

AUTUMN 2022 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)



For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

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OFFICE HOURS

9am - 3pm Monday to Wednesday

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Manager: Glenis Bell
AVS Team Leader: Jude O'Connor
AVS Support & Total Mobility Assessor: Ester Bassett
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Age Concern Hauraki-Coromandel thanks the following sponsors:



Ten Requests From a Person With Alzheimer's

Please be patient with me

I am the helpless victim of a brain disease.

Talk to Me

Even though I cannot always answer you,

Be Kind to me

Each day of my life is a desperate struggle,

Consider my feelings

They are still very much alive inside me,

Treat me with dignity and respect

As I would gladly have treated you,

Remember my past

For I was once a healthy and vibrant person,

Remember my present

For I am still living,

Remember my future

Though it may seem bleak to you,

Pray for me

For I am a person who lingers in the mists of time and eternity,

Love me

And the gifts of love you give will be a blessing forever.....

-Anonymous

Purnell

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Special Thanks to Thames Elim

At Thames Elim Church we love to financially give a little back to our community. We do that each year during our Christmas family service. We chose 3 local charities to support and got some of the children to "fish" the winners out.



The lucky winners were:

- 1st place \$250
- The Living Well Trust
- 2nd place \$150
- Women's Refuge
- 3rd place \$100
- Age Concern

Age Concern Hauraki-Coromandel expresses their most sincere gratitude.

The children fishing out the winners.



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



A LIFESTYLE VILLAGE IN THAMES ON THE COROMANDEL

LIVING THE LIFESTYLE *Loving the choice...*

Phone us to view by appointment



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



www.richmondvillas.co.nz

82 Richmond Street, Thames | Ph 0800 868 5484

If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you It could save lives!

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

Hi from Jude – Coordinator, Age Concern Hauraki Coromandel Accredited Visitor Service.

Wow, autumn is here already and I, for one, am enjoying the cooler nights and early mornings. Certainly makes for better sleeps than those horrid, humid summer nights, now departed. Loving the Belladonna lilies flowering everywhere.

I hope this finds readers fit and well and staying safe from Omicron as community transmission in our communities continues to rise? Covid 19 has brought so many changes to how we live our lives and how we operate the Accredited Visitor Service. Unfortunately we have found that people are less willing to volunteer as visitors for our service and we have a growing number of older persons on our books in need of company, friendship and companionship. We totally get that many people are nervous and, to this end, we have made some changes around how we operate the visitor service while in Covid Red Phase 3. We have suggested that volunteer visitors and the person they visit jointly decide how to maintain connections.

- If you both agree to continue face to face visits please:
- Wear a mask (this can be removed once seated if you are distanced slightly)
 - Keep distanced by at least 1-metre and sanitise your hands before entering and after leaving the home
 - Ensure the room you are in is well ventilated, and if not, sit and chat outside if you can
 - Keep a record of your visits for tracing purposes (in case you do develop symptoms and need to remember where you have been).

Neither Ester nor I are making face to face contact with volunteers or visitors at present due to Covid risk levels. Our contacts are now made via telephone and email. It makes for challenges when assessing clients' needs and meeting and training prospective volunteers, but we have adapted, and are successfully continuing to offer our wonderful visitor service in our local communities.

I encourage you to think about becoming a telephoning volunteer if you have spare time on your hands. Ask me for a volunteer pack by contacting me at jude@ageconcern.gen.nz or thamesAVS@ageconcern.gen.nz Thank you for your continuing support. We couldn't do it without you.

Have a wonderful Autumn. *Happy Easter*

**Now here's a good idea.
How disposable face masks are being turned into farm fence posts**

From RNZ 10th February 2022

Since the "mask up" mandate got stricter we're seeing more of the blue and white disposable ones covering mouths and noses (and footpaths). But if we dispose of them properly they end up in the landfills – until now.



From this.....



To this.....

Jerome Wenzlick, from "Future Post" is recycling disposable masks into long-lasting fence posts. And he says he can't keep up with demand. Wenzlink, first had the idea when he realised the masks were made from polypropylene.

"That's something we use in our factory here, making posts. So we did a bit of research and figured out we could use them as part of our mix. And yeah, so we're using them now, making posts."

The company has a scheme in place with a supplier who imports the masks into New Zealand. The supplier collects used masks from various companies and delivers them to Future Post. There, they sit in bags for a couple of weeks to minimise bugs, and then the bags are thrown into a granulator with milk bottles and soft plastics and turned out into small pieces used to make the posts. The posts are then sent throughout New Zealand. The company has only used the masks in their posts for the last three months, but Wenzlink estimates millions could be processed.

"We've been doing this for a few months now and it's just starting to take-off now, like in the last week we've had over 100 calls about whether we can take their masks, so there's a lot out there."

He hopes to have a second line running in the next couple of weeks, which will help keep up with demand, and is close to finalising a second site in the South Island. Just on the one line, 10 tonnes of plastic is being used each day. While he has applied for various waste minimisation funds, Wenzlink said he hasn't been successful. But he said millions more masks could be saved from landfill with a little support.



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homehealthcare.org.nz
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supporting independence | *Kia Tūmanakotia*



**Home
Healthcare**



‘What’s On’ in our 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, a close contact, awaiting a Covid test result, or have any symptoms of Covid, please do not attend any of the below options. Wear a mask and scan or sign in on entry. Some sessions are vaccine pass mandated.

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

- **Thames** – Mondays from 10.30am at Age Concern office, 608 Queen Street, Thames
- **Ngatea** – Tuesdays from 10am, Cooperating Parish Darlington St, Ngatea
- **Whitianga** - Fridays from 10:00am, Whitianga Social Services, 2 Cook Drive
- **Paeroa ‘Drop-in’** - Tuesdays at 10am, Baptist Church, Wood Street, Paeroa
- **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.

Steady As You Go - Falls Prevention classes with the ACC ‘Tick of Approval’: Weekly gentle exercise groups to help improve strength and balance and reduce the risk of falling over.

Vaccine pass mandated. Classes are held in:

- **Coromandel** – Tuesday’s 10am at the Coromandel Gym
- **Ngatea** – Tuesdays 10am at the Hockey Pavilion
- **Paeroa** – Wednesdays 1.30pm at the St John Hall
- **Thames** – Thursdays 1.15pm at the Thames Citizens Band Hall
- **Waihi** – Wednesdays 10am at the Waihi Museum Hall

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: Grey Power Waihi will be restarting their Members Monthly Meeting & Get Together from February 2022 and every fourth Friday of the month. Vaccine pass mandated. The meetings

take place at Waihi Baptist Church, at 10am. For more information email maureengreypower@gmail.com or call 021 0299 7300 or see our Facebook page Grey Power Waihi

Dementia Waikato – Thames Coromandel Hauraki Service: For free advice, support, and education, for all who are affected by Dementia, contact Janine Appleby, Dementia Advisor on 07 282 1372 mobile: 027 808 4837 or Email: janine@dementiawaikato.org.nz. Our services can 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. For more information visit: <https://www.dementiawaikato.org.nz>

Stroke Foundation Community Stroke Advisors: Community Stroke Advisors support the rehabilitation and adaption to the new normal for those impacted by Stroke. 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 provides a range of social services and community development initiatives to meet the needs of the Waihi community. 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 / 027 490 1061. <https://www.wcrc.org.nz/>

Thames Coromandel and Hauraki District Libraries 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

Hauraki Digital drop-in sessions - For general help with devices (smart phones and tablets), using the internet, setting up emails, and accessing our online resources such as ebooks, we have regular Digital Drop-in sessions at our Waihi and Paeroa branches on Fridays, from 10am to 12pm. No appointment needed, and you don’t have to be a library member.

Choosing the right device - a better understanding about the types of devices available, what they can be used for, and which one might be best for you.

- **Waihi Branch - Friday 18 March, 10am-12pm**
- **Paeroa Branch – Friday 18 March, 2-4pm**
- **Ngatea War Memorial Hall – Wednesday 23 March, 10-12pm.**

Internet Safety and Security - covers how to evaluate websites, assess risks and change security settings on social media sites (Facebook, Twitter, YouTube), understand anti-virus, spam and malware issues etc

- **Waihi Branch - Friday 25 March, 10am-12pm**
- **Paeroa Branch – Friday 25 March, 2-4pm**
- **Ngatea War Memorial Hall – Wednesday 30 March, 10-12pm.**

Book Chat Groups: If you enjoy chatting about the books you have been reading and want to share recommendations, book chat groups meet once a month – you do not have to be a library member.

- Waihi group meets on the 1st Thursday of each month from 10:30am at the Memorial Hall
- Paeroa group meets on the 2nd Wednesday of each month from 10:30am at the Paeroa Library.

“60 Not Out” Thames Elim Church: A group that meets monthly (but only in the Orange Traffic Light setting), to share a hot meal and fellowship. First Tuesday of every month at 11am. Held at Thames Elim Church (by the Wharf)

60’s Up Movement – Thames Group: An organisation promoting enjoyment of life for the older person. Outings, visits and guest speakers. Meetings are held at 10am on the 3rd Tuesday of the month at the Thames Bowling Club, MacKay St, Thames. Contact 022 139 9414 email: p60sup@gmail.com

Citizens Advice Bureau: The CAB helps you to understand your rights and obligations and how to use information to get the best outcomes, get the confidence and support you need to take action. The service is free and independent.

- **CAB Hauraki:** Paeroa Information Hub, 101 Normanby Road. Open Tues & Thurs 10am-1pm Phone: 862 8093 Please note Waihi CAB has now **closed**.
- **CAB Thames:** 301 Queen Street. Open Mon-Fri 10am-3pm. Phone: 07 868 8405

TCA Fitness Club Thames: Offers a special membership for over 65years. Includes a personal trainer assessment and programme, guided sessions and regular check-ups. Priced at \$8.95 per week direct debit. Located at 511 Queen Street, Thames. Contact Arna on 07-868-8507 or email: arna@tcafitnessclub.co.nz

Upright and Active / Strong & Stable Groups Gentle exercise groups with the ACC ‘Tick of Approval’. Groups are held at:

- Upright & Active Thames Elim Church Monday & Thursday 9.30am \$3
- Upright & Active Richmond Villas Thames Monday 11.15am \$3
- Strong & Stable Whangamata, Take a Breath Studio, DJ Plaza Wednesday 12.30pm \$5
- Dancing for Health, Te Puru Hall, Tuesday 9.30am
- Dancing for Health Thames, Grahamstown Hall, 11.30am
- TaiChi Waihi, Memorial Hall (Main street) Tuesday 10.30am
- Academy Danzit Seniors, Coop Parish Church Hall Paeroa, Wednesday 9.15am \$2



FOOT CLINIC

Toenails trimmed & filed, cuticle care, callouses & corns removed, in-grown toenails relieved, file exfoliation, foot moisturised, footwear, foot care & fungal treatment advice.

FOOT CARE TREATMENT MOBILE SERVICES

Sue Stewart, Registered Nurse/Owner
Book a home visit or at one of our clinics

phone **0800 50 50 15**



Do you know an older person who would like more company?

Ko te aroha te mea nui

Contact Age Concern



Age Concern Accredited Visiting Service (AVS) can help

What is the AVS? The AVS is a befriending service aimed at reducing social isolation and loneliness amongst older people.

Why is it important? Research shows that loneliness is as bad for health as smoking, and that social isolation almost doubles an older person's risk of going into residential care.

Who is it for? AVS clients must be:

- Willing to be referred
- At risk of social isolation due to having no or very few regular visitors.
- 65 and over in most cases.
- Able to contribute to a mutually beneficial relationship.
- Usually individuals, but may also be couples experiencing isolation, often when one is in a carer role.

What does the AVS do? AVS visitors provide regular visits of about an hour per week, share interests and activities with clients, and support them, where possible, to make other community contacts.

What don't we do? Visitors are there to provide social support. They are not allowed to do personal cares, housework, to handle medications or finances, or to do regular shopping.

Who can make a referral? Health professionals, family or friends can refer an older person or couple to the AVS. Just be sure to ask their permission first. Alternately, older people who would like a visitor can contact Age Concern themselves.

Our visitors are volunteers. We ask that referrers bear this in mind. Clients with moderate to severe cognitive issues or in a state of severe or rapidly deteriorating ill-health are likely to be outside the scope of the service.

AVS works! Having a visitor can make a real difference to the health and happiness of an older person.

Befriending services have been shown to have a positive effect on depression! Regular surveys tell us that:

- 91% of AVS clients feel happier because of receiving the service.
- 92% think of their visitor as a friend.
- 86% feel less lonely.
- 84% feel the service has made a positive difference in their lives.

Our clients tell us:

I can bank on my visitor coming Monday morning no matter what the weather is like. Sometimes she is the only person to visit from week to week.

I was feeling lonely, with no light at the end of the tunnel, and didn't want to be here. Completely alone. No family. My visitor is a good listener, and we have become good friends. I look forward to her visits.

Not so lonely, and feel I have a friend.

We laugh so hard, our heads nearly blow off!

To contact Age Concern Hauraki Coromandel Accredited Visiting Service:

Email: Jude@ageconcern.gen.nz **or;**

Email: ThamesAVS@agenconcern.gen.nz **or;**

Phone: 07 868 9790

Free Adult Cycle Skills Course

Are you in that more "mature" age group, and would you like to get on a bike again, but are not feeling all that confident - maybe you have a new e bike and are wanting to know more about how to "drive" it?

The Eastern Waikato Councils (TCDC, HDC, MPDC) sponsor free Adult Cycling courses to encourage safer cycling both on and off the roads. A lot of people would like to use a bike more, but think it's too unsafe.

The course welcomes both conventional and e bikes and any skill level, so its great for beginners or long-time users. You will learn how to use your bike safely to maximise your enjoyment and build your confidence so cycling become a great way to get around.

Everyone that has participated so far has told us they learned something new from the course, and usually are heard saying "I wish someone had told me that earlier".

FREE 2022 ADULT CYCLE SKILLS COURSES Bikes and E-Bikes

- Thames ~ 26th January
- Waihi ~ 16th March
- Matamata ~ 23rd March
- Paeroa ~ 27th April
- Pauanui ~ 3rd May
- Whitianga ~ 4th May

- Morrinsville ~ 11th May
- Coromandel ~ 18th May
- Te Aroha ~ 25th May
- Whangamata ~ 1st June

Dates don't suit? Call to put your name down and our team will contact you when the next course is available.



Group sessions with maximum number of 12, booking is essential!

Enjoy the Journey



- You will need a road worthy bike and an approved helmet
- Learn what 'Pedal ready' means

- How to stay safe when you are cycling
- What to look for to check your bike
- Designed for adults who can ride a bike

Phone **Thames-Coromandel District Council** on **07 868 0200** to book your space!

Road Safety IS EVERYONE'S Responsibility

The instructors are friendly, helpful and their motto is

FUN – ENJOYABLE – SAFE

Check out the flyer there are courses in Waihi, Paeroa, Whitianga, Coromandel and Whangamata. All the course details are on the flyer, or contact MaryAnn Kerr directly on 021 0236 8414



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The Kiwi Access Card is acceptable identification if you don't have a drivers licence or passport

The Kiwi Access Card (previously known as the 18+ Card) is a Government recognised form of photo ID and evidence of age card.



The Kiwi Access Card has been designed to give you the freedom you need to access goods and services throughout New Zealand. It is an easy and convenient way to help you get the most out of life, especially if you do not hold a valid driver licence and/or passport. The card has been specifically designed with New Zealand's over 60s and retired community in mind, to ensure you have a reliable and secure evidence of identity card, that you can apply for at a participating NZ PostShop or AA Centre. Or download an application form from: <https://kiwiaccess.co.nz/seniors-access-card/>

The cost of getting a Kiwi Access Card is \$55 including GST.

What do you need to complete an application?

- Two (2) identical recent passport sized colour photos of yourself.
- Proof of the address you want your card delivered to.
- Photo ID to prove who you are, this can be your:
 - Passport (can be expired)
 - New Zealand Driver Licence
 - Firearms Licence
 - Certificate of Identity (issued under the Passports Act 1992)
 - Refugee Travel Document (issued by or for the New Zealand Government)

All forms of ID need to be current or expired within the last two years prior to applying. If you do not have one of these, you can still apply – you need someone who can prove you are over 18 and some other form of identification, like your original birth certificate. Check step 6 of the application form for a list of what other form of identification is acceptable. <https://kiwiaccess.co.nz/download-application-kiwi-access-card/>

What's Your 111 Power Cut plan?

We all know how to call 111 in an emergency. But it's important to remember that Fibre and Wireless landline connections will stop working if the power goes out.

This also means some cordless phones and other devices (like medical alarms) may not be able to connect – even if they have a battery.

So it's important to have a **111 Power Cut Plan**, just in case.



If you have a mobile phone - keep it charged. If you have a mobile that works at your place, you should be just fine. Remember to keep it charged and make sure everyone at your place has access to it and knows how to use it if there's a power cut.



Get a power-bank for back-up Available from any electrical store or The Warehouse, a power-bank is a portable charger designed to recharge your electronic devices when you're on the move or without power. Power Banks can be used to charge cell phones when the cell phone battery has run out. Great for extended use or for long power cuts.



Are you a Vulnerable Consumer and rely on power? If you, or someone at your place relies on their landline for health, disability or safety reasons, you can apply to join a Vulnerable Consumer Register. You'll need to give your telephone company some supporting information about your circumstances, but if you qualify, they will make sure you have a way to call 111 in the event of a power cut, at no cost to you.

For more information visit: SPARK: <https://www.spark.co.nz/help/vulnerable-consumers/>

VODAFONE: http://help.vodafone.co.nz/app/answers/detail/a_id/10910/~/apply-for-vulnerable-customer-or-medical-dependency-registration

2 DEGREES: <https://www.2degrees.nz/help/broadband-help/troubleshooting/111-vulnerable-consumers>



Falls are the single largest cause of injury for New Zealanders across all age groups. A fall at any age can be dangerous, but falls become increasingly common and far more likely to cause injury after the age of 55.

Key points

1. About 1 in 3 people over the age of 65 will fall in any one year. Of these, 4% end up in hospital and 1% suffer a hip fracture.
2. Falls can have devastating consequences for older adults, particularly those living alone. Along with serious injury or fractures, you face a possible loss of independence and a knock to your confidence.
3. Falls are the leading cause of death from unintentional injury for both males and females aged over 75 years.
4. However, there is plenty you can do to reduce your risk of falling.

What is the fall cycle?

Some people, especially those who have had a fall, restrict what they do because of a fear of falling. While this sounds sensible, reduced activity actually puts you at a greater risk of falling. This is because it causes you to lose muscle strength and balance.

Tips to prevent falls

Regular activity is important in preventing falls. Benefits include:

- improved balance, muscle strength and flexibility
- stronger bones
- more energy
- better sleep

- better control of blood pressure, blood sugar and weight.

Programmes designed specifically for balance and muscle strength have been shown to reduce the number of falls and injuries (resulting from falls) by between 30% and 50%.

Read about the options in the What's On section of this newsletter for an Age Concern Steady As You Go class. Check if you're at risk of falling, Use the ACC checklist below to see if you're at risk of falling.

1. Have you slipped, tripped or fallen in the last year?
2. Are you worried about falling?
3. Have you avoided some activities because you are afraid you might lose your balance?
4. Have you been told to use a walking stick to help you get around?
5. Do you steady yourself by holding onto furniture, or use the chair arms to get up out of a chair?
6. Have you lost feeling in your feet?
7. Do you take 4 or more different tablets every day?
8. Does your medicine make you feel sleepy, light-headed, dizzy or drowsy? (Sleeping pills, blood pressure pills etc).

If yes to any of these questions – you may be at risk of falling. Talk to your doctor or health provider about how to reduce your risk of falling. Or get along to a Steady As You Go group and start improving your muscle strength and balance.

More information is available at: <https://www.livestronger.org.nz/>

To peel or not to peel: Do you really need to peel vegetables?



<https://lovefoodhatewaste.co.nz/peel-vegetables/>

Are you someone who peels every vegetable, regardless of how you are going to be cooking it? Or do you do it out of habit, reaching for the peeler on auto pilot?

Peeling vegetables (and many fruits) is a waste of food, time, money, fiber and nutrients.

In fact, peeling vegetables contributes a huge amount of unnecessary waste to our landfills and compost bins every year. You may not think those few potato skins make a difference, but collectively in New Zealand we throw away 13,658 tonnes of vegetables peelings and 986 tonnes of fruit peelings every year.

Most of this is waste that could be avoided because you don't need to peel most of your produce. Instead just wash your fruit and vegetables before eating

them to remove any dirt.

There are some instances where you may prefer to peel your vegetables, such as making mashed potato. However, don't throw away the peels! Use them to make delicious potato peel chips, vegetable stock or chuck them in the compost.



Anyone can feel alone



www.letsendloneliness.co.nz

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At a time when decisions can feel daunting, we're here to support you in preparing a dignified farewell.

Our family, serving yours

Simply Funerals is family owned and operated, with three generations of our family playing a part in supporting yours. With care, patience and genuine compassion for what is inevitably an emotional time, it's our hope that you feel heard, supported and reassured in honouring your loved one.

0800 920 222 www.simplyfunerals.co.nz

Total Mobility Scheme comes to Thames



Funded in partnership by local and central government, the Total Mobility scheme assists eligible people with long-term impairments, to access transport to meet their daily needs and enhance their community participation. This assistance is provided in the form of subsidised door to door transport services, which currently for Thames, will be provided by Thames Taxi services.

The Total Mobility scheme provides an electronic card to eligible scheme members, to enable subsidised transport up to a maximum fare (set by the relevant regional council).

HOW DOES THE TOTAL MOBILITY SCHEME WORK? First you will need an assessment to see if you meet the eligibility criteria. Age Concern Hauraki-Coromandel can provide that assessment.

If you meet eligibility criteria, you will be issued with an electronic card, which you present to the transport provider when taking a trip. The maximum subsidy varies between regions. If the total fare is more than the maximum subsidy you must meet the additional cost.

- EXAMPLES OF MOBILITY LIMITATIONS WHICH WOULD QUALIFY FOR TOTAL MOBILITY:**
- If you're unable to walk to the nearest bus stop or get on and off a bus because of pain, respiratory problems, inability to see or hear, you rely on complex walking aids or if you need someone else's help to get around
 - Total loss of or severe impairment of vision which prevents you from using public transport alone
 - Intellectual or psychiatric disabilities which may mean you need help from someone else.

HOW CAN I JOIN? Anyone who has a disability living within the Thames town boundary can apply for an eligibility assessment. The assessor will collect information about your disability and take a photo for your card ID.

- WHO TO CONTACT**
1. To book in a Total Mobility assessment contact:
 - Age Concern Hauraki-Coromandel
 - Phone 07 868 9790 or email thamesmanager@ageconcern.gen.nz
 2. To book a taxi once you have been assessed and have your card, contact Thames Taxis.



Steady As You Go®

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



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.

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

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

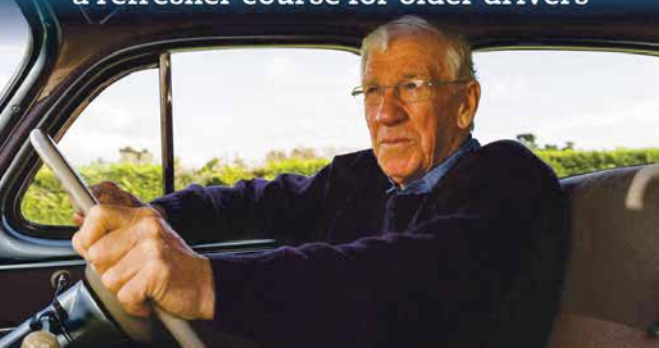
Thames: Thursdays at 1.15pm
Thames Citizens Band Hall 301A Queen Street.

Waihi: Wednesdays at 10am
Art Museum
Kenny Street (next to Gull).



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

Staying Safe: Refresher Courses for Older Drivers. We drive on our roads almost every day. For many of us it is our lifeline – driving is a means of independence, access to essential services and social connection to family and friends. Connecting with your community helps to eliminate loneliness and isolation and this is the reason why Age Concern Hauraki-Coromandel is involved in Staying Safe a Refresher Course for older drivers.

“Loneliness and isolation can have a negative impact on your health and well-being”, says Glenis Bell, Manager at Age Concern Hauraki-Coromandel. “So these courses are designed to keep you driving with confidence for as long as possible”.

With the generous support of Waka Kotahi (NZTA), Age Concern Hauraki-Coromandel has been running free Staying Safe: Driver Refresher Courses, to help older people stay safe on the roads and keep people connected to their community.

The theory-based refresher course was an

opportunity to re-familiarise with traffic rules, safe driving practices, learn about distractions and communication in a friendly and relaxed environment with other older drivers. Courses have been delivered in Thames, Waihi and Paeroa and proved very popular.

“We have more courses planned for Thames if there is enough interest”, says Glenis.


Feedback from participants has been very positive. “This was a great day and I learnt so much – even though I have been driving for over 70 years”, says a participant from the Waihi course.

Another said, “I was glad to hear about the changes to the road rules, even if they did change a few years ago”.

“We have received many emails and phone-calls of gratitude from those who have attended”, says Glenis. “Knowing we are making a difference in people’s lives is very humbling and rewarding”, she says. “We even received the enlightening poem below from one very grateful participant – so please get in touch if you would like to attend a course”.

Contact us on:
email thamesmanager@ageconcern.gen.nz
or 0273 401 785

AGE CONCERN “STAYING SAFE” a refresher course for older drivers



How do you know when it is time to give up driving?
When your dog has this look on his face!

Are you heading for the pension or really young at heart. Do you want to keep on learning, keeps the brain going for a start. Then go to the Driver Refresher Course, it’s full of things to hear. Lots of stuff to think about, and get your brain into gear. Its really just updating rules and its really cool. There is no driving test involved nor being back at school. I have just done the latest one, and really enjoyed each bit. I have an ancient jalopy so dashboard distractions didn’t fit! However there is lots to learn and say ‘oh that is what to do’. It’s worth your time and effort and you get tea or coffee too!

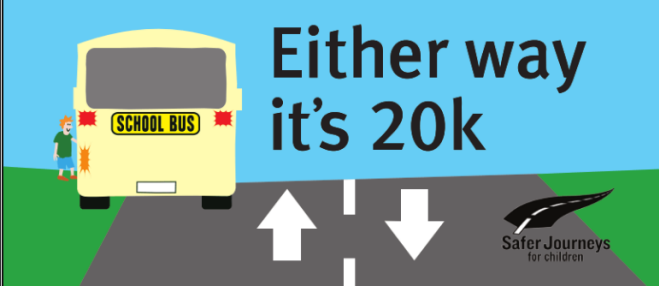
Jean Tuckey, Waihi. 2022


Learnings from the Staying Safe Driver Refresher course



The group at Paeroa enjoying the Paeroa Staying Safe Driver Course.

At the driver refresher course we were reminded: that we should all remember, and remind others to remember, the 'Either way, It's 20k' law – Which is vehicles passing a stationary school bus when it is in service (that is dropping off or picking up children), you must not exceed 20 kilometres per hour no matter which direction you are passing the bus from.






And another good reminder was a school zone speed limit is 40km during certain times on school days – no matter what the speed limit is. All very relevant for our local roads.

“Top of the T goes before me” was so good to refresh and remind ourselves about the road rule changes and I like the saying “top of the T goes before me”. It’s easy to remember.



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). We rely on the support of volunteers and public donations to do much of the work we do. To help us help others, please consider making a donation of your time or money.

Your membership donation helps us to continue doing valuable (and valued) work. Other benefits of your membership 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 thru our Volunteer Board of Governors via a written submission or meeting with one of our Board members. You will be invited to our AGM and have voting and nomination rights.

What will it cost?

- \$20 subscription (per couple) from 01 January 2022 to 30 June 2023 (this year only)
- \$10 subscription for a single person

NAME

POSTAL ADDRESS

Post Code Telephone.....

Email:.....

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

Membership Subscription Fee Paid:
Couple [\$20] Single [\$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*

There was high demand for vaccine pass help.



More than 550 people in Thames asked for help to get their vaccine passes in the first few days of the new Covid-19 traffic light system.

Under the new Covid protection framework, vaccine passes are required to enter many venues and events, including cafes, restaurants and hairdressers.

Thames-Coromandel District Libraries manager Ania Biazik said Thames Library staff were surprised that 566 people from as far away as Cambridge and Paeroa came to them for help to set up their vaccine pass. Some people struggled with remembering their password to My Health Record, or didn't have an NHI number, proof of identity, or any idea of how vaccination passes worked, she said.

"If people don't have a vaccination pass, they're being excluded from so many facilities and services, so libraries are contributing to the wellbeing of our community," she said.

"Libraries have become the destination for people who want to print and laminate their vaccine pass or download them on their phones, but also many people come to the libraries for the human touch and reassurance that we're here to help and support.

"We're very thankful in advance for all the customer kindness and patience as the library staff just don't know on the day who was going to come, what information customers had or how much support customers need."

"I'm really proud of our team in Thames-Coromandel District Libraries who stood up to the challenge and managed to get through that first wave of very high demand and put our customers and community first," she said.

In a statement, Age Concern Hauraki Coromandel

manager Glenis Bell said anxiety and fear could be coming from people's inability to obtain a vaccine pass, even if they were vaccinated. "So knowing who can support you to get a vaccine pass is really reassuring," she said.

The public can also get help with vaccine passes at selected pharmacies. Unichem Thames pharmacist Anas Wadood, said people were wanting help with their vaccine passes as they had digital difficulties. "A lot of older people don't have an email address or a smartphone, and some might not have a drivers licence or passport for ID, so we can help with that," he said.

"The staff have been amazing by quickly adopting to this system, especially considering the Ministry of Health only gave us a few days' notice that we could assist people to access their vaccine pass."

Where to go for help to access your vaccine pass; or to update your vaccine pass following your booster:

- Thames Unichem Pharmacy
- Stephenson's Unichem Pharmacy Whitianga
- Unichem Whangamata
- Tairua-Puanui Pharmacy
- Thames Coromandel District Libraries
- Hauraki District Libraries

What type of contact are you?

