

SPRING 2019 QUARTERLY MAGAZINE
www.ageconcerntauranga.org.nz



Age Concern Tauranga

Serving the needs of older people

KEEPING YOU CONNECTED



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OFFICE HOURS

8.30am - 2.30pm Monday to Friday

Board Members

Chairperson:	Anna Bones
Board Members:	Angela Scott Eddie Jackson Adrienne von Tunzelmann Evan Turbott Ciska Vogelzang Peter Moss Ken Collings



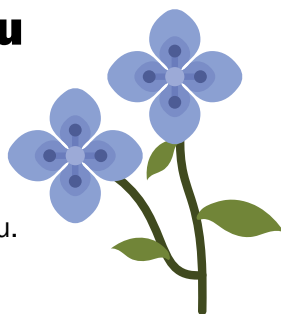
Staff

General Manager:	Tanya Smith
Administrator Assistant:	Fiona Gregg
AVS Team Co-ordinator:	Pat Duckmanton
SAYGO Co-ordinator:	Angelika Gillen
Staying Safe Refresher Driver Facilitator:	Deb Grainger
Total Mobility Assessor:	Judi Steel
Walking Group Co-ordinator:	Renee Hill
Social Activities Co-ordinator:	Marie Hickling

The views expressed in this magazine are not necessarily those of Age Concern Tauranga. The inclusion or exclusion of any product does not mean that the publisher advocates or rejects its use.

Thinking of You

If you are recovering from being unwell or have recently suffered a loss the team at Age Concern Tauranga are thinking of you.



Services

- Accredited Visiting Service (AVS)**
 Provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.
- Ageing Well**
 Delivers a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology and safe driving.
- Total Mobility Scheme**
 Assesses and provides Total Mobility Vouchers to eligible people.
- Community Development**
 Looks to promote and develop programmes for the community.

Contact our office on (07) 578 2631 for further information or go to our website www.ageconcerntauranga.org.nz

Age Concern Tauranga thank the following Funders and Sponsors for their continued support:



Reluctant hero receives award for bravery

88-year-old retired Tauranga soldier, Corporal Erik Kristensen received the Australian unit citation for gallantry in Vietnam this month, as part of the 6th Hauraki Battalion's 121st birthday in Tauranga.

Corporal Erik Kristensen, who was a soldier with the Royal New Zealand Electrical and Mechanical Engineers (RNZEME) and was attached to 161 Battery during the period of their deployment to Vietnam, received the award from Colonel Tenby Powell, of the New Zealand Army, at the celebrations.

Powell says the award is a fitting tribute to a Unit with a long history of operational performance. "It was a huge honour to present Corporal Kristensen with a pin to the Unit Citation awarded to the soldiers of 161 Battery, Royal NZ Artillery, for their gallantry in Vietnam. It was made even more special because we are both Tauranga locals who have served our country on military operations offshore."

Corporal Kristensen says it was an unexpected and exciting honour to receive. "I don't feel like a hero. I just feel like anybody else. Fifty years ago I was a soldier and I did my patriotic duty. I did what I felt was right."

The Unit Citation was awarded to 120 members of 161 Battery who participated in the Battles of Coral and Balmoral in Vietnam between 12 May and 6 June 1968, together with other New Zealand Armed Forces personnel directly involved in one or both battles. This is the first time an Australian Unit Citation for gallantry has ever been awarded to a New Zealand military Unit.

Corporal Kristensen says it was an honour to receive the award in Tauranga. "I heard about it earlier this year and was invited to go to Lincoln Camp in April to receive the

decoration along with my fellow soldiers. But given my age I felt it was a bit too far to travel so it was decided I would receive my pin during the Hauraki Battalions 121st birthday celebrations."



For Corporal Kristensen it was an even bigger day when he received the award. "I'm a member of the Patriots Defence Force Motorcycle Club. We do an annual white ribbon ride around the central North Island to support ending violence against women. We go to schools and talk to children, we go to correction centres and talk to prisoners. It just so happened that I went to the 11th birthday of the motorcycle club at Mount RSA at 2.30 on Saturday July 13th and then at 6.30 the same evening I headed over to the Tauranga RSA to be awarded my pin. It was a very exciting day."

Corporal Kristensen has lived in Tauranga since 1960 and says it was a treat to have the pin awarded to him by a fellow local soldier, Colonel Tenby Powell. "There were some amazing people at the Hauraki Battalion that evening. Lots of Hauraki soldiers and others congratulating me. I felt greatly honoured."

The Battles of Coral and Balmoral were among the largest and most protracted fought by the Australian Task Force in the Vietnam War. Powell says "The 161 Battery Gunners received high praise for their rate of fire and rounds-on-target accuracy provided at critical stages of attacks on the Australian battalion positions.

For such a humble hero Colonel Powell had this to say "On behalf of us all, thank you for your service, Erik. Kia Kaha and Ubique."

Tauranga Deserves Better Leadership

Tauranga is my home. I went to school and grew up here and now I would be honoured to serve as your Mayor and find better solutions to Tauranga's most pressing issues.

VOTE
TENBY POWELL
 FOR MAYOR

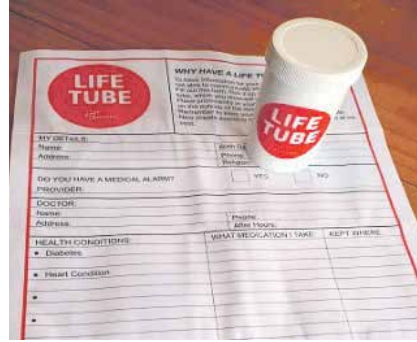
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Authorised by Tenby Powell, 58 Devonport Road, Tauranga.

Do You Have A LIFE TUBE?



The Life Tube is a plastic container which, once completed, will contain information about you, your next of kin, who has your Enduring Power of Attorney, who your doctor is, your

medical conditions and your medication. In the event of any emergency this tube can save your life. Place the RED sticker on the fridge door and the Life Tube inside your fridge door.

You can purchase your Life Tube for \$6 at the Age Concern office at 177a Fraser Street Tauranga.

PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.



Go to www.facebook.com/ageconcerntauranga/ to follow us on Facebook.

500 Card Group

Have you always wanted to play but don't know how? We will teach you. A friendly fun group gets together at 9.30am every Monday (except Public Holidays) held at 177a Fraser Street to play 500.

Light refreshments provided
\$2 donation -
All are welcome



Recipe CORNER



Chilli Con Carne Recipe

Ingredients	1 Serve	2 Serves
Oil	2 tsp	1 Tbsp
Onion, peeled and finely chopped	½ small	1 small
Minced garlic	¼ tsp	½ tsp
Lean minced beef	125 gm	250 gm
Chilli powder or sweet chilli sauce	Pinch of powder or 1 Tbsp sauce	¼ tsp powder or 2 Tbsp sauce
Baked beans or kidney beans	½ 220 gm can	1 x 220 gm can
Tomato paste	1 Tbsp	2 Tbsp
Water or red wine or beef stock	¼ cup	½ cup
Fresh vegetables finely chopped* Eg beans carrot, courgette, mushrooms	½ - 1 cup	1 - 2 cups

*Frozen vegetables can be substituted for fresh. Add frozen vegetables 5 minutes before serving.

Method

1. Heat oil in saucepan and add onion and garlic. Cook for 2-3 minutes or until onion is softened.
2. Add mince and continue cooking until mince is browned.
3. Add chilli powder or sauce, baked beans (or kidney beans), tomato paste and water or red wine or beef stock. Cook over a gentle heat for 10 minutes.
4. Add vegetables and extra water if necessary and cook a further 10-20 minutes.
5. Check seasoning and adjust to taste.
6. Serving Suggestion: serve with cooked rice or mashed potato.



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Care options that suit your needs

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For more information on the Ryman difference phone Jan on 579 2519 or visit rymanhealthcare.co.nz



Where community shapes the heart of your retirement

Review of Retirement Income Policies

NZ Super (which is taxpayer funded today) is expected to triple in cost in the next 20 years.

Healthcare costs will increase too. How will future governments manage the challenge? What do we believe as a society about intergenerational equity, which simply means what do we owe our children and grandchildren and what do they owe us?

2019 marks the Retirement Commissioner's three-yearly Review of Retirement Income Policies. The aim of the Review is to advise government on options to ensure all New Zealanders have a good standard of living as they age, both now and in the future.

Public Submissions are now open until October 31. Have your say. You may either respond directly through the submission forms available at Age Concern office, or go online <https://www.cffc.org.nz/reviews-and-reports/2019-review-of-retirement-income-policies/make-a-submission/> and email your document to review@ccfc.org.nz

Old age ain't no place for sissies!
~ Bette Davis ~

KiwiSaver changes for older New Zealanders

People aged over 65 will be able to join KiwiSaver under changes that come into effect from next month.

From 1 July 2019 the KiwiSaver scheme will be open to people of all ages – giving people 65 and over the ability to join KiwiSaver. The changes will also remove the lock-in period that required people over 60 to remain in the scheme for five years before withdrawing their money.

At the moment, people over 65 can't join KiwiSaver or move to a new scheme, although you can continue to contribute to their accounts if you are already a member.

If you joined after the age of 60, you still have to wait five years before withdrawing their money.

Other changes will be put into place from 2020. From 1 April 2020 KiwiSaver members impacted by the five-year lock in period can elect to opt out of this lock in period any time after they reach the age of eligibility for NZ Super. However, this means you won't be eligible for compulsory employer contributions or the government contribution.

For more information about KiwiSaver go to www.kiwisaver.govt.nz

Source: SuperSeniors.msd.govt.nz

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The Class of 58

Friendly, convenient and local!

Freedom Drivers Tauranga, run by Gavin Bennett, brings a warm and friendly driving service right to your door. Gavin has lived in Mt Maunganui since 1988 and, as a retired policeman of over 30 years standing and a former Age Concern volunteer, he will be well known to many in the area.

“We specialise in providing safe caring transport and assistance for our senior citizens. We cover a wide area including Tauranga, Mt Maunganui, Papamoa and Te Puke and we also travel further afield to pick up those living out of the main urban areas. Its common to see us driving clients to important appointments in other centres such as Auckland and Hamilton.” says Gavin.

Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras.

Gavin looks forward to meeting you and driving you wherever you need to go in a friendly, reliable, professional and safe manner.

Call Gavin directly with any enquiries on 07 575 6324 or 027 489 7621.

New digital platform for SuperGold card

SuperGold Card holders will be able to search for discounts through a new app as part of changes announced in the 2019 budget.

Budget 2019 includes funding for a digital platform for SuperGold Card holders and businesses – which will include a new mobile app and website to be launched later this year.

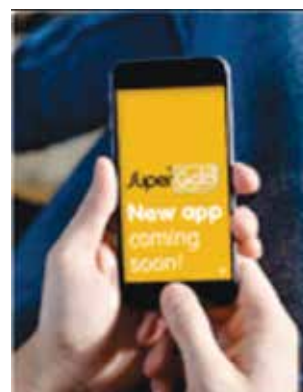
This will provide a quick and easy way for seniors to find out about SuperGold discounts, concessions and special offers, no matter where they are.

You will be able to go to the SuperGold website on your home computer or tablet, or the app on your smartphone to find out what savings are available and where you can get them.

SuperGold discounts will still be available to everyone with a card, even if they don't use the website or app.

There are currently more than 750,000 SuperGold Card holders, more than 9,300 SuperGold Card business partners and over 14,000 outlets around New Zealand.

Other Budget announcements for older people can be found at www.superseniors.msd.govt.nz



The past cannot be changed.
The future is yet in your power

Get your free flu shot today

Did you know that you could still be infected with the flu even if you don't feel sick or show symptoms? And you could pass on the virus to others.

Severe influenza can lead to a stay in hospital which may in turn increase frailty and loss of independence for older people.

The vaccine immunisation is the best protection against influenza. It naturally boosts your immune system to fight the virus when it attacks.

Influenza is not the same as a cold. It is a more serious disease that can also make other existing medical conditions worse.

Influenza immunisation is especially important for people aged 65 years and over. People aged over 65 experience up to 91 percent of flu-related deaths and around 70 percent of flu-related hospital stays.

Free flu shots are available for people 65 and over from general practices and many community pharmacies.

The influenza vaccine is a prescription medicine. Talk to your doctor, nurse or pharmacist about the benefits and possible risks. And, if you're aged between 65 and 80 years old, ask if you're also eligible for the free shingles immunisation.

Check out www.fightflu.co.nz to find out whether you qualify for free flu immunisation or call 0800 IMMUNE 0800 466 863.



Watch SkyGo on a second TV for free!

There is now so much technology in your house that you really don't know what to do with it all. Out of the box, if configured correctly, you can synchronise any or all files and photos between phones, computers, tablets and multiple TV's. It doesn't matter which brand, they can all run the same apps and programs regardless.

Whatever your devices make or model we'll make them all sync together. Take a photo on your phone and it arrives on your computer/s automatically, or display it on the TV with one click from the phone.

One of the fun outcomes of setting up your equipment right for once, is being able to watch SkyGo on a second (or third) TV without having to pay for another decoder. Sky will insist this is not possible but when everything is set up right, our customers experience this benefit.

These capabilities and more already exist within all your current devices. Are they set up right for you?

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or **0800 956 956**

www.freedomdrivers.co.nz



Nuisance-call blocking landline helps give peace of mind to those worried about scam calls

Spark has introduced a new product for New Zealand seniors: the first nuisance-call blocking home phone (landline) available in New Zealand

Call Screen nuisance-call blocking technology



While it looks and plugs in like a normal home phone, when an unknown caller rings, they are prompted to announce their name and the receiver can decide whether to accept or block the call. Saved contacts, on the other hand, are put straight through.

"Call Screen can help completely block the call from coming through because scammers, unwanted business callers and even autodialing machines either can't or won't record their name, which means the phone doesn't ring, saving customers time, lessening stress and making them feel more secure," said Tessa.

Over the last few years, the number of phone scam victims has grown considerably with some people losing thousands of dollars after falling for the seemingly legitimate ruses. As avid landline users, many of those who have fallen victim have been

seniors.

Call screen is available at all Spark stores, over online chat, over the phone by calling 123 or via the online form available at spark.co.nz/callscreen. ** New and existing Spark customers with SuperGold cards can get a \$30 account credit upon purchasing the Call Screen Twin Cordless Phone by presenting their card and photo ID in a Spark store.

**Call Screen Twin Cordless Phone is available for purchase at \$139.99 however, if you are a new or existing Spark customer, are 65 or over and have a SuperGold card, you can get a \$30 account credit when you purchase Call Screen in store. You do not have to be a Spark customer to use Call Screen however, you will need to ensure you have a landline plan with a provider and that you have the caller display network feature. Spark is offering caller display for free to all new and existing Spark landline plan customers who purchase a Call Screen phone.

Be Warned Civil Defence Radio Stations

In an emergency the radio may be your prime source of information. Power and telecommunication outages are likely to impact your ability to get information from normal channels. If you don't have a radio at home (most people have a radio in their car) consider a wind up or battery-operated radio so you can stay informed. While national messaging will be available on all channels, for area specific information you will have to listen to your local radio stations.

Tauranga & Western Bay - National Radio 101.0 FM & 819 AM, Newstalk ZB 90.2FM & 1008 AM, The Hits 95 FM, Breeze 95.8 FM, More FM 93.4 FM, Radio Live 100.6FM
Te Puke - 1XX 89.0 FM & 1242 AM

Chief Ombudsman

The Chief Ombudsman will be monitoring locked dementia units in privately run aged care facilities.

Parliament last year clarified that the Ombudsman's monitoring of health and disability places of detention, under a United Nations Convention, includes privately-run secure dementia units where people, often older people, are detained because of their vulnerability.

"We need to make sure New Zealand's reputation for the good treatment of its citizens, whatever their circumstances, is protected and enhanced," says Chief Ombudsman Peter Boshier. "People who are not free to leave a facility have rights. My role is to check that the treatment and conditions they experience are appropriate according to international expectations. "We already monitor some aged care facilities where services are directly provided by district health boards. It makes sense for this role to extend to all aged care facilities. I hope it will provide a good overview of the standard of care across the country. "My mandate is a focused one. It does not cover the monitoring of all aspects of residential aged care facilities. I will be specifically looking at conditions and treatment and ensuring peoples' human rights are upheld.

"My team and I already work with the health and disability sector to build and maintain safeguards and good practice, and we'll build on this experience in respect of privately-run aged care facilities.

"As the population ages, and the number of aged care facilities increases, it is so important for them to be independently inspected. We need to act now because the number of people with dementia is projected to nearly triple to around 170,000 by 2050."

The Chief Ombudsman expects to have funding in place by 1 July 2019 after which more detailed planning and development will occur. "I will be taking a gradual, careful and considered approach to developing my inspection role in this area, and it will take some years to establish a national programme," Mr Boshier says.

For more information, visit www.ombudsman.parliament.nz

Source: SuperSeniors.msd.govt.nz

Support your local community radio station - Tauranga Village Radio

Tauranga Village Radio Museum, Tauranga's only Community Radio Station operates from studios within the Historic Village. We broadcast on the AM frequency on 1368 KHZ.

Programmes of nostalgic music, from the 1940's to the 1990's are broadcast each weekday from 10am until 5pm and from 9am until 5pm on weekends and Public Holidays.

Community notices for non-profit organisations and individuals are broadcast at 11am each weekday.

Listeners can ring the station on 571 3710 for requests to be played.



For further information visit our comprehensive website

www.villageradio.co.nz

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colours yourself!"

Care On Call
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Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

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tauranga@careoncall.co.nz

(07) 985 6381

www.careoncall.co.nz

If you see or suspect elder abuse, please, speak out about it.



ELDER ABUSE IT'S NOT OK

SPEAK OUT

0800 EA NOT OK
 0800 32 668 65

The tax refunds process is now automatic

On 26 April, the latest changes to make tax more straightforward came into effect.

What does this mean for you?

The main things you need to be aware of are:

Income tax assessments

If your only income is from employment, NZ Super, a benefit or investments (such as interest from bank deposits and savings), you'll receive an income tax assessment between late-May to the end of July to finalise your end-of-year tax information.

This will show how much you've earned, how much tax you've paid and your tax calculation – so you'll know exactly where you stand. If you have a myIR account, Inland Revenue will notify you that your income tax assessment is there. If you don't, it will be posted to you.

Automatic tax refunds

If you paid too much tax during the year and are due a refund, Inland Revenue will automatically pay the refund directly into your bank account (so long as your bank account details are up to date in the system).

New website and improved myIR

The new Inland Revenue website features a brand-new homepage, look and feel and layout, with improved search functions and the ability to navigate content by role, situation, topic or task.

There are also enhancements to myIR, including a new landing page and changes to layout, as well as

greater control, visibility and certainty for users of their tax and social policy obligations.

What do you need to do?

Keep your details up to date and Inland Revenue will take care of the rest. Make sure they have your current bank account details so they can pay refunds and entitlements, and your up-to-date email and address details so they can make sure you get your income tax assessment. You can check or update your details using myIR.

What else do you need to know?

For more information on the other changes that have become law, including tax code notifications and donation receipt uploading through myIR, visit www.ird.govt.nz

Residential Care Subsidy

On 1 July this year, the annual changes to the Residential Care Subsidy Rates will come into effect. If you need long-term residential care in a rest home or hospital, you may now qualify for a subsidy.

The asset thresholds have increased to:

- \$230,495** for a single person
- \$230,495** for a couple where both partners are in residential care
- \$230,495** for a couple where one partner is in residential care, including the value of their house and car
- \$126,224** for a couple where one partner is in residential care, not including the combined value of their house and car. (The house is only exempt when it's the main place where your partner who is not in care or a dependent child lives).

The income-from-assets exemptions have increased to:

- \$1,005** a year for a single person
- \$2,009** a year for a couple when both are assessed as needing care
- \$3,013** a year for a couple where one partner has been assessed as needing care.

Your assets and income will be assessed by Work and Income. All other eligibility is assessed by the Ministry of Health.

To find out if you're eligible go to the Work and Income website at www.workandincome.govt.nz

Source: SuperSeniors.msd.govt.nz

Endowment Fund

I wish to make a donation to the **Endowment Fund** held with the Acorn Foundation in the name of: **Age Concern Tauranga Inc.**

Amount \$

Please complete the form and send with your donation (please do not post cash) to: Acorn Foundation, DX Box HP40007, Tauranga 3112

A receipt will be issued to the address you have provided. Credit card and online banking donation facilities are available on the website at www.acornfoundation.org.nz/ways-to-give/donate

Name:

Address:

Phone:

Email:

- I have advised Age Concern Tauranga of this donation.
- Please advise Age Concern Tauranga of this donation on my behalf.
- I prefer to remain anonymous.



Keeping Fire Safe

Your local fire station is here to help you. For no cost to you, they are happy to visit your home and:

- install smoke alarms if you do not have them installed already. All you have to do is buy your smoke alarm/s before they come to you.
- check existing smoke alarms to ensure they are working and are in the right places. They can also replace batteries. You will need one 9 volt battery for each smoke alarm.
- help you make an escape plan so you can get out of your house quickly if you have a fire.

Call your local Fire & Emergency NZ station for more details:

- Tauranga 578 7099**
- Greerton 541 1357**
- Mt Maunganui 574 8953**



FORM OF BEQUEST

Take or send to your Legal Advisor for incorporation in your Will.

"I give and bequeath the sum of \$ _____ (or) _____% of my estate, (or) residue of my estate, (or) property or assets as follows:

free of all charges, to Age Concern Tauranga. The official receipt of the General Manager or other authorised officer of the Board shall be a sufficient discharge to my executors".

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What's On...

Wednesday Walking Group

Wednesday 7 August - 10am

Meet at BMX Cycle Track off Cambridge Rd

Wednesday 14 August - 10am

Meet at New World, Brookfield

Wednesday 21 August - 10am

Meet at Memorial Park, 7th Avenue

Wednesday 28 August - 10am

Meet at Pak n Save, The Crossing, Tauriko

Wednesday 4 September - 10am

Meet at Welcome Bay Tavern

Wednesday 11 September - 10am

Meet at end of Wylie Street, Greerton

Minibus Adventures

Tuesday 13 August

Lunch with Roland - Tirau

Cost: \$25pp

Thursday 15 August

Transport to Coffee & Conversation - Greerton.

Cost: \$5pp

Saturday 17 August

Blokes Day Out - Thames Museum tour.

Cost: \$30pp includes entry fee

Saturday 24 August

Tour Western Bay Museum. Step back in time, enjoy fresh scones made on the wood range.

Cost: \$30pp includes tour & morning tea

Thursday 29 August

Transport to Monthly Meeting.

Cost: \$5pp

Tuesday 3 September

Middy Melodies and lunch, Tauranga RSA

Cost: \$20pp includes lunch

Wednesday 4 September

Transport to Coffee & Conversation - Brookfield.

Cost: \$5pp

Please Note:

- **ALL LUNCHEAS AND MORNING TEAS AT OWN COST.**
 - Keep hydrated - take a bottle of water.
 - Make it easier for the driver; please wait outside by your letterbox. All pick up times are approximate.
- Minibus trips are subject to the availability of a volunteer driver.**

Coffee and Conversation Group

Do you miss having someone to chat with over a relaxing cuppa?

Then come and join our Coffee and Conversation Group to meet others who are friendly and like-minded. For catering purposes, please register your interest by phoning 578 2631.

Brookfield Group

When: Wednesday 4th Sept & 2nd Oct

Time: 10.30am to 12 noon

Where: St Stephens Methodist Church Hall, Brookfield

Cost: \$3pp

Te Puke Group

When: Tuesday 13th Aug & 10th Sept

Time: 10.00am to 11.00am

Where: Te Puke Citizens RSA

Cost: \$3pp

Greerton Group

When: Thursday 15th Aug & 19th Sept

Time: 10.30am to 12 noon

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

Cost: \$3pp

Everyone Welcome



Monthly Meeting

When: Thursday 29th August

Where: Hinton Lounge, Tauranga RSA, 1237 Cameron Road, Greerton

Time: 10.00am

Cost: \$3pp

Guest Speaker:

Barry Maurer. Health Consumer Service.

Everyone Welcome

(No one) can do everything, but (everyone) can do something.

Alan Holloway, a volunteer at Waipuna Hospice for over 22 years, is one such person that does something. Actually, he has done many "some-things," from bread delivery and driving illegally during the war because there was no manpower to motor mechanics and later becoming an aircraft engineer and chef on Great Barrier Island. A man of many hats, Alan was able to find a role to



suit him at Waipuna Hospice, from hanging paintings in the chapel, cooking, driving and sitting with the terminally ill.

Alan says, "You get ten times more out of volunteering than what you put in - and that would be conservative." He enjoys meeting people here at hospice and hearing their stories. Alan has had many humbling experiences while volunteering. One such moment happened while he was visiting a patient. In the distance, he could see a man in a wheelchair pushing it along the grass verge. He thought to himself why doesn't he move onto the footpath so it's easier for him to push himself along? On closer inspection Alan noticed the man was putting the brakes on his wheelchair and pushing his mower in front of him, then taking the brakes off again to move the mower forward.

Alan firmly believes "we take things out of life all our lives - when you retire it's time to give something back." Waipuna Hospice has over 800 volunteers, who provide a wide range of support services for Waipuna Hospice patients and families. There are a number of volunteering roles available at Waipuna Hospice, if you are interested in lending a helping hand please visit waipunahospice.org.nz/volunteer or phone 07 552 6897.

Waipuna Hospice volunteers are a very important part of our service. We would not be able to operate without them. Thank you for your support.

Age Concern Tauranga Seminar Series 2019

INCONTINENCE

- An Embarrassing Secret

- Basic Continence Management
- Older People and Continence
- Stress Incontinence
- Caring for someone with incontinence
- Products Available

Presenter: Janet Thackray
Continence Educator, Continence NZ

When: TUESDAY 10 SEPTEMBER 2019

Where: Hinton Lounge, Tauranga RSA, 1237 Cameron Rd, Tauranga

Time: 10.30am to 12.00pm

Cost: \$4 per person

When: TUESDAY 17 SEPTEMBER 2019

Where: Papamoa Sports & Recreation Centre, 80 Alice Way, Papamoa Beach

Time: 1.00pm to 2.30pm

Cost: \$4 per person

**To avoid disappointment, registration is essential
PHONE AGE CONCERN 07 578 2631**

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you treat those
who can do
nothing for you.**

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Sender:

Age Concern Tauranga Incorporated

177a Fraser Street, Tauranga 3112

Phone: (07) 578 2631

Email: ageconcerntga@xtra.co.nz

www.ageconcerntauranga.org.nz



Use your SuperGold card as photo ID

The SuperGold Card is a free discounts and concessions card available to New Zealand residents who are aged 65 years or over and those under 65 years receiving New Zealand Superannuation or the Veteran's Pension. If you want to add a photo to your card, you can do this at your nearest AA Driver and Vehicle Training Licensing Agent.

SuperGold Card carriers may choose to add a photo to their SuperGold Card. This could be useful if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus, evidence of your address. It's a free service for all SuperGold card holders.

Your photo will be taken and a new card posted to you - all free of charge.



The AA's involvement

AA has a nationwide network of driver licensing outlets and is the only New Zealand organisation with Digital Counter Capability across the country. They decided to participate in the SuperGold initiative to ensure that the New Zealand public had easy access to a free photograph service.

With 70% of all SuperGold Card holders already holding a New Zealand driver's licence, we hope a majority of people are already aware of where their local AA Licensing agent is.

Age Concern Tauranga Membership Form



Please forward your subscription with this form to: Age Concern Tauranga, 177a Fraser St, Tauranga 3112.
Age Concern Tauranga is a registered charitable entity (CC25758) and appreciates the generosity of the community by way of subscriptions, donations and legacies. Donations are tax deductible over \$5.00.

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