of the Western Bay of Plenty's early days.

Permanent collections include a 1900s School Room; the interactive Technology Collection which includes a working telephone exchange and morse code machines; the fascinating story of George Vesey Stewart, Founder of the Ulster Plantation settlements of Katikati and Te Puke; the Samuel Middlebrook Collection of Maori artefacts and the Nature Collection of natural items including native insects and butterflies. Outdoors, looking out over the



Uretara Stream, you'll find a Maori Medicinal Garden (Te Rongoa) a traditional pioneers herb garden and the original jail/lockup from 1880.

The current exhibition Music Music Music reveals the stories behind our first international stars and explores the history of music in New Zealand. Relax in the 'reflection area' and listen to the tune that sent our troops off to two world wars along with other iconic songs.

**Western Bay Museum is open  
 Monday-Friday 10am-4pm,  
 Saturday-Sunday 11am-3pm.**

**Group Tour bookings are essential on 07 549 0651.**



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**Looking for a unique outing?**

**Visit the Western Bay Museum**



**Make your museum experience come alive with a guided tour**

Discover the pioneering spirit of the local Māori, Ulster Irish and other settlers in the fascinating history of the Western Bay of Plenty.

Tours - \$5 Adult (\$4 Gold Card) per person. Tour bookings essential. Minimum of 5 people. Western Bay residents and ratepayers free entry

**32 Main Road, Katikati 07 549 0651**  
 info@westernbaymuseum.nz www.westernbaymuseum.nz



## Growing diversity in retirement villages

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Summerset at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved to effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged

nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"



editorial supplied by Retirement Villages Assn.

## LILLE Healthcare

### WATER IS VITAL FOR THE BODY'S HEALTH

Every bodily function requires water. Breathing, digestion and absorption of nutrients, waste removal, and temperature control are just a few examples of how the body uses water.

Water makes up around 65% of the body but it has no storage facilities, therefore fresh supplies of water are required each day. Drinking adequate amounts of fluid every day is essential to maintaining health and wellbeing.

The most common signs of dehydration are strong dark smelling urine, decreased output of urine, having a dry mouth, lips or tongue, confusion and irritability/dizziness, hollow sunken eyes, constipation, no pool of saliva under the tongue, poor skin elasticity or dry skin and tiredness and headaches.

To maintain health everyone needs to drink well for adequate hydration. This will help in reducing constipation, urinary tract infections, bladder control and, assist with maintaining blood pressure and cognitive function. Ensuring adequate hydration also helps keep the skin and tissues more resilient to the effects of pressure and assists with faster healing.

On average a person loses around 2.5 litres of fluid each day. An inactive older person's fluid loss may be closer to 2 litres per day. Fluid is lost in the following ways:

Breathing	500mls
Sweating	500mls
Urine output	1.5-2 Litres
Bowel motion	150mls



Exercising and hot weather further increase the amount of fluids lost, through increased breathing rate and sweat production. But it is also important to maintain fluid intake in the colder months.

The recommended daily minimum total fluid intake for an older person is around 1500mls.

Information supplied by Lille Healthcare NZ

#### What does Water do for You?

Forms saliva (digestion)	Keeps mucosal membranes moist	Allows body's cells to grow, reproduce and survive	Flushes body waste, mainly in urine	Lubricates joints	Water is the major component of most body parts
Needed by the brain to manufacture hormones and neurotransmitters	Regulates body temperature (sweating and respiration)	Acts as a shock absorber for brain and spinal cord	Converts food to components needed for survival - digestion	Helps deliver oxygen all over the body	



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

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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)



**Age Concern Tauranga  
Christmas Lunch**

Christmas is coming! Celebrate with the Age Concern Team. Thursday 16th December 12 noon. Tauranga Citizens Club downstairs at the Bistro, 170 13th Avenue, Tauranga. \$25.00 per person.

RSVP: to the office 578 2631 by Friday 10th December. Payment to be made on the day.

## Bonus Bonds

Bonus Bonds scheme is being wound up - here's what you need to know



You may be aware that the Bonus Bonds scheme is being wound up and the proceeds returned to the holders of Bonus Bonds (Bondholders). If you have Bonus Bonds, here's important information about the wind-up process and how you'll receive your payment.

### What do you need to do?

We will deposit your payment into any New Zealand bank account you choose. Simply get in touch by calling the Bonus Bonds Wind-up Contact Centre, on 0800 266 374 between 8am and 6pm, Monday to Friday. Please note, you don't need to come into an ANZ branch - when you call we'll let you know how to provide us with the details of your bank account. In many cases you will be able to provide your bank account details to us straight away over the phone.

If you have the details of your Bondholding (for example, your Bondholder number or a serial number from a Bonus Bonds certificate), it would be helpful to have these at hand when you call.

### How much will you get and when will you get it?

We expect to make a payment of \$1.10 for each Bonus Bond you hold, between October and December this year. If there are any remaining funds when the Bonus Bonds scheme wind-up is finalised, you may receive another small payment then.

For more information, check the Frequently Asked Questions on the Bonus Bonds website at [bonusbonds.co.nz/faqs](http://bonusbonds.co.nz/faqs), or give us a call on the numbers above.

ANZ Investment Services (New Zealand) Limited is the manager of the Bonus Bonds scheme.

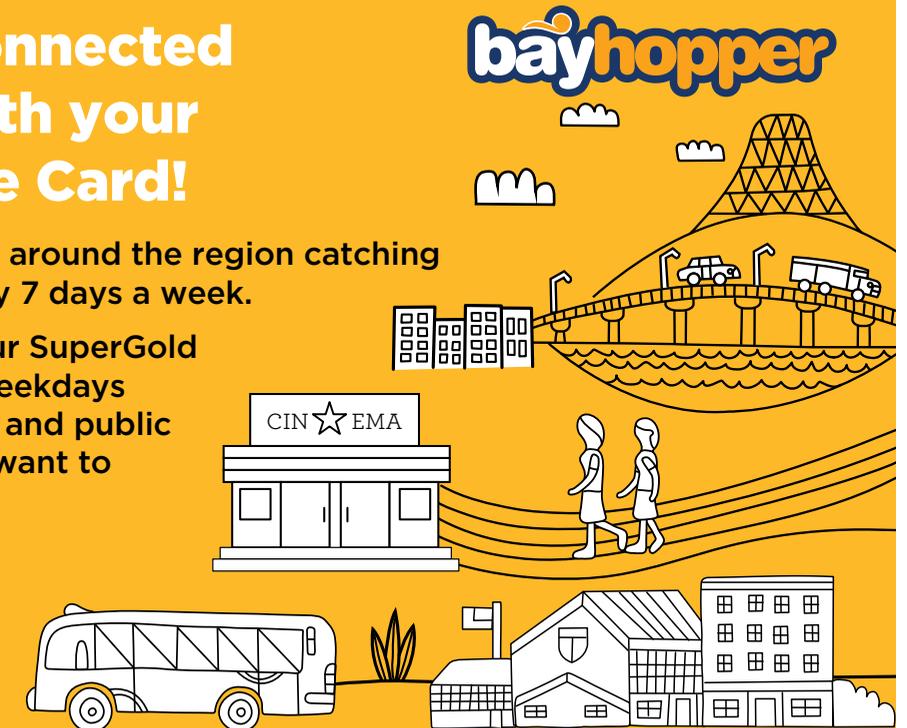


## Stay social, connected and mobile with your SuperGold Bee Card!

Public transport gets you around the region catching up with friends and family 7 days a week.

Enjoy free travel with your SuperGold Bee Card from 9am on weekdays plus all day on weekends and public holidays. Get where you want to go with greater ease.

For more information, please visit your nearest Bay of Plenty Regional Council office.



Call **0800 4 BAYBUS (0800 4 229 287)** or visit [www.beecard.co.nz](http://www.beecard.co.nz)



**The F.A.S.T. campaign encourages everyone to learn the key signs of stroke and to think F.A.S.T., act fast and look out for each other by calling 111 if they suspect a stroke. Prompt action can save lives - as well as improve recovery.**

It is vital to recognise when someone is having a stroke and to start treatment as soon as possible, because the sooner medical treatment begins, the more likely brain damage can be reduced and a better outcome achieved. The quicker a clot can be

dissolved or removed, the less damage is done, and the better the chance of a strong recovery.

A stroke is a brain attack - it's very serious. The symptoms might show on the face, arm or in speech, but it's the brain that's being damaged.

**If any of the signs of stroke are recognised, don't wait, call 111 straight away. Don't call your doctor, or drive yourself - get help immediately. Ambulance staff want to hear from you if you recognise the F.A.S.T. signs - call 111 and tell them it's a stroke.**

**AT ANY SIGN OF  
STROKE  
CALL 111**



**STROKE FOUNDATION NZ** Support us at: [stroke.org.nz](http://stroke.org.nz) #ThinkFAST #ActFast

## An Egg A Day

A protein pill you can take every day? Eggs aren't your average tablet, they're obviously bigger, and natural. What's not so obvious is they're absolutely packed with nutritional value.

Each egg has nearly 7 grams of protein, presented with an ideal blend of high-quality protein building blocks to make it easy for your body to absorb. Given protein needs increase with age, eating eggs is an easy way to get the protein we need.

Eggs are full of vital vitamins and minerals too; apart from vitamin C eggs have all the vitamins you can think of. Actually, eggs are one of the few food sources of vitamin D, which help your body absorb calcium and maintain phosphorus levels – two factors that are extremely important for maintaining healthy bones. Vitamin D can help reduce the risk of osteoporosis, which is a major health risk for older people, especially women. It also has a role in maintaining a healthy immune system.

Among the many antioxidants in eggs is lutein, which has been shown to help reduce age-related vision loss from macular degeneration. It also helps to protect the eyes against cataracts.

All these nutrients together make for quite a potent little pill!

No wonder the New Zealand Ministry of Health agrees eggs can be enjoyed by most people every day of the week.

These guidelines are set by a panel of New Zealand experts to outline the best diet for maintaining health, based on current evidence. The latest research shows that earlier concerns about regularly eating eggs missed the mark, and this natural whole food can be enjoyed on a daily basis.

The only exceptions are those who are hyper-responders to cholesterol. If you're one of them, have a chat to your health professional about eating eggs. The NZ Heart Foundation recommend a limit of six to seven eggs per week for people at increased risk of heart disease.

Eggs are not only highly nutritious, great for protein and easy to digest, they're easily affordable too!

### RECIPE: 40 second omelette



The 40 second omelette is a great way of using whatever you have in the fridge!

The choice of fillings you can use is endless! Cheese, spinach, ham, tomato, mussels, cooked rice, left over pasta, tuna, sweetcorn and so on.

#### Ingredients

- 2 x Grade 7 eggs
- 2 Tbsp of water
- Salt and pepper
- Tbsp butter
- ½ cup filling of your choice

#### Method

1. Beat eggs and water together until blended, adding salt and pepper to taste.
2. In a 26cm non-stick pan, heat butter until it sizzles – but not burnt.
3. Pour in egg mixture.
4. With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the centre so any uncooked egg can run into the cleared hot pan surface. Do this until the egg is set and will not flow. Don't cook until it's dry! The moist egg will finish cooking when the omelette is folded over.
5. Sprinkle all of the filling on the left side of the egg (left-handed people fill the right side). Slide the spatula all the way under the unfilled side of the omelette up to the centre of it. Fold the unfilled side entirely over the filled side. Set aside spatula.
6. Holding the pan in your right hand and a plate in your left hand, invert the pan so the omelette falls upside down onto the plate (left-handed people use opposite hands).
7. Garnish to serve.

Source: [https://grownups.co.nz/health/health-wellbeing/protein-pill-can-take-every-day/?preview\\_id=1662634](https://grownups.co.nz/health/health-wellbeing/protein-pill-can-take-every-day/?preview_id=1662634)

"There is a fountain of YOUTH it is in your MIND, your TALENTS, the CREATIVITY you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated AGE "

- SOPHIA LOREN



## Family is Everything Keep in Touch with Kitcal

For many seniors, technology is so challenging to manage that they get left out of their family news loop. These are the people for whom the Kitcal electronic tablet has been specially designed.

Kitcal users love receiving photos and videos from their families - it's a great way for their grandkids to keep in touch!

The Kitcal tablet is personalised and ready to go straight out of the box. The simplicity of the features and design make it easy to navigate and use.

The tablet is keyboard free. Seniors reply to messages and photos using a series of pictures. This makes messaging easier – particularly for those who do not have keyboard skills or whose skills have diminished.

There is no need for Wi-Fi or an internet account as the Kitcal subscription includes internet data. A magnetic charging connection makes it simple to keep the Kitcal tablet charged.

The Kitcal tablet has been specially designed to be safe for seniors. Because it doesn't access websites or receive emails, there's no risk of viruses or email scams.

Kitcal users can safely enjoy keeping in touch with families using the video call feature and receiving messages, photos and videos. Grandkids who use messaging and photos daily can now include their grandparents.

The tablet costs \$690 and you choose which of two monthly subscriptions suits you best (from \$39/month).

**Tablets can be purchased directly from the Kitcal website**  
**[www.kitcal.nz](http://www.kitcal.nz)**  
**or call 0800 437 696.**

### Special Offer for Age Concern Tauranga Readers:

Use the coupon "TAURANGA" when purchasing your Kitcal tablet and we'll take \$50 off.

Offer valid until 31 December 2021

Kitcal is a specially designed tablet that's simple and easy to use.

Stay connected without the challenges of an ordinary tablet or smart phone.

**[www.kitcal.nz](http://www.kitcal.nz)**  
**0800 43 76 96**



**Keep in touch with family this Christmas, with Kitcal**

## What's On...

### Walking Group

All groups leave at 10am unless advised.

**Wednesday 3rd November**

Greerton Countdown

**Wednesday 10th November**

Pacific Avenue, Mount Maunganui

**Wednesday 17th November**

Briscoes, Chapel Street

**Wednesday 24th November**

Omokoroa Yacht Club - bring your lunch



### Monthly Meeting

**When:** Thursday 25 November 2021

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

**Time:** 10.00am to 11.00am

**Cost:** \$4.00pp - light refreshments will be provided prior to the meeting providing we are at Level 1

**Guest Speaker:** Carol Goldie-Anderson  
Anglican Care Waipu

**Topic:** Seasons of Grief

“Change and loss are part of life, and grief is a normal response to these losses – it affects each of us differently”

Carol Goldie-Anderson, from Growing Through Grief, will talk with us about this approach to understanding loss and grief, how to support ourselves and others, and about **programmes of support available.**



Go to [www.facebook.com/ageconcerntauranga/](http://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 Age Concern 578 2631.**

#### Brookfield Group

**When:** Wednesday 3 November & Wednesday 1 December

**Time:** 10.30am to 12 noon

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

**Cost:** \$3.00pp

#### Te Puke Group

**When:** Tuesday 9 November & Tuesday 14 December

**Time:** 10.30am to 12 noon

**Where:** Te Puke Country Lodge, 1 No 1 Road, Te Puke  
**Cost:** \$5.00pp

#### Greerton Group

**Please note date changes**

**When:** Thursday 11 November & Wednesday 1 December (combined with Brookfield - held at Brookfield as above)

**Time:** 10.30am to 12 noon

**Where:** Greerton Senior Citizens Hall  
33 Maitland Street, Greerton

**Cost:** \$3.00pp

**PLEASE NOTE THAT THE COFFEE & CONVERSATION GROUPS CANNOT GO AHEAD UNTIL WE ARE IN LEVEL ONE**

### 500 Card Group

Have you always wanted to play 500 but don't know how? We will teach you. A friendly group gets together at 9.30am until 11.30am every Monday (except Public Holidays) held at Age Concern, 177a Fraser Street, Tauranga. **Light refreshments provided. \$2 donation - All are welcome**



**PLEASE NOTE THAT THE 500 CARD GROUP CANNOT GO AHEAD UNTIL WE ARE IN LEVEL ONE**

### 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:

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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”.



## New Members

Welcome to all our new members that have joined over the last couple of months. We hope you have enjoyed reading our 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.

### 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.**



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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.

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

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