

SPRING 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

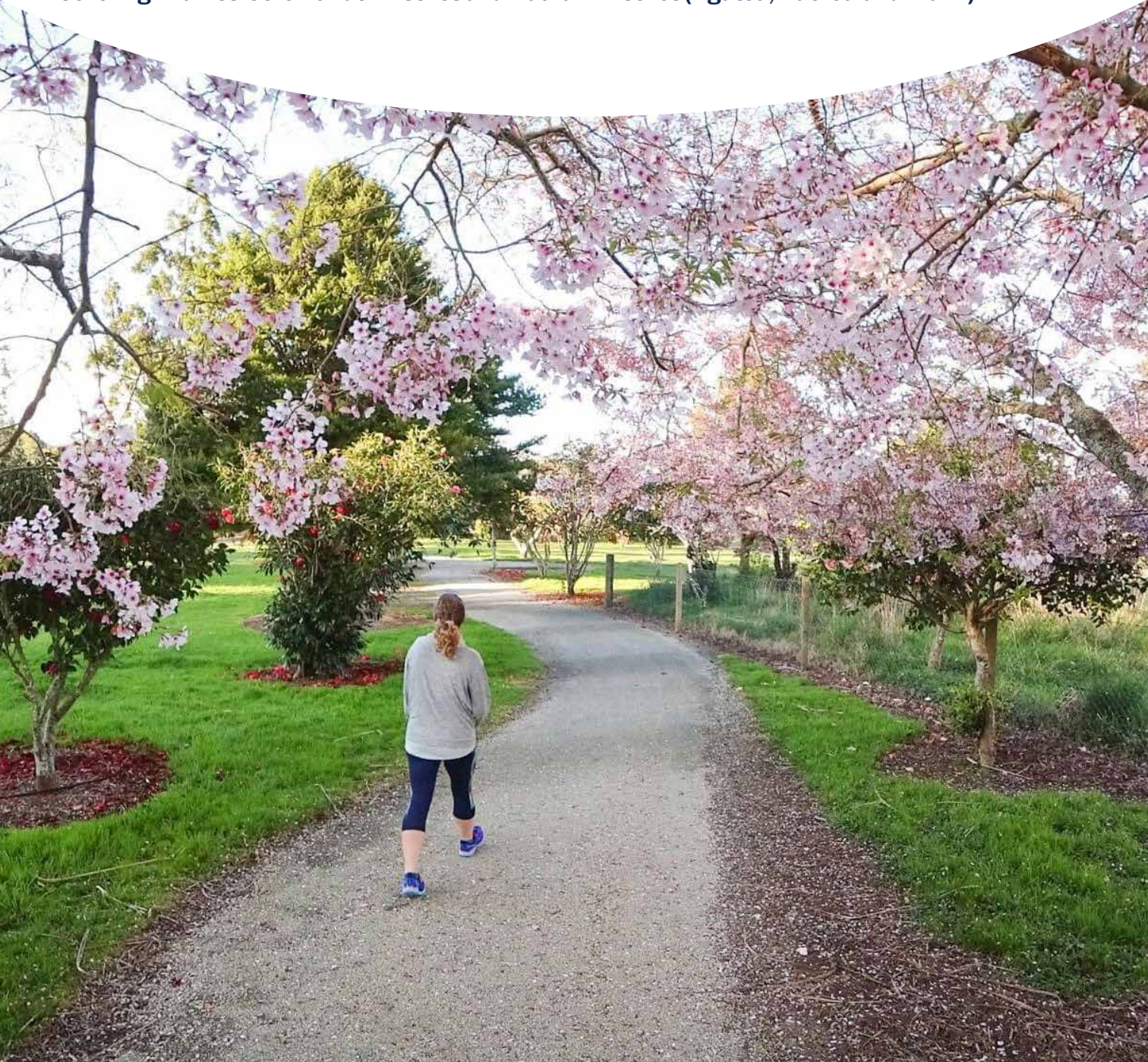
Age Concern Hauraki Coromandel



AGE
CONCERN
HAURAKI
COROMANDEL

He Manaakitanga
Kaumātua Aotearoa

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



For advertising phone Sam 027 872 6629 or email samanta@kiwipublications.nz

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200 Mary Street, Thames
Postal Address: PO Box 466, Thames, 3540

OFFICE HOURS

9am - 4pm Mon-Tues | 9am - 3pm Wed

Board Members:

Chair: Christine Rogers
Deputy Chair: John Renneberg
Treasurer: Terri Churton
Members: Sara-Ann Howell
Anthony Hewett

Staff:

Manager: Glenis Bell
Visiting Service Team Leader: Jude O'Connor
Social Connector: Margaretta Slaney
Total Mobility Assessor: Paula Maxwell
Volunteer Counsellor: Vallaniquie 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.

Age Concern Hauraki-Coromandel thanks the following sponsors:



Never let your friends feel lonely...



Disturb them all the time

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.

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Age Concern Hauraki-Coromandel move into Thames Civic Centre

Thames Community Board has endorsed Age Concern Hauraki-Coromandel sub-leasing the office space in the Thames War Memorial Civic Centre formerly occupied by Destination Coromandel.

Destination Coromandel holds the lease from our Council for the office space, but they have moved to the Civic Centre space where the i-SITE used to be located.

"The site at the Civic Centre is perfect for us as we needed ground floor access so we can be within easy reach of our older population", says Manager Glenis Bell. "The added benefit is that Destination Coromandel have agreed not to charge us rent, which is a huge help as we are a Charity with limited resources" says Bell.

The move occurred at the end of July and the public are welcome to visit to find out what we do or how we can help them.



Members of the Thames Community Board with Age Concern's Manager Glenis Bell.
L-R: Thames Community Board Member Sheryll FitzPatrick, Board Deputy Chair Cherie Staples, Glenis Bell, Age Concern, Board Member Peter Revell and Thames Ward Councillors Martin Rodley and Robyn Sinclair.

Richmond Villas
LIFESTYLE VILLAGE

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...*

One Bedroom Apartment on Level 3 AVAILABLE NOW!

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

Age Concern launches new brand and new office



Age Concern New Zealand has launched a new brand to attract new people through the door, but remains true to their core business of supporting older kiwis to live their best lives.

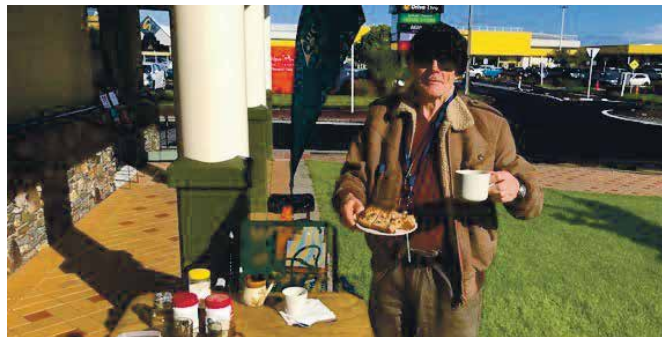
The brand refresh is timely because the charity had changed significantly since it launched over 70 years ago. The makeup of our population has changed too—we're getting older, living longer, and we're more diverse than ever before.

"Leadership, mana, and community are the qualities our new brand represents. The bold contemporary design uses individual Huia feathers to suggest the mana of our older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and respect—all things we value and uphold", says Age Concern New Zealand CE, Karen Billings-Jensen.

Age Concern Hauraki-Coromandel therefore has changed their logo to reflect the national connection with Age Concern New Zealand. But not only the logo

has changed for Age Concern Hauraki-Coromandel, so too has the office address.

The new office is located at the Thames Civic Centre, 200 Mary Street, but still has the same postal address and phone number. On Monday 1st August, the first day open at the Civic Centre, there was on offer coffee, cake and companionship provided by the Chinwag Thames group.



So come check us out. The office is open Mondays, Tuesdays and Wednesdays 9am-3pm.

Elderly drivers reluctant to give up licence despite statistics

So far 209 people have died on New Zealand roads this year and a quarter of them are aged over 60. Statistics show our older generation is more likely to be involved in a fatal crash - or one that involves injuries - than our younger drivers. But driving means independence and, understandably, our older Kiwis are reluctant to give that up.

For most of Roy Crawford's 101 years of life, he sat safely in the driver's seat. But this year, nearly 90 years after he first got behind the wheel, he decided to retire his driver's licence. "I lost my confidence, I just didn't feel right driving, I was making mistakes and all that."

Fifty drivers aged over 60 have already died on our roads this year, that's more than twice the number of drivers aged between 15 and 24.

"Senior drivers actually crash less than junior drivers - but they probably drive less and in better conditions. But when senior drivers have an accident, they are more vulnerable and likely to be injured more," said AA Driving School's Roger Venn.

Once Kiwi drivers reach the age of 75 they have to renew their licence and a medical certificate is required. From the age of 80 their licence has to be renewed every two years. But a licence does mean independence for many older people, so giving it up isn't easy.

Depending on where you live, there are options but they are limited in the Thames Coromandel and Hauraki region.

"Thames Taxis who provide the door to door service for Total Mobility card holders are amazing", says Glenis Bell, Manager of Age Concern Hauraki-Coromandel. "They help you in and out of the taxi and see you safely to your door. They even carry your shopping, so we are very lucky in Thames".

The 'Thames Connector' bus is another wonderful service as is the St John Health Shuttle.

For those not ready to give up their licence, Age Concern offers a free 'Staying Safe Driver Refresher Course' for Older Drivers. Seven courses have been provided this year across the region, and with support from Waka Kotahi more courses are scheduled. Courses will be held in Thames on 17th October and Paeroa on 28th October 2022, so phone Age Concern now on 07 868 9790 to book your place.

FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



This FREE classroom based course is designed to build your confidence 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.



The next courses available are:

- Thames on Monday 17th October 2022
- Paeroa on Friday 28th October 2022

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

- Bookings are essential
- Courses start at 9.30am and finish at 1pm
- Please arrive at 9.15am to complete the required pre-session registration.
- Tea / Coffee is provided but please BYO snacks
- Due to COVID restrictions – no walk-ins on the day are allowed.

Provided by Age Concern Hauraki-Coromandel — who support the wellbeing of older adults.



Phone 07 868 9790



Age Concern Hauraki Coromandel Inc Invites you to our Annual General Meeting

Everyone is warmly invited to our AGM being held at 10.30am on Thursday 27th October. The venue is: St Georges Hall Mackay Street, Thames (next to the Hospital).

Please join us to learn about what we do and how well we have done it. Morning tea will be provided.

Each year the Age Concern Hauraki-Coromandel Board is elected at the AGM.

If you have an interest in governance and would like to be involved, we would love to hear from you. To find out more please contact John Renneberg (Deputy Chair) on 021 052 5918 or Glenis Bell (Manager) on 07 868 9790

Please confirm attendance to the AGM by

emailing: thamesmanager@ageconcern.gen.nz Phone 07 868 9790 or; Visit the Age Concern office at the Thames Civic Centre, Mary Street Thames.

‘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, have a positive Covid test result or have symptoms of Covid please do not attend any of the below options until you are ‘all good to go’.

Age Concern Chinwag Café: A weekly gathering for conversations, connections and companionship over a cup of tea. Sessions are held at:

- **Thames** – Mondays from 10.30am at the Villager café, Mary Street, Thames .
- **Ngatea** – Tuesdays from 10am, Cooperating Parish Darlington St, Ngatea
- **Whitianga** - Fridays from 10:00am, Whitianga Social Services, 2 Cook Drive
- **Waihi Chinwag Café** - Fridays from 10.30am, Waihi Community Resource Centre, Mueller Street
- **Paeroa** - Coming soon. Contact us to record your expression of interest.

Age Concern 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. 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
- **Longridge Country Estate Paeroa** (residents only) – Thursdays 10am
- **Thames** – Thursdays 1.15pm at the St Georges Hall (by the hospital)
- **Waihi** – Wednesdays 10am at the Waihi Museum Hall
- **Cooks Beach** - Coming soon. Contact us to record your expression of interest.

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, guest speakers – Tuesday’s 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 - 511 Queen Street, Thames. Membership special for 65+. Includes assessment and programme. Only \$8.95 per week. Contact Arna 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 ‘Drop-in’ – for a cuppa and a chat. Tuesdays at 9.30am, St Johns Hall, Belmont Road, Paeroa

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, Life Unlimited hearing services 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 - provides Senior Connect Services, Shopping Service, Transport service, 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/>

Waihi Women’s Institute – On the 2nd Thursday of the month at the Waihi Community Resource Centre, Mueller Street Waihi. For cooking, craft, floral competitions, guest speakers and outings. Ph: Maxine Burke on 021 1788 345.

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.

Citizen Advice Bureau - offer a free, confidential and independent service of information, assistance and referral.

- **Thames:** Queen Street, Thames. Open Monday, Wednesdays and Fridays, 10am to 1pm
- **Hauraki:** The Information Hub, Paeroa. Open Tuesday and Thursdays, 10am-1pm Ph: 07 863 7640 / 021 318 946

Dementia Waikato – Thames Coromandel Hauraki Service: For free advice, support, home visits, 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 for more info.

Hauraki Technology Support - ‘Stepping Up’ classes are available in Ngatea, Paeroa and Waihi Libraries. These free classes cover internet safety, online banking, computer basics and choosing the right device. You do not have to be a library member, but registration is essential. Contact hdc-library@hauraki-dc.govt.nz or 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 smart phones or tablets, using the internet, setting up emails, and accessing online resources. No appointment needed and you don’t have to be a library member.

Hauraki Book Chat Groups - meet once a month and 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.

Strong & Stable Strength & Balance Classes

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

- Strong & Stable **Thames** Elim Church, Mondays & Thursdays 9.30am \$3
- Strong & Stable 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
- Danzit Strength & Balance, Co Op Parish Hall, **Paeroa**, Wednesday 9.15am





Save up to \$700 on your rates bill!

If you’re on a low income and live in your own home, you may be eligible for a rebate of up to \$700 on your rates bill. Find out more at www.govt.nz/rates-rebate. Applications close 30 June 2023.

Sixty five and over?

Enquire about our Housing for the Elderly units in Paeroa, Waihi and Ngatea. Eligibility criteria apply.

This will spin your wheels

FREE adult bicycle skills courses in your area. Group sessions with maximum number of 12, booking is essential. Phone 07 868 0200 to book your space.

P (07) 862 8609 • 0800 734 834 (from within district)
E info@hauraki-dc.govt.nz www.hauraki-dc.govt.nz

Age Concern Visiting Service blog from JUDE

Hi there, Isn't winter leaving us with a vicious sting in its tail, as usual? Serious flooding in both Northland and Nelson areas have devastated the environment, infrastructure and pushed many people out of their homes. It's a very hard time for many, and our thoughts are with them all.

Volunteer visitors do amazing work, visiting, befriending and supporting older people and we can only hope those affected by the weather events are asking for, and getting, the support they need.

Volunteering as a visitor is very satisfying on so many levels and many of our volunteers form abiding friendships with those they visit. We often hear how a senior's life has changed for the better since having a visitor. Knowing you are making a difference can be so rewarding.

We are currently looking to recruit volunteers so please get in touch with us to find out more if you would like to contribute to improving an older person's life. Visitors are wanted in Whitianga, Pauanui, Whangamata, Thames, Coromandel, Paeroa and Waihi.

Over the winter the staff have been visiting seniors in their homes to offer them a regular visitor to ease the loneliness and isolation that they are experiencing. While this is our core business we also continue to field many enquiries from people not knowing where to go for help. We do our best to assist on a wide variety of matters.

If you are an older person reading this and you think that you would like a regular visitor from an Age Concern volunteer, please get in touch and chat about the Age Concern Visiting Service to see if you are eligible.

The exciting news, going into spring, is that we have moved to a new office in the heart of Thames, at the Civic Centre, opposite Mobil Service Station. Our new flag is displayed outside our door when we are in the office. You can drop by, say hello, and collect a newsletter or information on senior matters. We do look forward to seeing you. Have a wonderful springtime. And, before I sign off, I'd like to leave you with a little thought:

Remember

**"The Key to Aging is
Not to mourn what's lost
But to celebrate what remains"**

"Do Not Knock"

It is now illegal to ignore "do not knock" stickers.

Changes to the Fair Trading Act, which came into force recently, mean door-to-door traders who ignore a 'Do Not Knock' sticker risk fines of up to \$30,000.

In addition to imposing fines, the courts can also order the cancellation or variation of a sales agreement, as well as compensation if an uninvited seller ignores a sticker or a direction not to enter a property.

"This is a great win for consumers," said Jon Duffy, Consumer NZ Chief Executive.

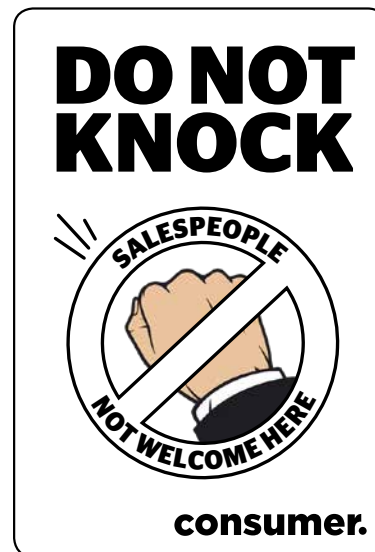
"We have been calling for these changes to the Fair Trading Act since 2014, when we first launched our campaign. Since then, we have distributed more than half a million stickers to consumers to keep unwanted sellers away," he said.

"Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don't want or need. In some cases, people have even purchased products just to get rid of the seller.

"We've also heard stories of sellers ignoring the stickers, so it's great ignoring a 'Do Not Knock' sticker or instruction to stay away will now have serious financial implications for the trader on the doorstep."

How to get a 'Do Not Knock' sign

- You can get a sticker from any Resene Color Shop or store that sells Resene paints.
- You can make your own sign, or click on the link and download a sign https://d3c7odttnp7a2d.cloudfront.net/assets/6700/Do_Not_Knock_sticker_black_white.pdf
- Or call into the Age Concern office and we will print one for you.



The Kiwis being digitally excluded in a changing world

Sharren Wilson lives in a caravan on a site in a rural area.

She sold her home to make ends meet after being made redundant from her job. Everything was going as well as it could with her new lifestyle until the hot water cylinder in her caravan sprung a leak, leaving the interior and some electric wiring inches deep in water.

She urgently needed help and tried to apply to Work and Income for financial support to get the cylinder fixed. It was at this point that she learned the phrase: "digital exclusion".

"It took me four days to actually speak to somebody who could give me a resolution," Wilson says.

"I could not sign up at the Ministry of Social Development (MSD) because I do not have internet access. So we couldn't get through that way. All I had was the phone, and I was constantly being cut off."

Wilson's story is among a number of others that have been shared with politicians by the Citizens Advice Bureau to explain the real-world consequences of digital exclusion.

Sacha Green, a national adviser for the Citizens Advice Bureau, explains that a digital-only approach in the public service is stopping people from accessing their entitlements.

"The petition is about access to services, entitlements and meeting obligations. This includes Work and Income, Inland Revenue, passports and citizenship, applying to the tenancy tribunal and getting

employment mediation. Digital-only approaches are across the board." says Green.

A common misconception is that digital exclusion is caused by the unwillingness of the ageing population to adopt new technology. And while there is an element of this at play, Green says that it also impacts those living in rural locations, the disabled community, those with eye sight issues, those with no internet access or those with language barriers.

The nation's biggest corporates are also shifting their services online. The most contentious example of this is seen in the banking sector, with many banks closing rural branches in recent years.

"I haven't been to the bank for a very, very long time because the last time I went to one, I couldn't even get into the damn joint," says Wilson. And I live 65km from the nearest bank, so its not so easy to go back."

While corporates are free to evolve in the way that they believe best serves their customers, Green says the public sector still has an obligation to deliver services to all New Zealanders.

Green's aim with the petition is to raise awareness, which hopefully leads to change in how the Government currently deals with the transition to digital. "Because no New Zealander should be left behind", she says.

Age Concern fully supports this petition and we congratulate Citizen Advice Bureau for the initiative. We all wait anxiously to see the outcome.



A petition on digital exclusion was delivered to Parliament by the Citizens Advice Bureau.

Tips when shopping or cooking on a budget.

Fruits:

- try to eat 2 per day
- Buy seasonal fruit only.
- Kiwifruit is generally cheap.
- Look for in-store specials
- Oranges and kiwifruit provide Vitamin C.

Vegetables:

- Buy fresh seasonal vegetables when available.
- When fresh prices rise, look at frozen veges.
- Silverbeet is very easy to grow so look at buying some plants and growing it to provide green veges through the winter.
- Look for whole pumpkins. These are excellent buying early in winter
 - They will last for months if you store them whole in a cool dark place.
 - You can make soup, use in egg dishes and as a vegetable with meat.
- Often 10kg bags of potatoes are sold very cheaply and make good buying.

Chicken:

- Always cheaper as a whole frozen chicken
- Avoid chicken nibbles or drumsticks as you are paying for bone.

Meat:

- Supermarket specials are good buying as are butchers.
- Stewing meat like blade and shin are often cheaper than mince. Look carefully at the prices as even rump steak can be cheaper than mince and stewing meat!
- Often corned beef is very cheap but don't eat too often as high in salt.
- Sausages are thought to be cheap but make sure you compare their price with the meats on special.

Fish:

- Tinned fish represents very good value and can be bought as salmon, smoked fish or plain fish.
- Use tinned fish in fish pie, fish cakes or kedgeree.
- Mussels represent good value too and can be used with rice or pasta or made into seafood chowder.

Eggs:

- Represent excellent and cheap forms of protein.
- Use them in stir fried rice, crustless quiche where they are used to bring together cooked vegetables, leftover meat, etc.

Grocery:

- Pasta and rice can be used as meal bases e.g. egg fried rice or served with a main meal.
- When you have a little extra, stock up on the following to add interest to your meals.
 - canned beans
 - flour
 - pepper
 - frozen veges
 - soy sauce
 - soup mixes
 - salt
 - herbs
 - margarine; or

Cooking for One

CHICKEN CASSEROLE - serves 1



- | | |
|--|-------------|
| 4 small chicken pieces | 4 potatoes |
| 2 onions | 4 carrots |
| chopped celery | 1 cup water |
| 1 teaspoon instant chicken stock (optional) | |
| 1 teaspoon mixed herbs (or 1 tablespoon fresh herbs) | |
| 1-2 tablespoons cornflour to thicken. | |

Instructions:

1. Take the skin off the chicken pieces. Cut the potatoes into large pieces.
2. Slice the carrots into rounds. Cut the onions into chunks.
3. Put the vegetables and chicken pieces into a casserole dish.
4. If using stock, dissolve in the water. Pour the water over.
5. Sprinkle over the herbs. Cover. Bake at 180°C for 1 ½ hours until chicken is cooked or cook on top of the stove on slow heat for ½ hour, stir to prevent potatoes from sticking. Add more water if necessary.
6. Thicken the casserole by mixing the cornflour in a cup with ¼ cup cold water. Add this to the casserole at the end of cooking.

Variations:

Kumara and apple casserole: Use kumara instead of

potatoes. Use chopped apple instead of carrots.

Rosemary and garlic casserole: Use fresh rosemary instead of mixed herbs. Add 2 crushed garlic cloves.

Apricot casserole: Add dried apricots with other ingredients.

FISH PIE - makes enough for 2 meals



- | | |
|--------------------------------|-------------------------|
| 1 kg potatoes | 2 tablespoons margarine |
| 2 tablespoons flour | 1 cup low-fat milk |
| 450g tin fish (smoked is nice) | 2 eggs, hard boiled |
| parsley (if you have it) | |

Instructions:

1. Cook the potatoes and mash
2. Melt margarine in a small saucepan, add flour and cook for one minute. Take off the stove and gradually stir in the milk. Put back on the stove, stir, and cook until thick (about five minutes).
3. Lightly break up the fish. Add to the sauce. Add sliced hard-boiled eggs and parsley.
4. Pile into a large oven dish and cover with the mashed potatoes.
5. Cook in a 180°C oven for about 20 minutes or until heated through.

Variation: add other vegetables like frozen peas.

Socks too tight?

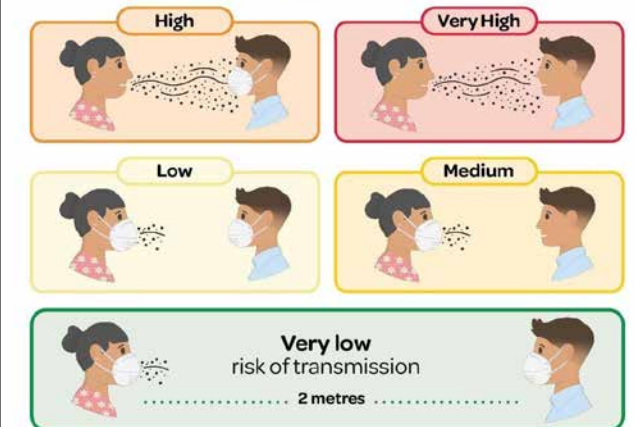
We sell soft topped
bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz

Covid support and information for seniors

COVID-19 Risk of Transmission



If you have cold, flu or COVID-19 symptoms you should get a test as soon as you start to feel unwell. Doing a test and reporting the result in My Covid Record means you can get the help you need as early as possible.

You can do a rapid antigen test (RAT) at home, either by yourself or with the help of a family member or support person.

How to get a rapid antigen test (RAT) kit:

You can order RATs online or over the phone to use at home.

- Order RATs online: requestrats.covid19.health.nz
- Order over the phone: **0800 222 478** and choose **option 3**

You can also arrange for a doctor or nurse to do a test for you at a testing centre. It is okay to bring someone with you when you get a test.

- Find your nearest testing centre: COVID-19 testing sites | Healthpoint
- Talk to your doctor or residential care provider.

Get tests delivered to your home:

If you cannot leave your home, you may be able to have a RAT kit delivered to you.

- Call: **0800 222 478** and choose **option 3**.

How to report your results:

Report your positive or negative RAT result by phone or online. Reporting a result means you can get support if you need it while self-isolating.

- Call: **0800 222 478** and choose **option 3**.

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

Villager Café, 200 Mary Street, Thames.

NGATEA

Tuesdays 10am

Combined Parishes Hall, Darlington Street, Ngatea

WHITIANGA

Fridays 10am

Whitianga Social Services, 2 Cook Drive, Whitianga

WAIHI

Fridays 10.30am

Waihi Resource Centre, 4 Mueller Street, Waihi

PAEROA

Coming soon. Contact us to express your interest.

For more details

Age Concern Hauraki-Coromandel
Phone: 07 868 9790 or 0273 401 785
email: thamesmanager@ageconcern.gen.nz

Chins are wagging in Thames

Age Concern Hauraki-Coromandel provides services to support older people who are feeling lonely or isolated. Chinwag Café in Thames is a weekly gathering where chins can wag, laughter is heard and memories are shared over a cuppa, or if you fancy, a barista coffee from the Villager.

The group has recently moved to partner with the Villager café in Mary Street. There are outdoor or indoor options, so no matter what the weather the group can gather for companionship, conversations and connections – all designed to help those feeling lonely.

Loneliness is a painful feeling that comes from feeling disconnected from the important relationships you have, or from not having relationships you would like to have. Even if you have lots of social contact you can still feel lonely in a relationship or in a crowd.

Loneliness can also come from life changes such as the family moving away, friends or family pass away, moving house or health changes that prevent you from getting out and about. These days, 'Covid fear' is also creating feelings of loneliness in older people and this comes from the fear of going out and catching Covid.

Whatever the reason for the loneliness, Chinwag café may be able to help. Being outdoors in the sun feels good and the risk of virus transmission is reduced. The group is welcoming and the cake is even better. The group meets every Monday at 10.30am at the Villager Café.

"The group used to meet in the Age Concern office in Queen Street, but a recent move means this is no longer an option, so the partnership with the Villager is perfect", says Glenis Bell Manager at Age Concern Hauraki-Coromandel.



Ngatea Chinwag Café

Cafe opens to support elderly community

Article compliments The Valley Profile

An Age Concern initiative to bring elderly together is now available in Waihi.

Chinwag Cafe opened its doors at Waihi Community Resource Centre on July 1 for elders to mingle and enjoy a hot drink.

Age Concern Hauraki-Coromandel Manager Glenis Bell told The Profile Chinwag Cafés had been available in Ngatea for around five years and Thames for around three years, so it was decided to establish one in Waihi after volunteers noticed many Waihi elders were experiencing loneliness.

"One of the services we run is called a visiting service and we have volunteers who go into people's homes for a cup of tea and a chat, but you can't put every older person into the same bucket," she said.

"Chinwag is another option so you can choose which suits best and it's there really to address those who are feeling lonely."

"Loneliness is quite overpowering for some people, and if you live alone Chinwag Café could be the only time you get to talk to someone for the whole week."

"Older adults tend to have a different terminology to younger people... an older adult would very rarely admit to terminology of mental health."

"But they will admit to being lonely and the loneliness has got the same symptoms... so it is something that needs to be addressed", says Glenis.

Glenis hoped the café could also encourage elders to socialise again after disruptions caused by Covid-19.

"Some older adults are still reluctant to meet in groups and they like to keep themselves isolated because they think that's what will keep them safe, and of course

that compounds the loneliness."

"Chinwag Café's encouraging them to come back out and connect with people... and provide the safest environment they can to make them feel comfortable."

Waihi's Chinwag Cafe will be open every Friday from 10.30am at Waihi Community Resource Centre on Mueller Street.



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Age Concern Digital Drop-in

Feeling frustrated with online everything?
Is terminology driving you nuts?

If you think the cursor is someone swearing, the cloud usually means rain, a mouse should not be in the house, or simply turning the dam thing on or off is a whole new world, or things like apps, swipe, security authentication, login or passwords are beyond a joke, then maybe Age Concern Hauraki-Coromandel can help.



We can now offer Digital Drop-ins on Monday, Tuesday and Wednesday mornings 9-11am.

Margaretta our Social Connector is happy to help, so just drop in to the office at Thames Civic Centre, 200 Mary Street, or phone to make an appointment on 07 868 9790 / 027 324 0249

FREE 2022 ADULT CYCLE SKILLS COURSES

Bikes and E-Bikes



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



Enjoy the Journey



- Thames ~ 21st September
- Waihi ~ 28th September
- Matamata ~ 19th October
- Paeroa ~ 26th October
- Pauanui ~ 16th November
- Whitianga ~ 23rd November

- Morrinsville ~ 30th November
- Coromandel ~ 7th December
- Te Aroha ~ 14th December
- Whangamata ~ 15th December


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

- 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!

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Age Concern Hauraki-Coromandel
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).

Cooks Beach: Coming soon! Contact us to express your interest.

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

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

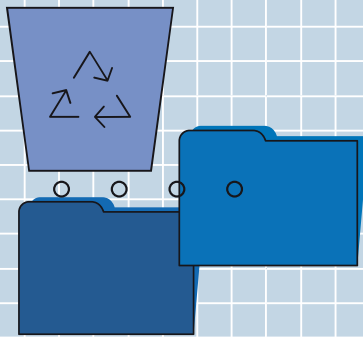
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Thursday 10th November 11am - 1pm



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