

SUMMER 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern Hauraki Coromandel

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



AGE
CONCERN
HAURAKI
COROMANDEL

He Manaakitanga
Kaumātua Aotearoa



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Phone: (07) 868 9790 or 0273 401 785

Email: thamesmanager@ageconcern.gen.nz

Address: Thames Civic Centre,
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
- Volunteer Counsellor: Vallaniqué 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:



“ A smile is a curve that sets everything straight. ”

Phyllis Diller

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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MERRY CHRISTMAS

We are taking a break from Thursday 22nd December till Monday 16th January 2023



A LIFESTYLE VILLAGE IN THAMES ON THE COROMANDEL

LIVING THE LIFESTYLE *Loving the choice...*

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.

One Bedroom Apartment on Level 2 & 3 AVAILABLE NOW!



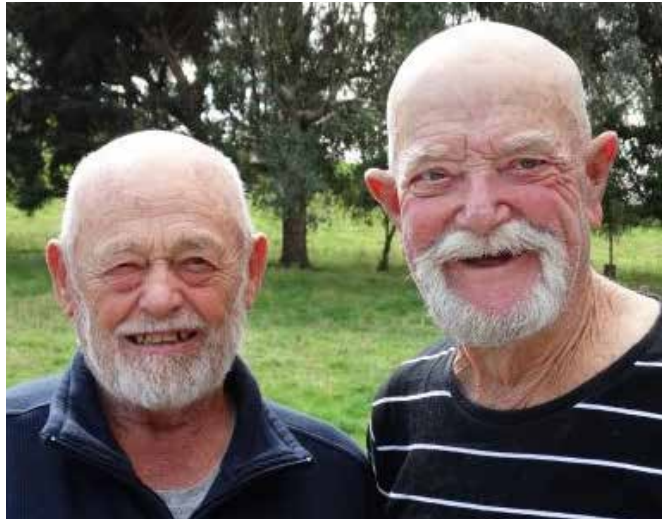
Our open plan, single level apartments feature covered balconies with fantastic views of the sea, Kauaeranga River and mountains. Each unit's elegantly finished kitchen, lounge, bedrooms and bathroom offer stylish warmth and light. All residents enjoy scenic views from each level's shared lounges, use 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 Visitor Service is about connections



When Peter and Dennis signed up for Age Concern’s visitor service, they got exactly what they were looking for.

Dennis had recently moved to the region to be closer to family. He was signed up for the visiting service by his daughter, Julie and got a visit from Age Concern staff who discussed what his likes / dislikes were, then matched him with a volunteer, Peter. It wasn’t long before the two of them looked forward to their weekly visits.

“We get on pretty well,” Dennis said. “We are on the same wavelength.” He really valued having someone to talk to, especially after moving to a new place.

They had a casual arrangement, where Peter could come over anytime for a chat or they would head to town for an outing. “You quickly find out what you have in common,” Peter said.

Their friendship was made easy by being of a similar age, but Age Concern said age did not necessarily matter when you make a connection. In fact, Age Concern welcomed intergenerational connections and anyone over the age of 16 could volunteer.

Age Concern is always on the lookout for volunteers to the visiting programme. The service is about building relationships and social connections aimed at reducing loneliness and isolation. The rewards are usually unexpected and double sided. There are benefits for the visitor (or volunteer) as well as the person being visited.

The need for this service is on the increase and we know it makes a difference. So a big shout out to all our volunteer visitors. You are awesome! And to the people being visited – thank you for allowing these visitors into your homes and lives.

If this interests you, please get in touch with Age Concern. Phone: 07 868 9790
Visit: Age Concern Office at the Thames Civic Centre, 200 Mary Street, Thames
Email: jude@ageconcern.gen.nz or ThamesAVS@ageconcern.gen.nz

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 at 10.30am

Villager Café, 200 Mary Street, Thames.

NGATEA - Tuesdays at 10am

Combined Parishes Hall, Darlington Street, Ngatea

WHITIANGA - Fridays at 10am

Whitianga Social Services, 2 Cook Drive, Whitianga

WAIHI - Fridays at 10.30am

Waihi Resource Centre, 4 Mueller Street, Waihi

PAEROA - Wednesdays at 10.30am

Cooperating Parish Hall, 2 Mackay Street, Paeroa

For more details contact

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

Christmas and New Year stop/start dates

Chinwag cafe

- Ngatea** Last session will be on 13th December and restart January 24th
- Paeroa** Last session on 7th December and restart on January 25th
- Thames** Last session will be on 5th December and start back on January 23rd with a change of venue to Thames Community Centre, 609 MacKay Street, Thames.
- Waihi** Last session on 9th December and restart on January 27th

Steady As You Go

- Coromandel** Last class will be on 22nd December and restart on 24th January 2023
- Longridge** Last class will be on 22nd December and restart on 5th January
- Ngatea** Last class on 6th December and restart on 7th February 2023
- Paeroa** Last class on 30th November and restart on February 8th 2023
- Thames** Last class on 8th December with restart on hold due to low numbers
- Waihi** Last class on 14th December and restart on 11th January 2023



Staying Safe Driver Refresher - Thames

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 courses available in 2023 are:

- Tararu Village - Friday 10th February
- Coromandel (Grey Power) Wednesday 15th February
- Thames - Monday 20th February
- Paeroa - Friday 10th March

For details or bookings phone: 07 868 9790 or email: thamesmanager@ageconcern.gen.nz

- Bookings are essential and places fill up quickly. Book early so you don’t miss out
- 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 —helping to reduce loneliness and isolation of older adults



Phone 07 868 9790



‘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 companionship, conversations and connections over a cup of tea (and cake). Sessions are held at:

- **Thames** – Mondays from 10.30am at the Villager café, Mary Street, Thames .
- **Ngatea** – Tuesdays from 10am, Hauraki Co-Op Parish Hall, Darlington St, Ngatea
- **Whitianga** - Fridays from 10:00am, Whitianga Social Services, 2 Cook Drive
- **Waihi** - Fridays from 10.30am, Waihi Community Resource Centre, Mueller Street, Waihi.
- **Paeroa** - Wednesdays from 10.30am, Hauraki Resource Centre, 2 Mackay Street, Paeroa.

Age Concern Steady As You Go - Falls Prevention groups (with the ACC ‘Tick of Approval’): Gentle exercise groups to help improve strength and balance and reduce the risk of falling over.

- **Coromandel** – Tuesday’s & Thursdays 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

Thames Digital Drop-in – Mondays and Tuesdays 9am-12noon at Age Concern office, Mary Street, Thames. For support to connect to all things ‘on-line’. Phone Margaretta on 07 868 9790 to make an appointment.

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

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

Thames Community Club - Meets on Tuesday’s at St Georges Hall (by the hospital) for companionship,

entertainment and guest speakers. Transport can be arranged. Contact Peter on 021 115 0543.

Thames Stroke Group - Meets monthly on Thursdays 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 of \$8.95 per week. Contact Arna 07-868-8507 or email: arna@tcafitnessclub.co.nz

Thames Bright Smile Organic Community Garden - 714 MacKay St Thames. Every Thursday 9 to 12noon. Join in if you like to weed, plant, water, harvest or just sit and enjoy the surroundings. Contact Marjolijn on 021 2301623 or facebook ‘Bright Smile Thames’.

Paeroa ‘Drop-in’ – for a cuppa and a chat. Tuesdays at 9.30am, St Johns Hall, Belmont Road, Paeroa

Paeroa Blood Pressure and Blood Sugar testing – every Friday 9am-2pm at St Johns Hall, Belmont Road Paeroa. Donation of \$2 please.

Paeroa Community Support Trust and Hauraki Resource Centre - provides a Community Bus for door to door service Tuesdays & Fridays for Paeroa or Thames shopping. Contact Val on 07 862 7346. They also provide Senior Outings, Furniture bank, Foodbank, Meals on Wheels, Grocery Shopping Service, Life Unlimited hearing services and a whole lot more, at 2 Mackay Street, Paeroa. Phone 07 862 6110

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

Waihi Women’s Institute – Meets on 2nd Thursday at the Waihi Community Resource Centre, Mueller Street Waihi. Phone Maxine Burke on 021 1788 345

Budget Service for free confidential financial advice

- **Waihi** located in Haszard Street. Open Mon – Fri 8.30am-2.30pm. Phone 07 863 7793 or txt 027 775 5443

- **Thames** located at 415 Pollen St. Open Mon-Fri 9am-2pm. Phone 07 868 5964 or txt 027 8707 076

- **Paeroa** located Cnr Mackay & Willoughby St. Open Mon-Fri 10am-2pm. Phone 07 862 6110

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

Citizen Advice Bureau - free confidential services for 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

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.

Grey Power Groups:

Coromandel - Contact Patricia Whimp on 0274 985 227 or email patricia@prosystems.co.nz

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

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

Waihi - Contact Maureen on 021 0299 7300 or email maureengreypower@gmail.com

Whangamata – Contact Cushla on 07 865 7111 or email bruges@xtra.co.nz

Stroke Foundation Community Advisor for Thames-Coromandel-Hauraki-Tauranga - 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 12noon. 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.

PROBUS Clubs:

- **Paeroa** - Meets on 4th Wednesday at 10am, Paeroa Bible Chapel, Wharf Street. Contact President Elizabeth Beare 0272 795 854
- **Hauraki Plains** – Meets on 3rd Wednesday at 10am, Ngatea Memorial Hall. Contact President Helen Baker 021 1818 735
- **Thames** - Meets on 2nd Tuesday at 10am, Richmond Villas, 89 Richmond St, Thames. Contact President June Baigent 07 868 3260
- **Whangamata** – Meets on 3rd Wednesday at 7pm, Whangamata Club. Contact Chris or Mike Somerville 0276 765 005 or 0272 821 982

Strong & Stable Strength & Balance Falls Prevention 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



Top Tips to Tackle Leftovers

Love them or hate them, leftovers are often an inevitable part of cooking and eating. Some days we cook too much, while other days we just don't have the appetite to finish the food on our plate.

You may find that over the course of the week your fridge slowly fills with containers of leftovers and half-eaten meals and it's not long before you dump all of your leftovers straight into the bin.

Despite 89% of Kiwis thinking wasting food is wrong we still throw away \$100 million of leftovers every year. That's a lot of food, money and effort going to waste!

Here are some Top Tips to tackle the left-overs

1. Remember the 2-2-2 rule



To ensure your leftovers are safe to eat - cool them, cover them and get them into the fridge within 2-hours of cooking. Eat your leftovers within 2-days or freeze them to eat within 2-months.

If you don't have enough containers for freezing, try using sandwich-sized ziplock bags for things like soups and stews. They stack well in the freezer and are quick to defrost.

2. Label

You may think you'll remember there is chicken curry in the green container, but we all have freezers filled with UFO's (unidentified frozen objects). Label your leftovers for fridge or freezer.

3. Eat me first

Have a way of identifying what food needs to be eaten first. This is especially important if your memory fails from time to time. Make a "Eat Me First" sticker or a date sticker.



4. A little bit can go a long way

If you've only got a little bit left, try turning your leftovers into a pie, put them on a pizza (or pita pocket base) or add extra vegetables and a can of lentils or beans to make them go further.

5. Be smart about servings

If you have a family to feed, let everyone serve themselves. This will allow them to only take as much as they think they will eat. Rather than scraping leftovers into the bin, you can reuse what's left.

6. Transform your leftovers

Master a couple of simple recipes to help you transform your leftovers into a new meal, so you're not eating the same meal twice. Try a frypan frittata recipe.

7. Any time is leftovers time!

Have your leftovers for lunch the next day, but who says you can't eat leftovers for breakfast or afternoon tea? It doesn't matter when you eat them – just as long as they get eaten!

8. Avoid soggy salad

Don't dress leafy salads in the bowl. There's nothing appealing about a day-old soggy salad, so serve the dressing in a jug, then the leftover salad will still be crisp the following day.

Better Digital Futures



Age Concern Hauraki-Coromandel has a new programme which supports older adults (people aged 65+) to get online. Sign up for this programme and choose one of four pathways to learn new skills and build confidence with computers and the internet.

The pathways include:

1. Digital Introductory Pathway.

This pathway covers four topics:
Pursuing Hobbies
Finding the Right Device
Communicating with Family
Reducing Dependence on Others

2. Digital Safety Pathway.

This pathway covers four topics:
Online Bullying & Abuse
Staying Safe Online
Social Networking
Digital Information

3. Digital App Pathway.

Learn the basics of smartphone navigation, learn how to download and use apps to help with communication, online shopping and banking, using maps and so much more.

4. Digital Mix 'n Match Pathway.

This pathway is tailored to the needs of the participants, so it will depend on what you want to learn as to what will be covered. Give us a call to discuss your digital learning needs and Margaretta can guide you to the right pathway and you can become more confident in using online tools for your everyday life!

Contact Age Concern Hauraki Coromandel's Digital Guru:

Margaretta Slaney / Social Connector
Ph: 07 868 9790 / 027 324 0249
or email: ThamesAVS@ageconcern.gen.nz

The KIWI ACCESS CARD



The Kiwi Access Card, previously known as the 18+ Card, is a Government recognised form of ID and an alternative to a Drivers Licence or Passport, which are the usual forms of identification.

You can Apply Online for your Kiwi Access Card or pick up an application from at a NZ Post Shop.

In September 2022 the Kiwi Access Card launched an online application option. Feedback received during COVID identified that many people needed an official form of identification, but didn't have a passport or driver's licence. The Kiwi Access card was needed, but not everyone had access to this. The online application provides a secure option to improve access, but the hard copy application forms are still available.

You can apply online at: <https://apply.kiwiaccess.co.nz/>; print an application form: <https://kiwiaccess.co.nz/download-application-kiwi-access-card/> Or call into the Age Concern office and they will print it for you. You can also phone the Kiwi Access helpdesk on: 04 381 9937



Hot Weather Safety for Older Adults



Hotter days can cause difficulty in the body's ability to regulate temperature.

This can be challenging for older adults who typically do not adjust well to sudden temperature changes.

Additionally, older adults are more likely to have medical conditions that affect the body's response to temperature, or they may take prescription medicines that alter the body's ability to control temperature.

The weather does not have to be hot to put older adults at risk of heat-related impacts. Headache, confusion, dizziness or nausea could be a sign of a heat-related impact (or heat stroke). If these are not normal symptoms for you, contact your doctor or phone Healthline on 0800 611 116 for advice.

Healthline
0800 611 116
www.healthline.govt.nz

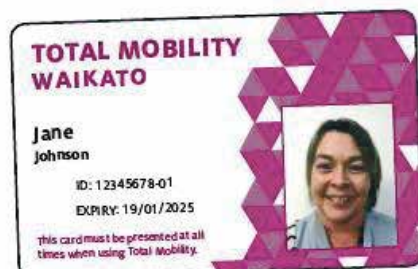
Tips to stay safe in hot weather

Things you can do to lower your risk of heat-stroke:

- Drink plenty of liquids such as water, fruit or vegetable juices. Avoid alcohol and caffeinated drinks.
- If you don't have air conditioning, keeping cool should include limiting the use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day. Use a fan and open windows at night.
- Spend time in a place that has air conditioning e.g. a shopping mall, library, or a friend's place if they have air conditioning.
- Take a taxi or a car ride as most vehicles have air-conditioning these days. Don't stand outside in the heat waiting though.
- Dress for the weather. Wear lightweight, light-coloured, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibres.
- Avoid outdoor exercising (unless it's in the Pool) when it is hot.
- If you must go outside, limit your time out and avoid crowded places. Early morning is always the coolest
- Shower, bathe, or sponge off with cool water (or go for a swim)
- Lie down and rest
- If you do go outside, no matter what time of the day it is, slip on a shirt, slop on the sunscreen, slap on a hat and wrap up in a light shirt.

TOTAL MOBILITY is available to Thames residents and aimed at giving older people with mobility limitations, door to door taxi services at discounted rates. A valid Total Mobility photo ID card is needed to get the discounted fare.

Age Concern Hauraki-Coromandel can provide a Total Mobility assessment to check eligibility and process applications. The card arrives in the post and Thames Taxis provide the door to door service. Phone Age Concern on 07 868 9790 to book in for an assessment. Total Mobility are looking to expand their services to Whitianga soon.



Sometimes we need to remind ourselves that today is the tomorrow we worried about yesterday, all is well.... So why worry! If you are feeling blue and don't know what else to do, think of someone else who might be as lonely as you. Pick up the phone and dial! You'll brighten another person's day, and yours too!

Nowhere to go this Christmas? New to Thames? On Your Own?

Come & join others for live music, good food and

CHRISTMAS LUNCH

(no charge)

11.30am for 12 noon - 1.30pm

Christmas Day

ST JAMES UNION PARISH CHURCH HALL

**Bookings are essential,
please let us know by 23rd December**

phone: Judy 869 0101

Organised by A Place At The Table Trust



(a Registered Charitable Trust)
Members of the Thames Community giving to the People of Thames.

SUNDAY 25TH DECEMBER

COMMUNITY CHRISTMAS LUNCH AT PAEROA RACECOURSE LOUNGE

Are you celebrating Christmas on your own this year?
Budget not stretching far enough this year?

Cost: Koha (only if able)

Dine in, Takeaway or Delivered
please book by messaging Lyn
0276818610

Frypan Frittata (using leftovers)

Customise this recipe to include anything that needs to be used up. Other vegetables and chopped leftover meat (e.g. sausages) are delicious additions.

Serves 2

Ingredients

- 6 tablespoons olive oil
- 1 onion, finely chopped
- 1-2 capsicums, cored and sliced
- 1 cup diced cooked potato (leftover roast potatoes or kumara are good here)
- 1/3 cup diced feta (optional)
- Large handful of grated cheese
- 5-6 eggs
- Salt and pepper
- Fresh herbs, if available

Method

1. Turn the oven to 200°C.
2. Heat 3 tablespoons of the oil in a frying pan (the pan will be used in the oven later so make

- sure it doesn't have a plastic handle). Add the onion and capsicums and cook until soft.
3. Add the potato and cook for another 5 minutes. Add any suitable fresh herbs if you have them.
4. Crack the eggs into a bowl and add the cheese, stir lightly to mix.
5. Add the remaining oil to the pan, then tip in the egg and cheese mixture (including the feta if using).
6. Sprinkle grated cheese on top and season well with salt and pepper.
7. Put in the waiting oven and cook for 20 minutes, until golden, puffy and set.
8. Let sit for five minutes before slicing.



Simple ways to support older adults in your community

New Zealand's population is ageing rapidly. There are more and more people living longer and some could do with a helping hand.

What you do doesn't have to be a big gesture. Sometimes it's the smallest things that can make a difference. Research shows that loneliness and isolation are as bad for your health as smoking and can contribute to things like depression and heart disease.

Here are some simple ways to support older adults in your community:

1. Stop and talk, or walk and talk

If you see an older person out and about, smile, stop and say hello. That one little gesture could brighten their day. Ask them how they are? You never know, you may be the first person they've spoken to in days. If they are walking your way, join them for a while and chat while you walk.



2. Know who's living nearby

Do you know your neighbours? There might be someone older living alone or caring for a partner or family member, meaning they don't get out much. Make a point of looking out for them and step in with assistance if you think they might need it. Check their curtains are open as usual, if not give them a call or go and visit to check they're OK and haven't had a fall.

3. Offer your help

Older adults can sometimes be reluctant to ask for help, or admit they can't do something. Don't wait for them to ask as it may not happen. Offer assistance or ask "Do you need help with anything?" It might be picking up groceries, changing a light bulb, or moving something heavy. Perhaps they need help taking their rubbish or recycling bin out. Maybe you could mow their lawns while you have your mower out.

4. Help them to stay connected

It's all too easy to become isolated from friends, family and the community as you get older. You can

help by finding out what they miss the most. If its company – maybe Age Concern can help with their Volunteer Visiting Service, or Chinwag Café sessions. Maybe they are losing confidence to keep driving and a Staying Safe Driver Refresher course might help. Or maybe they need a Total Mobility Card so they can access discounted door to door taxi services (from Thames Taxis). Perhaps its connecting 'on-line' that's the issue and Age Concern's Digital Drop-in sessions might help. So just ask and find out what they need to keep connected. Then contact Age Concern Hauraki-Coromandel and together we just might be able to make a difference.

5. Find out their story

Many older adults have led amazing lives and have incredible stories to tell. Become a Volunteer Visitor yourself and get to hear about these stories each week when you visit for a cuppa and a chat. Contact Age Concern to find out how.



6. Cook a meal or do some baking

There's nothing lovelier than a home-cooked meal or home-made baking at any stage of life. Sometimes older adults don't eat as well as they should, especially if they are living alone. Why not drop something round that would last a few days. Or invite them around for a meal, or even just a cup of tea at your place. The company will do you both the world of good.

7. Volunteer your time

Volunteering can change a life – including yours. Contact us today to find out how. It's not hard and our volunteers tell us they really enjoy making someone's day special.

Contact: Jude O'Connor | T: 07 868 9790
M: 027 306 8132 | E: jude@ageconcern.gen.nz
Margaretta Slaney | Ph: 07 868 9790 | 027 324 0249
E: ThamesAVS@ageconcern.gen.nz

Exercise regularly to keep living the life you want to live



Regular strength and balance exercise is an excellent way to increase your movement and confidence which will help to keep you living the life you want to live.

Community strength and balance classes such as Age Concern's 'Steady As You Go' classes are a great opportunity to get easy exercises (designed by a physiotherapist) whilst socialising and having fun.

Every person in New Zealand aged 65 and over who is at risk of slips, trips or falls should be doing regular strength & balance exercises to reduce their risk. A fall can leave you injured both physically and mentally as the fear that comes with falling is quite debilitating.

"We know, without a doubt, that people who have good leg and 'core' strength also have good balance. Building your strength will improve your balance, and help prevent a fall", says Professor Matthew Parsons, Professor in Gerontology at the University of Waikato.

Doing exercises that strengthen your leg and core muscles will improve your balance and reduce your risk of falling. It's that simple. You know the term 'use it or lose it'? Well it's correct for many things including muscle strength and balance. Regular exercise can also help:

- keep your bones strong
- give you more energy
- help you sleep better
- help control blood pressure, blood sugar levels and weight.

Oh, and it can make you feel good about yourself too!

How to tell if you are at risk of falling - Use the ACC 'Live Stronger for Longer' checklist to assess your risk.

- Have you slipped, tripped or fallen in the last year?
- Are you worried about falling?
- Have you avoided some activities because you are afraid you might lose your balance?
- Do you sometimes feel unsteady when walking?
- Does your medication make you feel sleepy, light-headed, dizzy or drowsy?
- Do you use your hands to get out of a chair?
- Have you lost feeling in your feet?

If you have answered YES to any of these questions – you are at risk of falling.

Falling over isn't a normal part of ageing, but once we hit 65 our risk increases substantially. There is no shame in having a slip, trip or fall. It happens to most people no matter what their age. But the older you are, the greater the risk of injury.

If you have a slip, trip or fall, please talk to someone about it. Sometimes there are underlying causes so it's good to discuss it with a health provider. BUT then get along to a Steady As You Go group and reduce your risk of it happening again.

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Consumer - July 15 2022

The copper network is being withdrawn

Telco providers such as Spark, Vodafone and 2degrees are ditching the old copper wires for new technology.

The landline phone network is on its way out. ADSL and VDSL internet are following suit. That's because the underground copper network is being replaced by technologies such as fibre and wireless broadband. The copper infrastructure is very old. In some cases, the parts needed to repair faults aren't manufactured any more. The fibre network is faster and more reliable than the copper cables, so there's little incentive to continue supporting both networks.

Home phones

The first casualty of the copper withdrawal is the humble telephone.

The home phone exchange that runs on copper (the Public Switched Telephone Network or PSTN) is being retired. If you're affected, your telco will contact you. You have two options: shift your landline service to a new technology, or disconnect it and use a mobile phone instead.

The transition isn't happening overnight. Instead, households are being required to shift by neighbourhood. The process began in late 2020.

Households in rural or remote areas where fibre isn't available will still be able to access the copper network. If you don't live rurally and haven't yet been asked to move to a new technology, expect to hear something soon.

Spark operates the PSTN and other telcos piggyback off it, so there's no backup – you can't switch to a different telco to remain on a copper landline.

You can keep the same phone number if you switch to a phone-over-broadband service or if you change telco provider. However, the alternatives to copper landlines all require electricity and an internet connection, so you won't be able to make calls during power outages.

If you currently have a phone line but no internet, that means a bigger bill overall.

Internet

Many households pay for ADSL and VDSL internet

connections, which also run on the copper wiring. If that's you, and fibre is available in your area, Chorus may also notify you that copper is being withdrawn. If that happens, you'll need to move to new internet technology.

The retirement of ADSL and VDSL is a more gradual process and isn't tied to the PSTN shutdown. It'll mostly affect urban consumers for the time being.

If you've been told you have to move off copper but your neighbour hasn't, your telco has likely decided to abandon the copper network before it's officially retired in your area. You might be able to switch to a new telco to continue with a copper service – just be aware that your new provider will eventually ditch copper as well.

Get fibre if you can

If fibre is available at your address, you should get it installed now to save yourself stress later on. Installation is generally free at the moment, which could change in the future. However, in some circumstances, you might have to contribute to the cost of installation, especially if your home is an apartment, has a shared driveway, or is a long way from the property boundary.

What can you expect from your telco?

Your provider may choose to stop selling certain services over the copper network. As long as it gives enough notice, it's within its rights to do so.

Telcos must ensure that:

- You're given appropriate notice and don't have to make decisions under pressure. Chorus must give six months' notice before withdrawing copper services. Your telco must give four months' notice of any change.
- You're made aware of the range of alternative services available to you.
- You're given clear and accurate information about the performance of alternative services (for example, internet speeds).
- You know where to go to resolve issues.

If you have a complaint

Contact your telco to try to sort out the problem. If you're unhappy with the response, contact the Telecommunications Dispute Resolution (TDR) service. This free, independent service helps to resolve disputes between most of New Zealand's telcos and their customers.



Steady As You Go[®]

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

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

APPROVED STRATEGIC AGING
SUPPORTS SYSTEM

STRENGTH **BALANCE** **GOOD YARN**

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

Coromandel: Tuesdays & Thursdays 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 for details.

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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or PO Box 466 Thames 3540 *Thank you so very much*

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Presents For Prostate Cancer Awareness

The Thames Republic Day Concert

Yes, Thames will be an independent republic for a day!

Saturday 14th January 2023 from 10:00 am to 4:30 pm

Thames Memorial Centre, Cnr Queen & Mary Streets, Thames

Rupert King



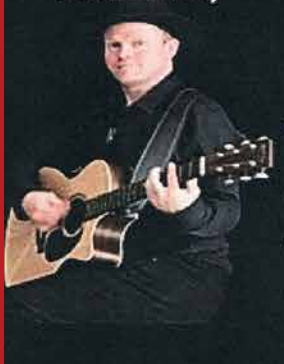
Tim Snowden Band



Craig Robertson



Josh Gray



Dennis Marsh &
Brendan Dugan



Chris Welson



Luana Karl



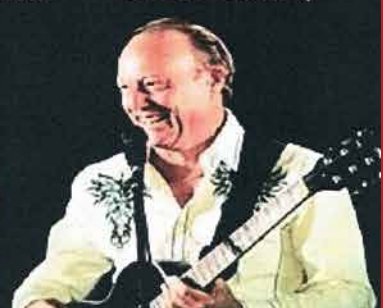
Robbin Durbin



Donna Saunders



Glen Carley



Tickets

\$35

Tickets can be purchased from
Carson's Bookshop, 600 Pollen Street, Thames
or from Thames Community Club Inc.,

Phone Peter 021-115-0543, or Rodney 020-4091-1312

Online tickets are available from iTICKET



The Republic Day Concert is also supported by 100% Thames, Neil Muir Taxation Services, Saunders Mitsubishi, The Villager, and Vitalise Thames