



Board Members: (Back left) Peter Moss, Eddie Jackson, Marilyn Shuker,
(Front left) Angela Scott, Eliza Benfell, Anna Bones (Chairperson)
Absent: Adrienne von Tunzelman



Age Concern Team: (Back left) Nikki Moloney, Ali Hill
(Front left) Tanya Smith (Manager), Deb Nash

On behalf of the team at Age Concern, we wish you all a very Merry Christmas, and a bright and cheery New Year

Our office closes on Thursday, 22nd December 2022 and will re-open on Monday, 9th January 2023



Judi Steel
Total Mobility Assessor



Ian Lee
Staying Safe Driver Course Facilitator

Our Vision: Older people live a valued life in an inclusive society.

Tips for Managing Grief During the Holidays

Grief can be hard at any time of year, and special events like birthdays or Christmas can be particularly challenging. If you, or someone you know, is struggling with grief this Christmas, here are a few coping strategies to help. Of course, we know that everyone is different so some may work for you, and some may not. But it's important to remember that it is both healthy and normal to grieve, and remember those we have lost.

Talk to friends and family

We all grieve in different ways and you may need to let them know about your feelings or worries.

Include the person in some way

Perhaps light a candle or raise a toast, listen to their favourite music or read a poem. It can be daunting, but don't be afraid about acknowledging them, or worry when someone else recalls their life.

Give people permission to talk about the person who has died

Family and friends might be frightened of upsetting you, so you can let them know it's healthy, normal and helpful for you to share memories.

Enjoy the company of others

People can feel guilty about having fun with friends and family, but there is no expectation for you to be sad all the time. We all grieve, remember and celebrate life in different ways. Explain to your friends and family that you might need to change your plans at the last minute. Grief can come in waves and it's good to have a safety net, and not feel like you're letting anyone down.

Be kind to yourself

Christmas is just another day—let your self-compassion replace self-criticism as you balance grief with holiday enjoyment.

Source: Hospice UK

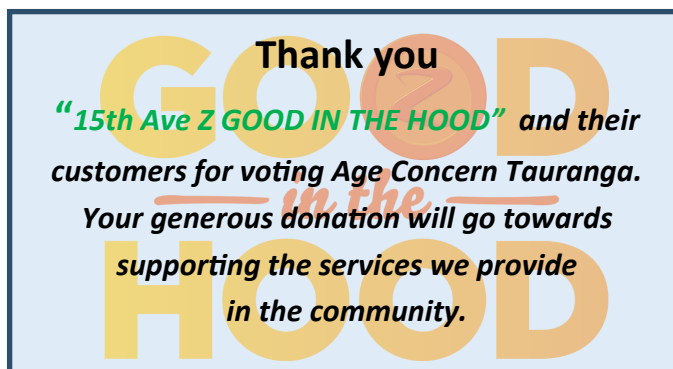
Supporting People Who Go Missing

Are you, or someone you know, concerned about getting lost or going missing when out and about in the community?

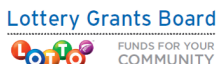
The good news is you are not alone, and there are lots of things you can do to reduce the risk of going missing, while still maintaining your freedom to live a healthy active life in the community.

The Safer Walking Framework, an initiative delivered by Land Search & Rescue New Zealand, aims to support, educate and reduce the risk of people getting lost or going missing due to cognitive impairment. The Safer Walking website www.saferwalking.nz has a wealth of information, including different tools, ideas and strategies that can be tried to reduce this risk, from completing a Safer Walking Profile to things you can try in the home environment. The website also includes links to relevant websites and organisations that you may find helpful to contact for support and advice.

Land Search & Rescue has also produced a video series of New Zealanders telling their own stories of going missing. The stories show how having plans and making use of technology, like Global Positioning System (GPS) location devices, can enable people at risk to be out and about, while providing peace of mind for their whānau if they go missing.



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

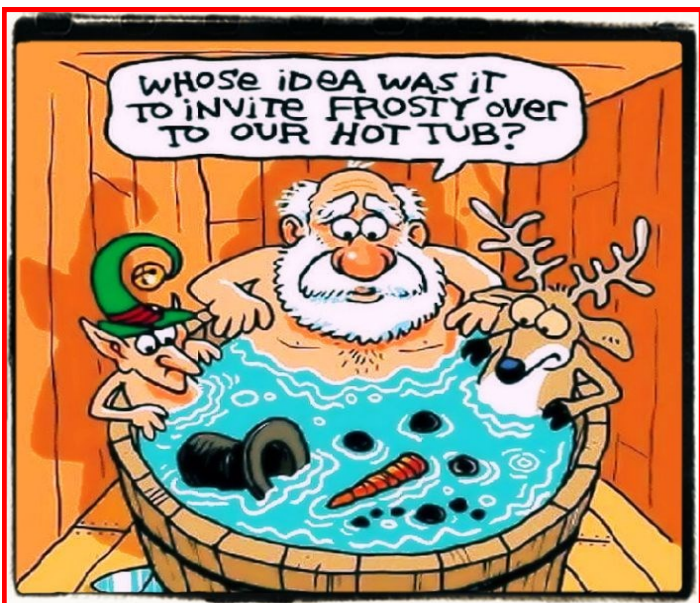


Greerton Coffee and Conversation to MOTAT

At the October Coffee and Conversation (Greerton) meeting, Terry Hewlet showed a video of air force activity in the Pacific during World War 2. It was narrated by Brian Cox, who served in that area. He still had a licence to fly at age 93 and died at the age of 96. During a recent visit to Auckland I went to MOTAT. I travelled by tram (I had forgotten how noisy they are) to the old aircraft display. All the aircraft, from small single engine planes, to flying boats and WW2 craft are housed in a huge hanger. I got to speak with one of the attendants, who was an ex air force pilot and in discussion I mentioned Terry's video. He was very interested and considered it an important historic record. He gave me his card, which I have given to Terry who has agreed to make contact.

Watch this space!

Take care, stay safe and have a great Christmas and New Year— Roland Edwards



Age Concern Tauranga Christmas Lunch

Celebrate with the Age Concern Team

Thursday 15th December 12 noon,
Mount Maunganui RSA, Munro's Restaurant and
Café, 544 Maunganui Road

\$35 per person
Payment to be made on the day

RSVP: To Age Concern office 578 2631
by Friday 9th December

Reserve your seat if transport is required

All Welcome!


Help Us Continue to Help

Did you know we are building an enduring
Age Concern Tauranga Fund
through the Acorn Foundation?

This endowment fund will allow us to have an even greater impact in our community, now and in the future.


Through your generosity, you can contribute to the growth of our fund by leaving a gift in your will, or donating during your lifetime.

Donate online now: acornfoundation.org.nz/funding/community-group-funds.



ACORN
FOUNDATION
WESTERN BAY OF PLENTY

Contact us on 07 578 2631
or call the
Acorn Foundation
on 07 579 9839 for more
information.



AGE
CONCERN
TAURANGA

What's On

Monthly Meeting

There will be no December or January monthly meeting.

The next meeting will be held on 23rd February 2023—



500 Card Group

Have you always wanted to play 500 but don't know how? We will teach you.

A friendly, fun group gets together every Monday (except Public Holidays) 9.30am—11.30am, held at Age Concern, 177a Fraser Street, Tauranga. Gold coin donation appreciated.

Monday, 19th December will be the last group for 2022. Cards will resume on Monday, 9th January 2023.

Coffee &

Conversation Groups

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 Age Concern on 578 2631.



Brookfield Group

When: Wednesday 7 December & Wednesday 1 February

Time: 10.30am to 12.00pm

Where: St Stephen's Methodist Church Hall, 9 Brookfield Terrace, Brookfield, Tauranga

Cost: \$3pp

Te Puke Group

When: Tuesday 13 December & Tuesday 14 February

Time: 10.30am to 12.00pm

Where: Citizens RSA, Te Puke 179 Jellicoe Street, Te Puke

Cost: \$5pp

Greerton Group

When: Thursday 8 December & Thursday 9 February

Time: 10.30am to 12.00pm

Where: Greerton Senior Citizens Hall,

Mt Maunganui Group

When: Wednesday 21 December & Wednesday 15 February

Time: 10.30am to 12.00pm

Where: Mt Maunganui RSA, 544 Maunganui Road.

Cost: \$3pp

Wednesday Walking Group

All groups leave at 10am unless advised

Wednesday 7 December

Kulim Park (off Kulim Avenue)

Wednesday 14 December

Fraser Cove (Burger King)

Wednesday 21 December

Briscoes, Chapel Street

Break for Christmas/New Year

The Walking Group will resume in February 2023



Jobs that Really Count - Become a Census Collector and be part of telling the story of life in Aotearoa.

New Zealand's next census will be March 2023 to prepare for this national event we are calling for expressions of interest for Census Collectors where you will deliver real value for your community.

Thousand's of temporary full-time and part-time positions available across Aotearoa from January to April 2023

- Interact and engage with people across your local community.
- Support, influence and motivate the public to take part in the census.
- Deliver and collect census materials and information to and from households and dwellings.
- Temporary assignments commencing through January, February and March 2023.
- Hours range from 16 hours to 40+ across 7 days per week.
- Great pay rates + upon full completion of assignment you will be paid a completion payment equivalent to ten percent (10%) of paid hours worked + you will receive allowances + paid training + KiwiSaver employer contributions paid to all those opting in including 65+ years.

Work in your community, for your community! Be part of a programme that delivers real value to local communities by ensuring everyone takes part, is counted and is represented in the data collected in the next census. [REGISTER NOW](https://persolkelly.co.nz/censusjobs) persolkelly.co.nz/censusjobs Phone: 0800 000 210 #1 for census jobs