

WINTER 2022 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Hauraki Coromandel

Serving the needs of older people

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



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Age Concern Hauraki Coromandel Contact Information

Phone: (07) 868 9790 or 0273 401 785

Email: thamesmanager@ageconcern.gen.nz

Address: 608 Queen Street, Thames

Postal Address: PO Box 466, Thames, 3540

OFFICE HOURS

9am - 3pm Monday to Wednesday

Board Members:

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Members: Sara-Ann Howell
 Anthony Hewett

Staff:

Manager: Glenis Bell
AVS Team Leader: Jude O'Connor
Social Connector: Margaretta Slaney
Total Mobility Assessor: Paula Maxwell
Volunteer Counsellor: Vallanique Tamaiparea
Driver Refresher Contractor: MaryAnn Kerr

Age Concern Hauraki-Coromandel needs volunteer visitors in Thames, Paeroa, Waihi and Whangamata



Many older adults are experiencing isolation and loneliness and this is having an impact on overall wellness. A weekly visit from you can make a difference. You can change a person's outlook on life by simply providing companionship, conversations and connections, while enjoying a cuppa. You can work any day and time that suits, for approx. 1 hr per week.

Requirements:

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

Getting started:

Contact Age Concern on 07 868 9790 or email Jude@ageconcern.gen.nz to learn more.

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 Ph: 07 868 8680 | DX: GA 25514
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Update from Age Concern Hauraki-Coromandel Inc

We are a charity and provide dedicated services that support older adults who are experiencing loneliness and/or social isolation. One of the services we deliver is called Accredited Visiting Service; where we match volunteer visitors (after carefully checking and training them) with an older adult for the sole purpose of addressing loneliness and isolation. We have just on 100 volunteers supporting this service and we are extremely humbled to be connected to these wonderful people who so freely give their time and energies to helping others.



Margaretta Slaney

We have two staff members working in the Accredited Visiting Service, these being Jude O'Connor (Team leader) working 12hrs per week and new to the service is Margaretta Slaney who will be working 15hrs per week.

Another service that supports people to remain connected

to their communities is Total Mobility. We are fortunate to have a 2nd Year counselling student, Paula Maxwell, who is supporting the Total Mobility Assessments. Paula is also available to visit anyone who may be feeling 'down in the dumps', anxious, worried, or overwhelmed with their situation for whatever reason.



Paula Maxwell

Sadly we say farewell to Ester Bassett, who is a long standing valued staff member who has worked in the Accredited Visiting Service, was the Ngatea Field Worker the Chinwag Coordinator and was the first staff trained in Total Mobility Assessments. Ester will be missed by many and we send our sincere best wishes for her future endeavors.



Ester Bassett

Age Concern Hauraki-Coromandel thanks the following sponsors:



Be willing to be a beginner every single morning. (Meister Eckhart). In other words do not give up. Have a go at something. Do something. Help someone. You will be helping yourself to enjoy life.

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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.

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www.richmondvillas.co.nz

82 Richmond Street, Thames | Ph 0800 868 5484



Volunteering Benefits You and Others

When I think of volunteers I think of all the wonderful people that have enriched my life over the years – and continue to do so. I've been to birthdays and funerals, I've looked at baby photos and holiday snaps, admired flowers from gardens and appreciated treats from home kitchens. I've been privileged to hear personal stories – and you bet, there's been tears and lots of laughter along the way. You could say I've been lucky over the years.

You see, volunteers are more than the jobs they do and the tasks they complete. They come with diverse stories and personalities, they bring their networks and opinions, experiences and motivations to their roles. They are interesting and fabulously wonderful people to engage with and frankly I don't think we can acknowledge or thank them enough.

There's more to volunteering than just "getting stuff done". Meals on Wheels volunteers don't just knock on a door and hand over a hot meal – they enable people to stay in their homes for longer, they provide a sense of connection and help reduce social isolation. Those marshalls at the racing track, that person who coaches your grandson's cricket team, the bunch of people planting and maintaining the cycle trail you're using this weekend – they're all bringing enjoyment, opportunity, skills and connection into our communities.

Current research shows that volunteering can cause good mental health and increased feelings of well-being. You know, kindness really is contagious and along with kindness comes feelings of self-worth. That warm and fuzzy feeling is an actual physical response to the chemical reaction you get from doing something good. Other benefits include increased life satisfaction, increased self-esteem, reduced brain shrinking, and a reduction in depression symptoms. There is also some evidence to show that volunteers live longer!

Volunteering seems such an easy answer to loneliness. Through many years of working with volunteers I've seen friendships and support networks grow and bring joy, warmth, and richness into people's lives. For some, their volunteer role has become the single most important thing in their week – for others it has offered a reason to leave the

house and pursue something they love to do or have always wanted to do.

Everyone can volunteer but not everyone does, so we should recognise and celebrate those that do. National Volunteer Week (June 19-25) is a week when volunteer involving groups right around Aotearoa New Zealand take the time to say "Thanks, we love what you do". This year I'd love to think that volunteer involving organisations take some time to recognise, thank, appreciate and value the many wonderful people who are helping them achieve their goals.

Looking at the roles that are listed with Volunteering Waikato I find it really exciting that someone can drive a train, foster cuddly animals, usher at wonderful shows (and then watch them!), guide people through museums, deliver meals to people in their homes, help people dress up in costumes, befriend someone else who is lonely.....there really is something for everyone and who wouldn't want to do some of these things! But more importantly volunteering brings structure to someone's week, gives an opportunity to connect with others, keeps people active and learning, and generally provides a space that can be filled with fun!

The COVID-19 pandemic has seen many teams lose ten to twenty percent of their volunteers. There are many reasons for this, from vaccine mandates and mask requirements, to people reducing personal risk by staying home more, to some finding after a break in volunteering, that they can fill their days with alternative activities that are just as enjoyable. If you have been considering volunteering, now would be a great time to reach out and find a volunteer role – organisations will welcome you with open arms!

Chris Atkinson
Regional Advisor
Volunteering Waikato



World Elder Abuse Awareness Day

Wednesday, June 15, was World Elder Abuse Awareness Day and a day to speak out against elder abuse.

Elder abuse is a single or repeated act, or lack of appropriate action which causes harm or distress to an older person.

There are many different types of abuse and often several types occur together. These can include:

Psychological abuse

Causing mental anguish, stress or fear.

Financial abuse

Illegal or improper use of money, property or other assets.

Physical abuse

Infliction of pain, injury or use of force.

Neglect

Not providing for physical, emotional or social needs.

Sexual abuse

Non-consensual sexual acts or exploitive behaviours.

Talking about abuse

It can be hard for older people to raise the issue of abuse or neglect. Some of the reasons an older person may not talk about abuse includes:

- They depend on the abuser for support
- They don't want to make a fuss
- They are afraid that if they complain the abuse will get worse

- They are isolated, so that it is difficult for them to tell anyone
- They do not know who to tell or how to get help
- They have dementia or an illness prevents them from telling anyone
- They blame themselves for the abuse
- They are ashamed that the abuser is a family/whānau member

Elder Abuse and Neglect Prevention services

If you or someone you know is experiencing abuse or neglect, Age Concern Elder Abuse Services in Waikato can help. Phone 0800 32 668 65.



Myths about Falling

Myth #1

Falling happens to other people, not me

Reality: Many people think, "it won't happen to me." But in reality about 1 in 4 older adults fall every year in New Zealand.

Myth #2

Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making

your living environment safer are all steps you can take to prevent a fall.

Myth #3

As long as I stay at home, I can avoid falling.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from being active. Social activities are also good for your overall health.



'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 and please wear a mask on entry and exit.

Chinwag Café: A weekly gathering 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 9.30am, St Johns Hall, Belmont Road, Paeroa
- **Waihi Chinwag Café** - starting on Friday 1st July at 10.30am, Waihi Community Resource Centre.

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
- **Paeroa** – Thursdays 10am at the Longridge Country Estate, Paeroa (residents only)
- **Thames** – Thursdays 1.15pm at the St Georges Hall (by the hospital)
- **Waihi** – Wednesdays 10am at the Waihi Museum Hall

Thames Grey Power: Contact Barry or Carolyn Young on 07 868 6353 or email barry.carolyn@xtra.co.nz

Thames "60 Not Out" – Thames Elim Church (by the Wharf). Meets monthly to share a hot meal and fellowship – 11am on the 1st Tuesday of every month.

Thames Group - 60's Up Movement - For outings and guest speakers - 10am on the 3rd Tuesday of the month at the Thames Bowling Club. Contact 022 139 9414 Email: p60sup@gmail.com

Thames Community Club - For companionship, entertainment, bingo, guest speakers – every

Tuesday at St George's Hall (by the hospital). Transport can be arranged for a small donation. Contact Peter Blakeborough (President) on 021 115 0543.

Thames Stroke Group - Meets monthly at St George's Hall (by the hospital). Phone 021 962 381 or email: coromandel@stroke.org.nz

Thames TCA Fitness Club - Membership special for over 65+. Includes a personal trainer assessment and programme. Only \$8.95 per week. Located at 511 Queen Street, Thames. Contact Arna on 07-868-8507 or email: arna@tcafitnessclub.co.nz

Paeroa Grey Power: Contact Gail on 07 862 6256 or email David Fleming redbadge99@gmail.com

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
- **Grocery Shopping Service** - Phone 07 862 6110 to enquire.
- 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 Grey Power: Contact Maureen on 021 0299 7300 or email maureengreypower@gmail.com

Waihi Community Resource Centre - Waihi Community Resource Centre provides options such as: Senior Connect services, Baywide Community Law, Narcotics Anonymous, Waihi Meditation, Family/Whānau Support, Family Harm Services and Counselling, at 4 Mueller Street Waihi. Ph: 07 863 7555 / 027 537 3996 or visit their website: <https://www.wcrc.org.nz/>

Whangamata Grey Power – contact Cushla on 07 865 7111 or email bruges@xtra.co.nz

Whitianga Social Services - 2 Cook Drive Whitianga. Provides Senior Services - to assist and connect seniors with groups and agencies to meet their needs, as well as budget advice, counselling, food bank, volunteer drivers and much more. Phone: 07 866 4476 or email reception@wcst.org.nz.

Dementia Waikato – Thames Coromandel Hauraki Service: For free advice, support, home visits, advice

and information, family education, support groups, community awareness talks and more. Contact Janine Appleby, Dementia Advisor on 07 282 1372 / 027 808 4837 or Email: janine@dementiawaikato.org.nz.

Stroke Foundation Community Advisor -

Lily Beardsell: Lily can support the rehabilitation and adaption to the new normal for those impacted by Stroke. Contact 07 571 3050 / 021 962 381 or email: coromandel@stroke.org.nz

District Libraries

Housebound Service - available at the Thames and Hauraki Libraries. Phone the Thames library on 07 868 6616 or the Hauraki Library on 0800 734 834 to register or for more info.

Hauraki Technology Support - 'Stepping Up' classes are available in Ngatea, Paeroa and Waihi Libraries. These free classes cover internet safety and online banking, computer basics, CV preparation and choosing the right device. You do not have to be a library member, but registration is essential. Contact the library in person or email hdc-library@hauraki-dc.govt.nz phone 07 862 8609 or 0800 734 834

Hauraki Digital Drop-in sessions - at Waihi and Paeroa Libraries on Fridays, from 10am to 12pm. For general help with devices (smart phones and tablets), using the internet, setting up emails, and accessing online resources such as ebooks. No

appointment needed and you don't have to be a library member.

Hauraki Book Chat Groups - If you enjoy chatting about books 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.

Upright and Active / Strong & Stable Groups

Gentle exercise groups with the ACC 'Tick of Approval'. Groups are held at:

- Upright & Active **Thames** Elim Church, Mondays & Thursdays 9.30am \$3
- Upright & Active Richmond Villas **Thames**, Mondays 11.15am \$3
- Dancing for Health, Grahamstown Hall **Thames**, Tuesdays 11.30am
- Dancing for Health, **Te Puru** Hall, Tuesdays 9.30am
- Strong & Stable **Whangamata**, Take a Breath Studio DJ Plaza, Wednesdays 12.30pm \$5
- 60+ Strength, Balance & Mobility, Anglican Church **Whitianga**, Thursdays 10am \$2
- Tai Chi **Waihi**, Memorial Hall (Main street) Tuesday and Thursdays 9.30am
- Academy Danzit Seniors, Coop Parish Church Hall **Paeroa**, Wednesday 9.15am \$2

Myths about Falling

Myth #4

Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a professional fit the walker or cane to your height and instruct you in its safe use.

Myth #5

I don't need to talk to anyone if I had a fall; I don't want to alarm them and I want to keep my independence.

Reality: If you have one fall, you are more likely to have another. Preventing falls is a team effort.

Talk to your doctor, pharmacist or family - anyone in a position to help. They want to help you maintain your mobility and reduce your risk of injury. It is often the injuries that lead to loss of independence.

Myth #6

Taking medication doesn't increase my risk of falling.

Reality: Medications affect people in many different ways and some may make you dizzy or drowsy. Taking multiple medications can increase your risk of falling and/or interactions. Talk to your Pharmacist about potential side effects or interactions of your medications.



MEALS FOR ONE and CHEAP EATS

When you live alone cooking a meal for one is hard so the more shortcuts you can take the better. The NZ Heart Foundation have created recipes to help you make quick, cheap and delicious meals that are packed full of nutrition. According to the Foundation, it can be hard to find the motivation to cook a meal with lots of steps and ingredients when you're only feeding yourself. The good news is that simple, quick meals can be nourishing for you, taste good and are good for your heart.

Each edition of the Age Concern Hauraki-Coromandel newsletter, we will highlight recipes from the 'Meals for One' or Cheap Eats recipe book. We hope you like the ideas.

You can order the recipe books from:

<https://www.heartfoundation.org.nz/resources/cheap-eats-cookbook>



Corn fritters Serves 4
Makes 8 large or 12 medium sized fritters

Ingredients:

3 cups corn kernels
1 capsicum, diced (optional)
4 eggs
1/2 cup flour
1 tsp baking powder
3 tbsp oil



Method:

1. Mix corn kernels, capsicum, eggs, flour and baking powder together in a large bowl.
2. Heat oil in a large frying pan.
3. Place 3-4 spoonful's of the mixture into the pan.
4. Cook until browned on each side.
5. Repeat until mixture is finished.

Tips: Serve for breakfast, lunch or dinner.
Great cold or served warm with a salad.

Other Ideas: Add 1 cup chopped fresh spinach or silverbeet.

View a video of this recipe at [heartfoundation.org.nz/cheap-eats](https://www.heartfoundation.org.nz/cheap-eats)



Egg & Avocado on Toast

- Wholemeal Toast
- Avocado (mashed with a squeeze of lemon to stop it going brown)
- Poached egg
- Salt and pepper to taste
- Top with sunflower seeds if you have them

WANT MORE TIME? If someone goes to bed at 11.00pm and sleeps until 8am.....not only are they burning up the power, and paying larger electricity bills but they are losing "days". Compare the time you will saveand the powerand the money ...if you become an early to bed and an early to rise person.

Going to bed at 9pm and rising at 6am.....you gain 2 hours a day. At seven days in a week in effect you have gained fourteen hours of extra time. And saved a lot of kw hours and at ... 65cents you can calculate how much cheaper it will be to live.

If you want to get more done and achieve more and "live longer" you might like to consider changing your sleep patterns. Besides ...the body will mend and recharge its batteries while you are early to bed.



Driving and Dementia

By Janine Appleby, Dementia Advisor, Dementia Waikato

When a person is diagnosed with dementia, it will be life changing, particularly the thought that they will eventually have to stop driving. This can represent a loss of independence, loss of freedom, social connections and sense of identity.

Dementia is a progressive illness, not one specific disease, so symptoms will become more noticeable over time. Symptoms include memory loss, confusion/disorientation with time/place, difficulty finding right words, reduced concentration, judgement and decision making.

Driving is a very complex task. It involves making snap decisions in milliseconds. A driver's actions/reactions can be the difference between life and death. Over time the dementia disease will affect driving skills and the ability to be a safe driver.

It's always good to have a plan so when driving becomes unsafe there are solutions. There are options available for "non-drivers" such as home delivery services, St John shuttle, taxi services, volunteer schemes and Total Mobility scheme. There is also a Driver Refresher course run by Age Concern called Staying Safe. This can help refresh your driving skills and build confidence so you get to continue driving for as long as possible.

All drivers have a responsibility to ensure they are medically fit to drive. Dementia is a medical condition which affects driving, so your GP may give you a memory test to check your fitness to drive.

What to look out for:

Getting lost in familiar areas, make slower decisions, driving more slowly, taking longer to react, damage to the car which can't be explained, having difficulty responding to the unfamiliar, changing lanes inappropriately, violating traffic laws, using the accelerator and the brake at the same time, or braking at the wrong time on main roads can indicate that the brain is changing.

We cannot see what brain changes are occurring so the person may not be aware they are driving unsafely and this can pose a real challenge. You may need to involve your GP in the decision of 'medically fit to drive'. Coming to terms with giving up a driver's

license will take time to process, so be patient. Waka Kotahi (NZ Transport Agency) provide an excellent resource for senior drivers and you can request a free copy. Visit: <https://www.nzta.govt.nz>

If you, or someone close to you has had a dementia diagnosis, you are welcome to contact;

Dementia Waikato on

Email: info@dementiawaikato.org.nz

Phone: 07-929 4042 or 0800 433 636

DID YOU KNOW THAT?

A "moment" used to be an actual measure of time and corresponded to roughly 90 seconds. It was used during the Medieval era and was derived from the solar hour (the hour on the sundial's face was, at that time, divided into 40 "moments").

Despite what cartoons have taught us, the coyote can run up to 43 miles per hour (that's nearly 70 km/h) while the roadrunner can only run up to 20 miles per hour (that's just over 32 km/h).

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The Retirement Villages Association (RVA) has recently completed a national programme of meetings with retirement village residents to share its *Blueprint for the Future*.

The blueprint, which was launched last year, includes providing residents with a stronger voice, strengthening the complaints process and working with the Te Ara Ahunga Ora – Retirement Commission (formerly the Commission for Financial Capability) to monitor re-licensing times so best practice standards can be developed.



The forums in Tauranga, Wellington, Christchurch and Auckland were chaired by former Seniors Minister and MP the Hon Tracey Martin, who has recently stepped down as an independent member of the RVA's Executive Committee.

RVA Executive Director John Collyns said the meetings were extremely positive and excellent progress was being made with the industry collaborative approach aimed at addressing residents' concerns and issues.

"We understand that a review of any legislation as proposed by the Retirement Commission is appropriate at some time but we have always felt that more pressing issues currently exist for government," said Mr Collyns.

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

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

The Blueprint for Change addresses weekly fees (fixed or a predictable increase, ceasing when a unit is vacated), commits to making sure operators re-licence vacant units as quickly as possible, pledges to ensure the terms around transfers to care are transparent, and addresses and perceived or real "unfair" clauses in Occupation Right Agreements (ORAs).

Mr Collyns and RVA president Graham Wilkinson attended all forums to give presentations and answer questions.

A frequent question was around the role of Statutory Supervisors – who monitor the financial position of a

village and the security of residents' interests. "There appears to be a lack of clear understanding over the legislative role of the Supervisor and the RVA will explore how we can improve awareness and understanding of this," said Mr Collyns.

Other points included the use of 're-licensing gains', transparency around the business income and outgoings and greater ability to negotiate terms of ORAs. Mr Collyns and Mr Wilkinson addressed all points, providing details wherever possible on where residents could access the information they required.

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

Ms Martin said the RVA has committed to exploring what more could be done to support a more streamlined transfer to care both inside the sector and where they could with the Ministry of Health and Ministry of Social Development. "The retirement villages sector agrees that the move to care should be transparent. The RVA is identifying where improvements can be made, and will work with operators and regulators to ensure the process around the move is as transparent as possible.

"It was also acknowledged by both the RVA and residents at the meeting that there could be some more clarity on wording in the ORAs around "intentions" to provide care facilities."

Ms Martin said that following each forum she enjoyed informal discussions with residents. "There were very few who were not happy with their village and none who wished to leave their village. "At the Auckland forum, a member of the residents spontaneously asked all those residents who felt that their village had kept them safe during Covid to raise their hands. Almost the entire room raised their hands. Residents attending again and again verbalised how happy they were in their villages."

The RVA recently commissioned research into retirement village residents' degree of vulnerability.

"The research covered almost 1,700 residents across 105 member villages. It showed that there was a very small minority of residents who might be considered vulnerable," said Ms Martin. "Nevertheless, the RVA is launching a trial with Fairway Resolution across 11 Auckland villages with a confidential service to allow residents to discuss any problems no matter how small, with a skilled person."

Due to other commitments, Ms Martin is stepping down from her RVA role with former MP and former Senior Citizens Minister Hon Jo Goodhew taking on the position.

editorial supplied by The Retirement Villages Assn.



Immunisation campaign - Waikato DHB wants to boost immunisation rates ahead of what is predicted to be a tough winter with new flu variants arriving as our boarder opens. Influenza immunisations are free to those aged 65 and over or Māori and Pacific people aged 55 and over.

Protect yourself and your whānau this winter.

Getting immunised is our best protection against flu and other serious diseases.

Visit waikatodhb.health.nz/immunise or call **0800 220 250**



You can get a flu vaccination from your General Practice (Dr) or some pharmacies. Waikato DHB mobile vaccination clinics provide COVID-19 plus FREE flu vaccinations to those eligible.

Hauraki Citizens Advice Bureau -Paeroa

The Hauraki Citizens Advice Bureau, which has served the region for 35 years, recently closed in Waihi and moved to new premises at 'The Information Hub' in Paeroa. (Next to the Information Centre). Citizens Advice Bureau (CAB) are run by volunteers and offer a free, confidential and independent service of information, assistance and referral. If you want to know more or need help with concerns such as: Tenancy agreements / Disputes / Consumer Issues / Immigration / Relationships / Family issues / Money / Employment. Give the CAB a call or visit the Information Hub in Paeroa.

Opening hours: Tuesday and Thursday 10am-1pm | **Phone:** 07 863 7640 and 021 318 946
Email: hauraki@cab.org.nz

If you are interested in becoming a volunteer we would be love to talk to you. Come into the office, contact us by phone or email to discuss our comprehensive training program.

CHIN-WAG CAFE

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



Chin-wag helps you to connect with others, which can reduce feelings of loneliness or isolation.

All welcome!

\$2 donation welcomed but not essential

CHIN-WAG CAFÉ IS HELD AT:

THAMES

Mondays 10.30am

Age Concern, 608 Queen Street, Thames.

NGATEA

Tuesdays 10am

Combined Parishes Hall, Darlington Street, Ngatea

WHITIANGA

Fridays 10am

Whitianga Social Services, 2 Cook Drive, Whitianga

WAIHI - starting 1st July

Fridays 10.30am

Waihi Resource Centre, 4 Mueller Street, Waihi

For more details

Email: thamesmanager@ageconcern.gen.nz

Phone: 07 868 9790 or 0273 401 785

Chinwag Café – needs you!



Every Monday at 10.30am, Chinwag Café in Thames meets for conversations, connections and lots of laughs. It also helps to have chocolate biscuits and/or home-made fruit cake to sweeten to mood. The gals are certainly outnumbered but no one is complaining.

The chins get lots of wagging, but it's OK to just sit and listen. The stories are full of memories which are priceless and worth remembering.

So come on down and join us at the Age Concern office, 608 Queen Street, Thames.

You can also enjoy a Chinwag Café in Ngatea on Tuesdays, Whitianga on Fridays and Waihi on Fridays.

TOTAL MOBILITY - is a nationwide scheme aimed at giving people with mobility limitations, door to door transport at discounted rates. People who use the scheme must carry a valid Total Mobility photo ID card to get the discounted fare.

Age Concern Hauraki-Coromandel can provide a Total Mobility assessment to check your eligibility. If you meet criteria your card will arrive in the post. Phone us for an appointment on 07 868 9790



Still driving at 92

Age is just a number. In fact, even the word "old" means less and less these days as many of us stay healthy and active well past the traditional retirement age of 65.

A classic example of this is Haydn Wright and at 92 (93 in July), he is a shining example of how keeping active both physically and mentally can keep you looking and feeling young.

Haydn is still driving at 92. He recently attended a driver refresher course run by Age Concern even though he really didn't need it. "But it's good to keep up to date, helps with the confidence" he says.

Haydn lives in his own home in Ngatea and every Monday he drives to Thames to attend the Chinwag Café. He regularly drives to Paeroa, Waihi, Hamilton, Pukekohe and Tuakau so doing the distance is no problem. He proudly tells me he is a confident night time driver as well.

The success to feeling fit and healthy he says, is keeping connected and involved in the community, keeping active, (he walks every day and recently walked up to the Kauri Grove in Waiomu - which is a 2hr walk), and keeping the mind busy by tinkering in his shed.

Haydn is a self-taught wood-turner and having farmed all his life, wood-turning is a relaxing occupation that consumes

his time these days. Among the things he makes, is very special wooden birthday cards, usually for those turning 100 years old. He had one all ready for Prince Philip, Duke of Edinburgh, but alas that was not to be. But he did hand-deliver one to George Clark of Waihi Beach, who is the father of former Prime Minister Helen Clark.

So if you know someone turning 100, let us know. A special birthday deserves a special card and Haydn is the special person who can help.



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Who remembers



the first search engine?



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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.

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Warmer Kiwi Homes programme



What could you get?

We all want a warm, dry, healthy home. The warmer kiwi homes programme offers to those eligible, a grant for a heater, insulation or both. Grants cover:

- 80% of the total cost of ceiling and underfloor insulation.
- 80% of the cost of an approved heater. This could be a heat pump or an efficient wood/pellet burner for the main living area. Heater grants are capped at \$3000 including GST.

Are you eligible? - Checklist for an insulation grant

- You own and live in a home built before 2008
- You (the owner) have a Community Services Card or live in an area identified as low-income
- Your home doesn't have ceiling and underfloor insulation. (If you had an insulation grant for a previous house, no worries, you can apply again.)

Are you eligible? - Checklist for a heater grant

- You own and live in a home built before 2008.
- You (the owner) have a community services card or live in an area identified as low income.
- You have ceiling and underfloor insulation installed to EECA standards. If your home has been insulated through a Government insulation programme, we'll confirm it when you apply for a heater grant. Otherwise an EECA insulation provider will do a quick check — at no cost to you.

- Your home doesn't already have one of the following fixed heaters that is operational in any living area of the house: heat pump, wood or pellet burner, flued gas heater or central heating system. If your home has one of these heater types, it is not eligible for a heating grant.

Some details worth knowing

- If your house can't be insulated — for example if there's no space under the floor or ceiling — you may still be able to get a grant for a heater.
- If you need building consent for a wood or pellet burner, the installer can apply on your behalf.
- There may be other payment options to help you pay the rest of the cost

Please note

- Funding is limited, and grants may not be available in some remote locations. Use the Warmer Kiwi Homes tool to see what's available in your region visit: <https://tools.eeca.govt.nz/warmer-kiwi-homes-tool/>
- The grant can only be used for the home you own and live in — not a bach or holiday home.

For questions about Warmer Kiwi Homes and grants, call 0800 749 782. To read more visit: <https://tools.eeca.govt.nz/>

If you want to opt out of getting this payment or you want to get back in, please complete the "Stop or restart Winter Energy Payments" on line form, or call the Senior Services contact centre 0800 552 002.

If you are travelling overseas for more than 28 days you really need to let the MSD know, otherwise they may pay you too much and have to ask for the money back.

Keep warm and safe everyone!

Winter Energy Payments

The winter Energy Payments started again on the 1st of May. If you get NZ Super or a Veteran's Pension, you will be entitled to the Winter Energy Payments all winter. That's from 1st of May to 1st of October. The payment is made automatically, no need to apply.

Couples and people with dependent children will get \$31.82 a week. Single people will get \$20.46 a week.



Steady As You Go[®]

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

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

STRENGTH BALANCE AND GOOD YARN

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

Coromandel: Tuesdays at 10am
Coromandel Gym, Pottery Lane.

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

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

Paeroa: Thursdays at 10am
Longridge Country Estate
Residents only

Thames: Thursdays at 1.15pm
St Georges Hall
MacKay Street (by the hospital)

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

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

What are the benefits of Membership?

Age Concern Hauraki-Coromandel is a charity, working to support the well-being of older adults (who are often vulnerable, lonely or isolated).

To help us help others, please consider becoming a member. Your membership helps us to provide valuable and valued services. 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
- As a financial member your voice can be heard at our Volunteer Board Meetings. You can attend in person or meet with one of our Board members.
- You will be invited to our AGM and have voting and nomination rights.

What will it cost?

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

NAME

POSTAL ADDRESS

.....

Post Code..... Telephone.....

Email:.....

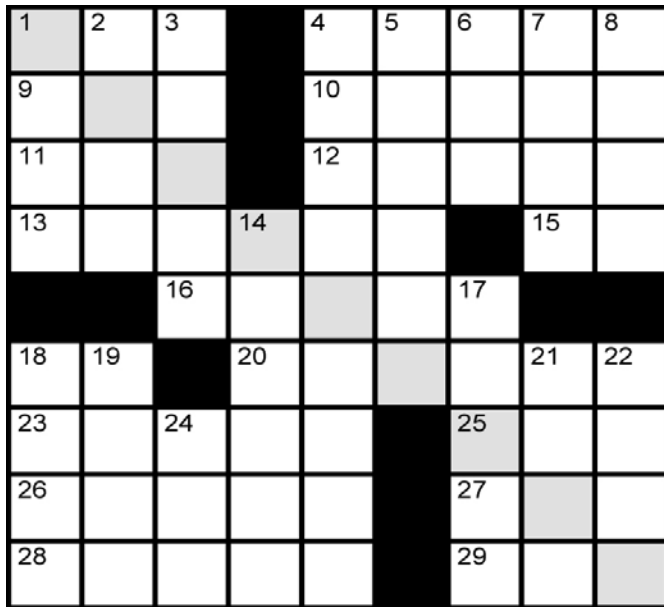
Would you like to receive our newsletter by:
email [] or posted []

Membership 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 this completed form and send to:
thamesmanager@ageconcern.gen.nz
or PO Box 466 Thames 3540 *Thank you so very much*

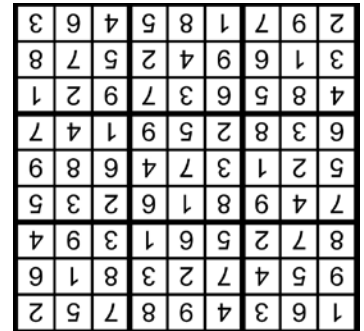
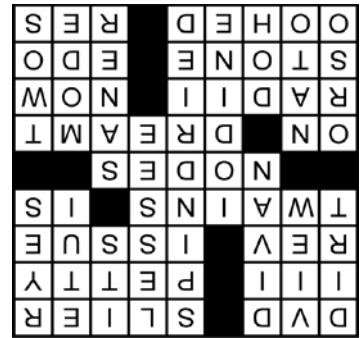
Investors Delight



- Across
- 1. Netflix rental
 - 4. More artful
 - 9. "Rocky ____"
 - 10. Minor
 - 11. Gun, as an engine
 - 12. It's debatable
 - 13. Mark and Shania
 - 15. Exists
 - 16. Bumps

- 18. Atop
- 20. Imagined
- 23. Arm bones
- 25. "____ what?"
- 26. Backgammon piece
- 27. Old name for Tokyo
- 28. ____ and aahed
- 29. ____ publica

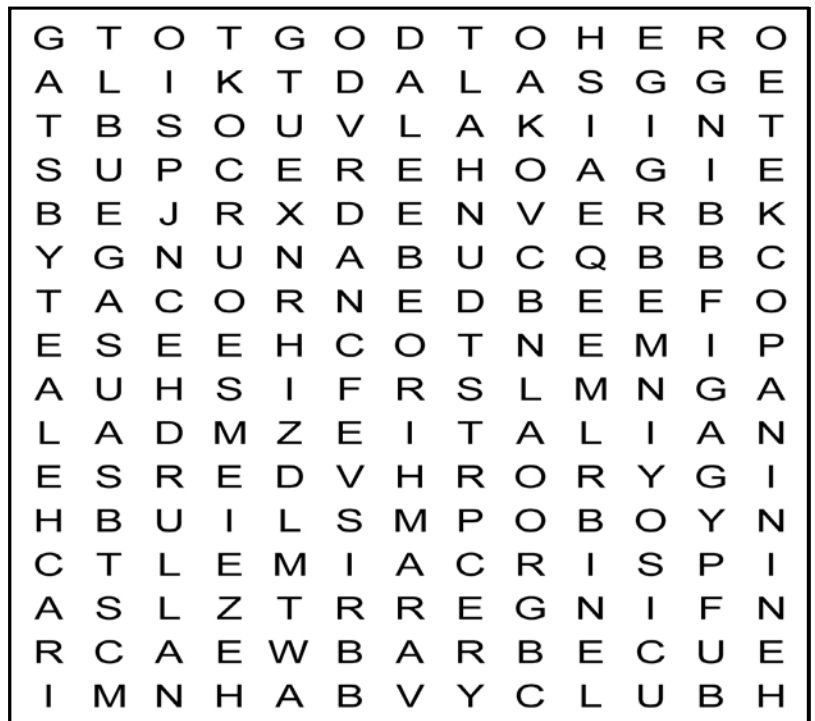
- Down
- 1. Gossip
 - 2. Penthouse feature
 - 3. Couch
 - 4. Like clothes in a washer
 - 5. Rent payer
 - 6. "____ alive!"
 - 7. Needle case
 - 8. Bakery selections
 - 14. First-aid item
 - 17. More rational
 - 18. Approximately
 - 19. Alliance acronym
 - 21. Fashion
 - 22. Deuces
 - 24. Play-____



The title is a clue to the word in the shaded diagonal.

- | | | |
|-------------|---------|----------|
| BAHN MI | FISH | PO BOY |
| BARBECUE | GATSBY | POCKET |
| BLT | GYRO | RACHEL |
| CLUB | HERO | REUBEN |
| CORNED BEEF | HOAGIE | SAUSAGE |
| CRISP | HOT DOG | SLIDER |
| CUBAN | ITALIAN | SOUVLAKI |
| DELI | MARMITE | SUB |
| DENVER | MELT | TAVERN |
| EGG SALAD | PANINI | TEA |
| ELVIS | PIMENTO | WRAP |
| FINGER | CHEESE | |

SANDWICHES



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.*

