

SUMMER 2022 QUARTERLY NEWSLETTER

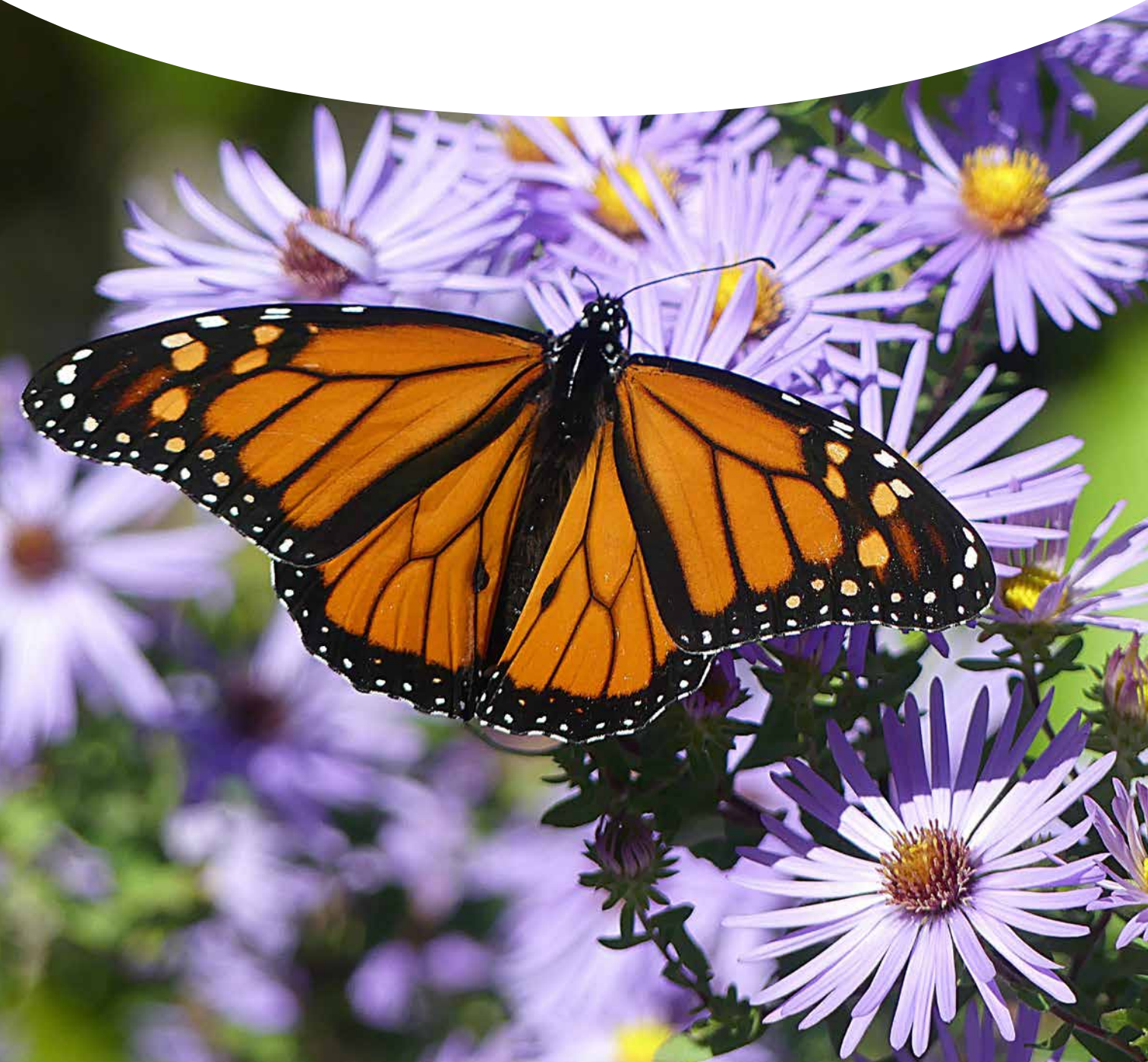
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# Age Concern Tauranga



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Kaumātua Aotearoa



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### OFFICE HOURS

8.30am - 3.00pm Monday to Friday

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*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.
- AgeConnect**  
 Enhancing the wellbeing of older people who are socially isolated and/or lonely by connecting them with people, activities and events within the community.
- 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 Photo ID Cards to eligible people for Taxi discounts.
- Community Development**  
 Looks to promote and develop programmes for the community.

**For further information please phone the office on 578 2631, email [ageconcerntga@xtra.co.nz](mailto:ageconcerntga@xtra.co.nz) or visit our website [www.ageconcerntauranga.org.nz](http://www.ageconcerntauranga.org.nz)**

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



## National census will be held on Tuesday, 7 March 2023

“The five-yearly official count of population and dwellings gives the most complete picture of life in our country,” Government Statistician and Chief Executive of Stats NZ, Mark Sowden said.

“The information collected is invaluable, helping communities, iwi, councils, businesses, and government make important decisions about where to fund and locate services that affect all people living in Aotearoa New Zealand.”

Stats NZ has taken on board the lessons of the 2018 Census, and the 2023 Census is being designed specifically to enable people to participate in the way that works for them.

“The 2023 Census will be the most inclusive census yet. People will have more choice about how they participate, either online or on paper. We will have significantly more paper forms available than for the previous census and will make these forms available earlier,” Mr Sowden said.

“We are also doing more to support people whose first language is not English and will deliver the census in a wider range of accessible formats to better meet the needs of disabled people.”

There will also be more support available to help people get ready for the census and complete their census forms.

“In the 2023 Census, there will be close to double the number of census collectors on the ground compared with 2018 to ensure people have what they need to take part. This will include help online, at your doorstep, or in your home for those who need the most support,” Mr Sowden said.

“Engagement teams from Stats NZ are working with communities around the country on how the 2023 Census can work best for them. A big focus for the 2023 Census is achieving the highest response rates possible, especially for Māori, Pacific peoples, and other population groups with historically lower response rates,” Mr Sowden said.

“There will be further community engagement leading up to census day to help people understand the importance of the census and feel confident about

taking part.

“This speaks to the theme for the 2023 Census: Tatau tātou – All of us count. By reducing barriers to participation and making it easier to complete, we are aiming to achieve high response rates so that we can produce quality census data that benefits all communities and groups in Aotearoa New Zealand.”

### About the 2023 Census

The Aotearoa New Zealand Census of Populations and Dwellings is an official count of how many people and dwellings (where people live or stay) are in Aotearoa New Zealand. It is a snapshot of the people who live in our country and the places they stay in and call home.

The information collected is used to inform important decisions, including where to spend taxpayers’ money on services like schools and hospitals and infrastructure like roads and public transport. Community organisations and iwi use census data to support funding applications so they can serve the needs of their people and communities.

Under the Data and Statistics Act 2022, everyone living or staying in Aotearoa New Zealand on the night of the census, Tuesday 7 March 2023, is required to complete a census form. This includes parents and caregivers completing census information for children and babies.

### You can find more information about the 2023 Census by:

- visiting the official census information website, [www.census.govt.nz](http://www.census.govt.nz)
- visiting [www.stats.govt.nz/2023-census](http://www.stats.govt.nz/2023-census)
- emailing [info@stats.govt.nz](mailto:info@stats.govt.nz)
- calling 0508 525 525 (within Aotearoa New Zealand only).

**Go to [www.facebook.com/ageconcerntauranga/](http://www.facebook.com/ageconcerntauranga/) to follow us on Facebook.**

## NZ's oldest person's secrets to a long and happy life

New Zealand's oldest person has celebrated another birthday milestone.



Aileen Kars from Palmerston North turned 109 this week. (Source: 1News)

### New Zealand's oldest person shares her secret to a long and happy life

Palmerston North woman Aileen Kars turned 109 on Wednesday. She got to celebrate her special day with her friends and family for the first time in two years.

The world has changed immensely since Aileen was born on a farm in 1913, one year after the sinking of the Titanic.

She's seen two world wars and her fifth British monarch.

When asked how it felt to turn 109, she responded, "a bit old."

With two children, three grandchildren, 12 great-grandchildren and seven great-great-grandchildren, life has been full and happy for Aileen.

She told Seven Sharp she had a "happy marriage" with her late husband, which lasted for 54 years.

"Never even had an argument."

While family is an important part of her life, Aileen also boasted an active lifestyle.

She was still driving at 95 and loved dancing, bowling, golf and horse riding.

So what's the secret to living a long life?

"She always tells us she does it for us, she's here for us, even though we don't live here in New Zealand," granddaughter Christine Hipa said.

Granddaughter Judith Coe said growing up on a farm where "they don't take anything for granted" could also play a part.

Aileen also doesn't drink, except for the occasional glass of sherry.

"Every time we came, we'll have a glass. We wanted one or two but there was only one!" Helen Sipeli said with a laugh.

"She drinks a lot of Milo - that could be the secret."

### Age Concern Seminar Series 2022

## Enduring Power of Attorney - Why do I need one?

- What is an Enduring Power of Attorney?
- Why have an Enduring Power of Attorney?
- Choosing an Attorney.
- Your Attorney's powers and responsibilities.

**Presenter:** Michelle Carabine, Harris Tate Lawyers.

**Where:** Tauranga Citizens Club, 70 Thirteenth Avenue, Tauranga. Upstairs lounge.

**When:** Thursday 10 November 2022

**Time:** 10.30am to 12.00pm

**Entry Fee:** \$4.00pp

*To avoid disappointment registration is essential. Phone Age Concern Tauranga (07) 578 2631.*

## Age Concern Tauranga Christmas Lunch



### Christmas is coming! Celebrate with the Age Concern Team

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

**\$35.00 per person**

RSVP: to Age Concern office 578 2631 by Friday 9th December 2.30pm. Payment to be made on the day.

Reserve your seat if transport is required.

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## Alert over combining supplements, medication



A new study by University of Otago (Christchurch) researchers showed the use of over-the-counter non-prescribed dietary supplements has increased 72% in New Zealand over the past 15 years, but most people do not need dietary supplements to gain optimal nutrition.

Senior research fellow Dr Geri McLeod said there was no specific legislation governing natural health products in New Zealand, and New Zealanders were able to freely combine dietary supplements and prescribed medications.

Data for the study was from the Christchurch Health and Development Study - a birth cohort of babies born in Christchurch in 1977. Cohort members were assessed at age 40 on their use of prescribed medications and non-prescribed dietary supplements. "Among this group of nearly 1000 40-year-old New Zealanders, more than one-third (36.4%) were using a dietary supplement.

"Of this group, nearly half (47.1%) were also taking prescribed medication. "More females reported using dietary supplements than males," Dr McLeod said. Of the group taking dietary supplements, she said more than one in three were taking dietary supplements that had no evidence for treating the stated health condition.

A small number of participants reported dietary supplement and medication combinations that could produce an interaction, she said. "It can sometimes stop prescribed medications from being taken up by the body. "For instance, iron is a well-known one - it can interfere with thyroid medications.

"You have to be aware - if you're not, you could actually be harming yourself.

"New Zealanders should be aware that when using dietary supplements without support from their doctor, [it] can at best be a waste of money, and at worst expose them to interactions or symptoms of excessive consumption."

Dr McLeod said clinicians should encourage patients to use diet to attain nutrition and encourage information sharing of supplement consumption by their patients. "Often, non-prescribed products are a waste of money offering no health benefit."

### Ministry of Health clarification:

Current regulation for Dietary Supplements is provided by the Dietary Supplements Regulations 1985, made under the Food Act, which specifies requirements for the composition, dose and labelling requirements for dietary supplements.

The nature of claims in relation to dietary supplements or other natural health products are also regulated under the Fair-Trading Act which requires that claims are able to be substantiated and are not misleading. Products with a therapeutic purpose, regardless of any claims that are made, are medicines as defined by the Medicines Act 1981. Medicines are required to be approved before they are able to be sold in New Zealand.

Last year (July 2021) the Government decided to regulate natural health products under the Therapeutic Products Bill, as a distinct category, separate from medicines. The Therapeutic Products Bill, expected to be introduced to Parliament this year, will modernise and provide comprehensive regulation of therapeutic (medicines and medical devices) and natural health products.

For natural health products, which include dietary supplements, the Bill will provide assurance of the safety and quality of these products and require any health benefit claims to be substantiated with robust scientific or traditional evidence.

It will also help consumers to make informed decisions about their health.

If consumers have any questions or concerns about any medicines or natural health products they are taking, they should talk to their doctor or pharmacist.

Sourced: *Otago Daily Times*. Friday, 19 August 2022

## It's now illegal to ignore "do not knock" stickers

The following is some more information and how to get stickers.

### How to get a 'Do Not Knock' sticker

- Consumer members can request a sticker through the form on Consumer's website.
- If you're not a Consumer member, you can get a sticker from any Resene ColorShop or store that sells Resene paints.
- Alternatively, you can make your own sign or download a printable version of the sticker.

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

Changes to the Fair Trading Act, which have come into force, 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."

You don't need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they're told for two years. If they don't do as they're told, or they ignore your sticker, you can complain to the Commerce Commission.



## Strawberry Santas

Makes: 20 Time to make: 15 minutes

### Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

### Method:

Cut the top third off each berry and reserve. Stand berry bases on a serving platter.

Mix cream cheese and icing sugar until smooth and creamy.

Pipe or spoon 1 tsp cream onto flat berry tops.

Place reserved berry tops on top.

Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry "hat" (pompom) and onto "chest" (button).

Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes). Refrigerate until ready to serve.



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If Possible



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**DROP!**

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Using Walker



**LOCK!**

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**HOLD ON!**

Using Wheelchair



**LOCK!**

**COVER!**

**HOLD ON!**



Stay there, hold on, and protect your head with a pillow

Stay away from buildings, walls and power poles

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Put the brakes on in a safe place and protect your head

Drop, protect your head and stay there until the shaking stops

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## The Weekend Sun and Posted Mail Only Sticker

You may get a lot of trash in your mailbox over summer. Much of it can be tipped straight into the recycling. Rest assured your local, reliable and trustworthy Weekend Sun will be bringing every household (not just a random selection, but all homes) all the valued news you need over the summer months.

As usual our summer Sun editions will go free to every home in the Western Bay of Plenty. That includes all the rural mail addresses and stretching the whole Western Bay from the beautiful beaches of Matata through to the good folk at Waihi Beach.

No other paper goes to the whole region. A massive 62,500 copies into the homes of 150,000 people. The Sun is also the best read, scoring tops in the Nielsen Media surveys. That's what makes it the most popular and effective choice for advertisers to get their messages out there – and the most popular choice for readers.

So, if you've had enough of Summer trash, grab one of our letterbox stickers. It says "deliver The Weekend Sun only and posted mail" which helps reduce the amount of unwanted rubbish mail, but ensures your fix of quality reading, information and entertainment. To order a sticker call (07) 578 0030.



**As I learned from growing up, you don't mess with your grandmother.**

Prince William

## Free Eye Tests and Spectacles for Community Services Card Holders



### Do you hold a Community Services Card?

If so, you are eligible for a free Vision Voucher for an eye test and one pair of basic spectacles through the Salvation Army and OPSM .

All you need to do is visit the Salvation Army Community Ministries, on Monday, Wednesday or Friday between the hours of 9am – 12noon. They are located at 375 Cameron Road, Tauranga (above the Salvation Army Family Store – parking is available at the rear of the building).

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## Retirement villages sector launches most significant reform in a decade

New Zealand's retirement village sector has unveiled major changes to the way the industry operates in the most significant voluntary reforms to the industry since legislation was passed in 2003. Among the key changes is a requirement that operators pay interest on outstanding capital sums if a former resident has not been repaid within nine months of leaving a unit. In addition, all operators are being asked to stop charging weekly fees once a unit is terminated and vacated.

Members of the Retirement Villages Association (RVA), which represents operators comprising over 95 per cent of all units including not-for-profits, independents and listed village operators, have approved the changes, which will be trialed for 12 months as part of the organisation's best practice guidelines. The reforms will be voted on at the RVA's AGM next year, and if passed, will become part of the Association's best practice requirements that members' performance will be audited against.

The RVA has also committed to asking members to amend Occupation Rights Agreements (the contract between an operator and resident) to eliminate any perceived unfair clauses. These include clearly setting out responsibilities for repairs and maintenance of operator-owned chattels.

The sector's best practice disclosure guidelines regarding residents' transfer to care will also be recommended to be incorporated into the Retirement Villages' Code of Practice. Furthermore, if a resident is moving from a village without the necessary level of care and needs funds to pay for residential care costs in another facility, village operators will take all reasonable steps to assist them to get a residential care loan from the Ministry of Social Development. If a loan is not possible, the operator will advance sufficient funds to cover the residential care costs with the advance secured against the net proceeds when they are paid out to the former resident.

"Retirement village living is one of the country's most popular housing options with more than 100 New Zealanders moving into a retirement village every week and independent research shows overwhelming satisfaction rates," says Graham Wilkinson, President of the Retirement Villages Association. "However, we have always accepted the need for improvements to the sector's consumer protections regime where they are feasible and make sense.

"Developing and enforcing industry best practice is a more effective and fairer way to resolve these issues rather than legislative upheaval for the sake of it. Our industry's Blueprint is clearly delivering positive outcomes for residents across New Zealand." The sector accepts it is only fair that village operators share some of the pain where a relicensing of a unit takes over nine months, although research shows this was less than 10 per cent of all relicensing in 2021, he says. "That's why we are trialling having members pay interest on any repayment over nine months. This has the benefit of not penalising efficient operators, which a mandatory deadline would do, while encouraging others to up their game."

Stopping weekly fees when residents leave units has

already been adopted by the six largest corporate operators and larger independents and dozens more operators will now follow, says Mr Wilkinson. "The operators that do charge fees after a resident leaves are generally smaller or regional operators that simply cannot afford to cease this practice. Operators who are not responsible for the sale of the residential unit or independent owned villages with fewer than 50 residential units will also be exempt from the changes if the business risks failing."

Other changes include clarification on the maintenance of chattels and upgrades of units to meet the Government's Healthy Homes standards. "All of these changes are a continuation of the steps we have already taken to improve our policies and practices such as appointing former MP Hon Jo Goodhew to the RVA's Executive Committee as an independent member to bring older peoples' views to the table.

"We're prepared to explore other changes, but want to see a more evidenced-based approach before making decisions. "For example, an industry ombudsman may be a good idea, but our initial trialling of a de-facto dispute resolution service suggests the need is extremely low, if at all. "Standardised contracts may be helpful, but what's more important is clarity, communication and the ability for village operators to offer differentiation and innovation, not the lowest common denominator. There's a very real risk that innovation will be stifled if contracts are essentially a template."

The RVA is concerned about the negative unintended consequences of imposing changes to the sector's commercial model, says Mr Wilkinson. "Villages are extremely long-term investments and operators need certainty before they can invest. Developing and fully licensing a village requires substantial capital and takes typically around 5-8 years, and many further years before any cashflow return is received. "If there is any possibility of allowing an adjustment of commercial terms in the future, operators will think twice about future investment."

The sector is also confident residents' needs were generally catered for when they moved into care, he says. "87 per cent of residents moved seamlessly from the village to care. Of the 13 per cent who moved to another facility in 2021, four per cent was because there wasn't the right level of care available in their home village, two per cent needed to make a temporary move because a bed wasn't immediately available, and seven per cent moved away for personal reasons. "This shows that very few residents in villages have trouble moving to care where it is in a village."

"Clearly, it is in the interests of all operators to relicense units as quickly as possible. No operator wants a long drawn out process," says Mr Wilkinson.

**Note:** the RVA's Executive Director is willing to visit branches to outline the proposals and how they impact on residents and operators. This presentation is available entirely free of charge, but we will need an audience of at least 30 people to justify the costs of travel.  
**Contact John on 021 952945 to find out more.**



FINANCIAL SERVICES FEDERATION

## "We would never ask members of the public for money"

### The Financial Services Federation urges Kiwis to be vigilant as its name gets used in a scam

The Financial Services Federation (FSF) is urging Kiwis to be vigilant if contacted by anyone claiming to be from the FSF asking for money – it is a scam.

The Federation has been made aware of its name and/or logo being used in a phishing scam attempting to obtain money or other private or financial information from members of the public.

The FSF, which is the association for responsible finance and leasing companies operating in New Zealand, would under no circumstances ask members of the public for money.

"We would never ask members of the public for money, and we want to do what we can to help prevent people from being sucked in by these revolting individuals," says FSF Executive Director, Lyn McMorran.

"We all know that scammers can pose as government and bank representatives, and this is unfortunately a stark reminder that any organisation, especially in the financial services sector, is a target for their names and logos to be used to prey on people.

"How far reaching this is we do not know, however we have referred the matter to NZ Police and placed an alert banner on our website, to warn anyone who might be contacted and seek verification there.

"We urge people to be wary of all unsolicited contact from any organisation asking for money or information, especially with a sense of urgency, and to contact their bank as soon as possible if they suspect they have been scammed."

More information on how to protect yourself can be found at CERT NZ's website: <https://www.cert.govt.nz/individuals/common-threats/phishing/>

For more information please email [hmckee@fsf.org.nz](mailto:hmckee@fsf.org.nz)

## Phone scammer ALERT !!

Every week we are rebuilding peoples' mobile phones and computers because they have been compromised by criminal scammers over the telephone.

Please note well, that the bank, Spark, Microsoft, and anyone else is NOT monitoring your computer and ringing to let you know that they can help.

These criminals are experts at twisting your emotions, even telling you off when you question their integrity, or running you through FAKE security checks.

Some of our clients have escaped without losses, while others willingly let these scammers onto their mobile phones and computers, and they have incurred losses of many 10's of \$000's.

Prepare yourself today. You are not obligated to enter into conversations with strangers on the telephone who want to talk to you about your banking, credit card, computer, mobile phone, or any other device. **HANG UP THE PHONE IMMEDIATELY.**

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## Age Concern New Zealand Inaugural Huia Awards 2022



Age Concern New Zealand is so proud to announce the first ever winners of the Age Concern New Zealand Huia Awards.

The Huia Awards are an annual celebration of New Zealand's older people and those who support them. Each year Age Concern New Zealand will award three recipients a Huia Award. Nominations must show how recipients support older people in Aotearoa and make positive difference.

"I am delighted to celebrate Marcia Te Au Thomson, Rangimahora Reddy and Malia Hamani as the esteemed winners of our 2022 Huia Awards, says Karen Billings-Jensen, Age Concern New Zealand Chief Executive.

"It is timely to honour these three remarkable women: Marcia Te Au Thomson, Rangimahora Reddy, and Malia Hamani as part of our International Day of the Older Person celebrations in 2022.

"In Aotearoa New Zealand we have so many wonderful examples of resilient women and the contributions they make in all facets of our society. These three women are inspiring, caring, and compassionate advocates for the rights of older people in their communities and great role models to us all.

Marcia Te Au Thomson is known for her positivity for life which is interwoven in the work she does at Nga Kete Matauranga Ponamu Charitable Trust in Invercargill.

"My heart is so full and thankful. I love the work I do working with our Kaumātua. It warms my heart

knowing that our people are cared for. They come for a meal, exercise and waiata practice, but also get a wonderful time to connect with others of all ages. I take great pride in knowing people are not sitting at home alone in the cold", says Marcia.

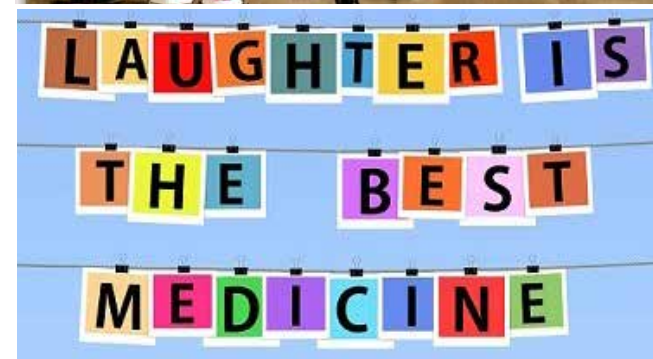
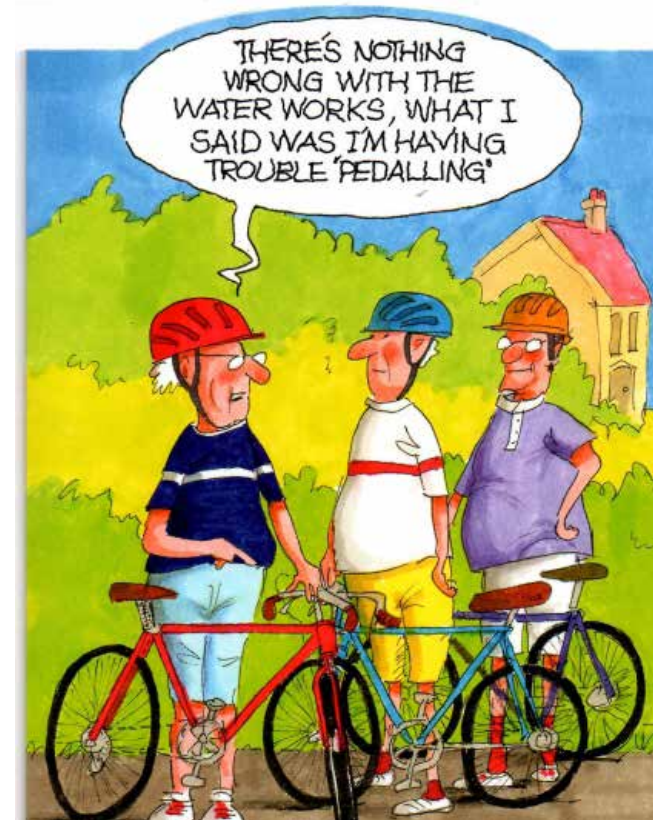
Rangimahora Reddy CEO of Rauawaawa Kaumātua Charitable Trust in Hamilton actively promotes and advocates the Kaupapa to enhance the well-being of Kaumātua.

"This is an honour not just for me but the people who have gone before me setting up the Rauawaawa Kaumātua Charitable Trust. We are all working to enhance the quality of life of kaumātua. Working alongside "ngā mātauranga taonga" makes Rauawaawa a very special place to be", says Rangimahora.

Malia Hamani is founder and CEO of Toa Pacifica in Otahuhu and a leader in the wellbeing and care of older Pacifica peoples.

"I want to thank my family and colleagues for all their support over many years. My passion is people and making sure they have a connection to their culture, so making sure that the services we at Toa Pacifica provide are fit for pacific peoples and cultures is very important, says Malia.

"Leadership, mana and community are the qualities our brand represents. The circle of three huia feathers in our logo portrays the concept of community, friendship, and respect—all things our award recipients will value and uphold, says Billings-Jensen



## seniors Update with Vanessa

Spring has been a mixed bag and we have not seen the spring uplift in the real estate market that is traditionally expected. Buyers are holding back; waiting for house prices to finish their decline while also keeping a wary eye on rising interest rates.

This quarter I have enjoyed showing seniors who are looking to rightsize their homes different alternatives in Tauranga such as retirement villages, 55+ villages and seniors suburbs. Each option comes with advantages and disadvantages and sometimes "aging in place" is a good option.

For seniors thinking of aging in place there are three priority areas to look at in your home and to renovate if necessary. The first is the bathroom; showers need to have a level access and room for a wheelchair to turn around in. Built in seating is an advantage and a grab-bar a necessity. The toilet needs to be comfort height and the installation of a bidet is becoming more popular. A wheelchair accessible vanity and non-slip flooring will complete this area.

The second priority area is access to the house and within the house. Ramps can be installed and can often be cleverly designed to complement the exterior. If the house is multi-level, then an elevator or chair lift can be installed. Alternatively, the house may be able to be renovated so all living is on a single level. Finally, a well-thought-out kitchen will make the house welcoming for all. This can include wheelchair accessible benches and a safe induction cooktop. Pull-out drawers make it easier to reach items and this includes dish drawer and freezer drawer options.

**Seniors Real Estate Tip:** There are a lot of options to consider for seniors housing or aging in place so it's worth taking time to consider all options.

Vanessa Charman-Moore is a Tauranga Seniors Real Estate specialist. For more information, see Vanessa's advertisement below or visit [www.seniorsrealestate.co.nz](http://www.seniorsrealestate.co.nz)

## Volunteers Needed for Waipuna Hospice Annual Remembrance Tree Appeal.



Christmas is generally a festive time of the year, but for some, it can be a challenging time spent thinking of the people who we can't be with. They may have died, they may be living overseas or in other parts of the country, or perhaps just can't be with you at this time of year. The Waipuna Hospice Remembrance Tree Appeal is a time when the community is encouraged to leave a message on a Christmas tree for their loved ones, remembering those who they can't be with.

Waipuna Hospice needs your help this year to make that possible. They are looking for volunteers to help with their Remembrance Tree Appeal in November and December. As a Remembrance Tree Volunteer you will be a friendly face helping someone make a donation and write a special message for a loved one to place on the Waipuna Hospice Remembrance tree.

Funds raised from this appeal will go directly towards supporting the terminally ill and bereaved in Tauranga and the Western Bay of Plenty. Everything Waipuna Hospice provides is at no cost to patients and their families because they believe that hospice care should be available for everyone. However, while completely free of charge, their services cost a lot to provide. Waipuna Hospice is not funded by the government,

and while some of their services have historically been contracted by what was the DHB, they still need to raise over \$7.5 million in the coming financial year to meet the shortfall in their operating costs. That's why their Remembrance Tree Appeal is so important.

Last year their Remembrance Tree Appeal raised almost \$60,000 for Waipuna Hospice, which was only made possible thanks to the generosity and support from volunteers.

**It may seem early to think about Christmas, but Waipuna Hospice needs your help to make their campaign a success. So, if you can spare just two hours this November and/or December and want to help raise money for people in your community facing a life-limiting illness, please sign up at [www.waipunahospice.org.nz/remembrance-tree-volunteer-22/](http://www.waipunahospice.org.nz/remembrance-tree-volunteer-22/) phone Michael on 07 552 6892 or email [events@waipunahospice.org.nz](mailto:events@waipunahospice.org.nz). Shifts are only 2 hours long, and there are opportunities to volunteer all across Tauranga and the Western Bay of Plenty.**



## Early On-Demand Music Streaming Required Lots of Nickels

The machine had over 170 songs to choose from, each one assigned a different number. Customers would use its built-in telephone to connect with the local Multiphone station, filled with records and turntables. A DJ with a friendly voice would be waiting on the other end to answer the call and play the requested record. The stations, located in Seattle, Tacoma, Bremerton, and Spokane, were staffed entirely by women.

"You'd put your nickel [into the Multiphone] and you would hear a hostess from the central station ask through the speaker, 'what number, please?' And you'd say, I want number 202, 'Fools Such As I.' And then they'd grab the record from the rack, put it on the turntable associated with the location you were at, play it, and that was it," says Seattle historian John Bennett, author of the upcoming book *The Shyvers Multiphone Story*. Bennett, who runs Jukebox City, a vintage jukebox business in the Georgetown neighbourhood, is a Multiphone collector himself. A self-proclaimed antique hoarder, Bennett bought around 500 Multiphones in the 1980s, which he sold at an antique shop he owned at the time. Back then Multiphones only sold for \$100

a pop—today, they're much rarer, and can go for over \$2,000.

The brainchild of Seattle inventor Ken Shyvers, Multiphones came onto the scene in 1939. At the time, jukeboxes were only spinning 20 or so records, at most. Shyvers wanted to expand the playlist, so he created the Shyvers Multiphone: a mini-jukebox, with an Art Deco aesthetic. It stood about 20 inches tall and, during its mid-century heyday, could be found anywhere from diner counters and bars to drive-in theatres.

*Information from Atlas Obscura online magazine Feb 2022.*



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# Nutrition



Nutrition and physical activity continue to be important as we grow older. A healthy combination of good food and exercise can delay or even reverse many of the problems associated with ageing, helping older New Zealanders to continue living independently and enjoy a good quality of life.

## To help you feel at your best:

- Eat a variety of foods. Have at least three meals every day. Include plenty of different vegetables and fruits
- Maintain a healthy weight. If your weight is a little low, have a snack between meals
- Have at least 6-8 glasses of fluids each day, such as water, tea, coffee, and low fat, calcium enriched milk, unless recommended otherwise by your Doctor
- Try to be active every day

## Important nutrients for older adults

The recommended intake of a number of nutrients is greater for older people than for younger age groups. As older people often think they need less food than younger ones, it is important to focus on the nutrients noted below. It can be difficult to get all the nutrients you need if food intake is small, so having at least three meals and between meal snacks and keeping an eye on any weight changes is important.

### Protein

Provides energy and is also essential for the repair and maintenance of body tissues. Aim to have at least 1-2 serves per day of protein-rich foods from the lean meat and alternatives food group. These include lean red meat, fish, chicken, eggs, legumes (peas, beans and lentils), nuts and seeds.

### Calcium

An essential nutrient as we grow older. A good intake of calcium can help prevent osteoporosis and fractures.

Milk, yoghurt, cheese and other milk products are the best sources of calcium, aim for 3 serves each day. However, many other foods contain calcium, including calcium-fortified soy milk, tinned fish (with bones), certain nuts including almonds, brazil and hazelnuts, legumes, tofu and wholegrain breads and cereals. Enjoy a milky Milo or coffee, some yoghurt, cheese, milk-based puddings, sauces and soups at least once a day to improve your calcium intake.

### Vitamin D

Has an important role in bone health as it helps our bodies to absorb calcium from food. However, it is very difficult to get enough Vitamin D from your diet alone. The best source of Vitamin D is sunlight. Try to get out in the sunlight for at least 30 minutes a day, before 11.00am and after 3.00pm. Foods rich in vitamin D include oily fish, eggs, lean meat and dairy products. If getting enough sun is difficult for you, discuss taking a Vitamin D supplement with your Doctor

### Folate

Is thought to help reduce the risk of illnesses such as heart disease and even some cancers. Not having enough folate may eventually lead to a type of anaemia called macrocytic anaemia, which can make you feel weak, tired, irritable and possibly give you palpitations. Include plenty of whole grain breads and cereals, dark coloured vegetables, fruit and legumes in your diet. When you go shopping, look for orange juices and cereals that are now fortified with folate.

### Vitamin B12

Is needed for normal blood and brain function. Deficiency can produce a variety of symptoms, including pale skin, low energy, tiredness, shortness of breath and palpitations. The majority of our vitamin B12 comes from animal foods, such as meat, eggs and dairy foods or vitamin B12 fortified foods. Have at least 1 serving of either lean meat, chicken, fish or eggs each

day and at least 2 servings of milk or dairy products each day.

If you think you might be going short of any of these nutrients, or want to avoid eating any specific foods, ask your Doctor for advice.

## Preventing constipation

Constipation can be caused by certain medications, not being very active, not drinking enough or not eating enough high fibre foods

- Eat plenty of high-fibre foods like fruits and vegetables (preferably with skins on). Kiwifruit and prunes, legumes, wholegrain or wholemeal breads and cereals are good sources of fibre
- Have at least 6-8 glasses of fluids a day, including water, tea, coffee and milk to help the fibre work effectively
- Keeping active every day will help

If constipation persists, talk to your Doctor or Pharmacist.

## Ideas for gaining weight and improving appetite

It is important to maintain a good weight as you age. However, eating alone, ill-fitting dentures or poor teeth, illness, difficulty shopping, being on a tight budget and some medications are factors that can leave you without much of an appetite. Talk to your Doctor or a Dietitian if you are concerned you aren't eating or drinking enough, or if you are losing weight.

- Small meals and snacks can be more tempting than being faced with a huge plate of food. Try scrambled eggs, creamed corn or baked beans on toast, creamy soups, a bowl of fruit topped with yoghurt or ice-cream. If you don't feel like cooking yourself, try some of the ready meals that are available in the fridge and freezer sections at the supermarket and delicatessens. Many companies in New Zealand also offer meal delivery services
- Include high energy snacks in your diet. Try having a snack from the milk, yoghurt and cheese food group
- Try adding extra milk powder to milk and milky drinks, such as tea, coffee and hot chocolate, porridge and creamy soups. This will give you extra protein and calcium without adding bulk
- Enjoy a pudding or dessert every day

- Use standard homogenised milk (with the dark blue cap)
- Try having your main meal in the middle of the day as you'll have more energy to prepare and eat your meals. Save the dessert to have with your lighter evening meal

## The eating environment

The environment in which we eat affects our appetite. If you are preparing meals for someone who is not eating well, consider the following:

- Add a table cloth or flowers to a table, and make sure suitable cutlery is available for the meal being served
- We eat with our eyes, so always consider adding a garnish to make a meal as appealing as possible. For example, a piece of parsley or slice of tomato can transform the visual appeal of a pale coloured meal, such as fish pie or macaroni cheese
- Seasoning food is important to stimulate the appetite. Use a little iodised salt in cooking and avoid using salt at the table, and you can use herbs whenever possible to add extra flavour and interest. Make pepper, sauces and chutneys available on the dining table
- Eating with others helps to make a meal more enjoyable, so try to eat with those living alone from time to time and encourage them to join lunch clubs.

For more information on nutrition and older adults visit the NZ Nutrition Foundation website

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## Inheritance law

The most controversial recommendations in the inheritance law revamp

Make it your business to know - Delinquent kids beware



Under the recommended changes, Kiwis who have fallen out with a parent and are cut out of their inheritance, will not be able to contest the decision.

“Under the new law, if you’re over 25, you will not be able to contest the will. If Mum or Dad leave it all to the SPCA or your brothers and sisters, well, that’s tough.”

Legal opinions about this law have been divided.

The Law Commission came up with several recommendations to reflect those conflicting concerns, one of which (Recommendation 25) presented two options for reform. Under one of those options, children over the age of 25 would be ineligible to claim family provision unless they had a disability. The other option would enable all children and grandchildren of the deceased, regardless of their age, to claim.

### Stepchildren recognised

Another change recommended is that stepchildren should be given the power to make a claim. “They don’t say how much, so it’s a little open-ended, but they do allow for the possibility,” says Phare. This could open the door to a whole new category of litigation between biological children and stepchildren all looking to assert their rights to inheritance. “One of the reasons to bring these statutes under one law was to make it easy, accessible, and clear. But in areas like this, where biological children become angry and defensive against stepchildren, it does open it up for more court action and hostility within the family unit.” Phare explains that a major motivation behind these changes is that the dynamic of the modern New Zealand family is far removed from what it was seven decades ago. “Back when the inheritance laws

were written, there was Mum, Dad and the two kids. That’s not a reflection of modern-day society, where re-partnering is much more common and there’s often one or more sets of children from previous relationships. That needs to be taken into account.”

### Hidden Trusts

Trusts, long used by wealthier individuals to protect their assets, also look set to feel the impact of the recommendations from the Law Commission. “Under the current law, if a property falls outside the estate, nobody can touch it,” says Phare. “The Law Commission wants the court to have greater power to access trusts.” Phare says that if there is clear evidence that someone intended to use a trust to hide their assets to stop someone from inheriting, then there could be grounds for a claim under the new law. “There has to be intent and you (have) to prove that intent to the court, so it is a reasonably complex area,” she says.

### Separated but still bound

Raising further concern is the Law Commission’s recommendation when it comes to separated couples. “In the event of separation, if one of the partners dies, the surviving partner can claim up to two years after the date that they separated,” says Phare. “They can make a claim against the estate, and the court can make that longer. If they presented a strong enough case, they could make that up to five years since separation.” Phare says although the law might seem controversial, it does serve a practical purpose. “You can’t get divorced legally until you’ve been separated for two years. And often, property settlement takes longer than two years, so it could be to protect people who are still waiting to get their share of the matrimonial property.”

### Gift Tax Exception

For 2022, the annual gift-tax exemption has risen to \$16,000 per donor, per recipient. In 2021, this limit was \$15,000. Using this tax break, a giver can give someone else – such as a relative, friend or stranger – assets up to the limit each year, free of federal gift taxes.

## Do something today that might just save your life!

Free bowel screening now available across New Zealand.

Bowel screening is now being offered to men and women aged 60 to 74 years right across Aotearoa. Screening as part of the National Bowel Screening Programme is free for those who are eligible, as are any follow-up tests or treatment.

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed.

The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit.

The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person’s bowel motion (poo). This may be an early warning sign that something is wrong with their bowel.

A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated.

A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

Screening is for people who do not have symptoms of bowel cancer. Anyone with symptoms should see their doctor. Common symptoms of bowel cancer may include:

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion.

Although these symptoms are usually caused by other conditions, it’s important to get them checked by a doctor.

More about the National Bowel Screening Programme can be found by ringing **0800 924 432**.

## Kiwifruit Chutney

Supplied by 5+ A Day

With only 15 minutes of preparation and 20 minutes cooking, you’ll be able to stock your pantry with fresh kiwifruit chutney. The best part is that gold kiwifruit is in-season throughout the spring, so head down to your local farmers’ market or grocer’s and get started with this simple chutney.

### Makes 1 Jar

- 5 gold kiwifruit, diced
- 1 small onion, finely chopped
- 2 cloves garlic, crushed
- 1 teaspoon grated ginger
- Pinch dried chilli flakes
- 1/2 teaspoon mustard seed
- 1/3 cup brown sugar
- 1/3 cup rice wine vinegar
- Pinch salt

Place all ingredients into a medium pot.

Cook over low heat for 20 minutes or until the mixture is glossy and thick. Spoon into a hot sterilised jar. Allow to cool before putting on a lid. Store in the fridge.

If you have an abundance of kiwifruit, you can easily scale this recipe up!

This chutney is great served on a party platter with fresh fruit, vegetables and cheese.

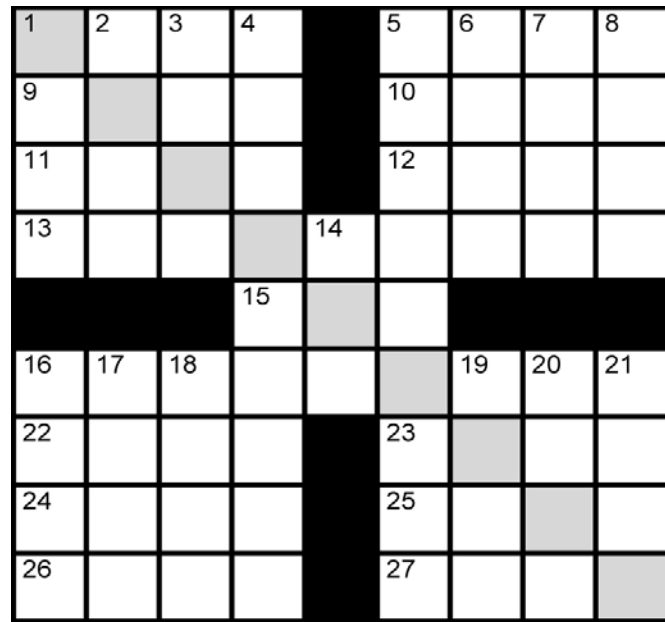


Find more recipe ideas and learn what’s in season at [5aday.co.nz](http://5aday.co.nz)



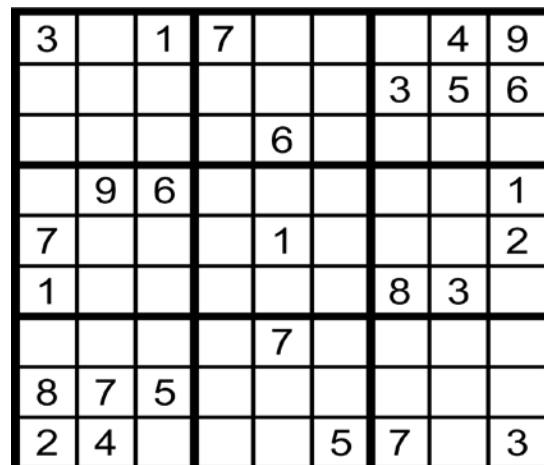
Looking for lots of nutrients? Include egg yolks in your diet. Yolks contains good vitamins and minerals. For best results, include both egg white and yolks in your diet. "Egg yolks contains more nutrients than egg whites."

**To Build**



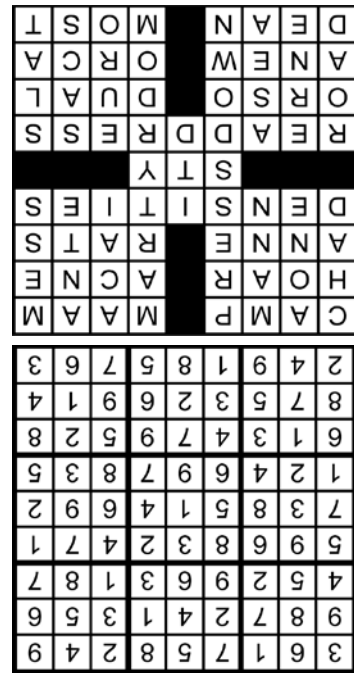
- Across**
- 1. Bivouac
  - 5. Hat-tipper's word
  - 9. Frost
  - 10. Clearasil target
  - 11. "Green Gables" girl
  - 12. "Darn it all!"
  - 13. Population statistics
- Down**
- 15. Hog's home
  - 16. Look at something again
  - 22. Approximately
  - 23. Twofold
  - 24. All over
  - 25. Killer whale

- Bamboo
- Blue vanda
- Cinnamon
- Cockleshell
- Crested snow
- Easter
- Egret flower
- Foul giant
- Foxtail
- Fried egg
- Ghost
- Grass pink
- Halloween
- Holy ghost
- Marsh
- Masdevallia
- Moth
- Noble rock
- Nun
- Phaius
- Showy tiger
- Slipper
- Spider
- Vanilla



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

- 26. College bigwig
  - 27. The bulk
- Down**
- 1. Neighbor of Libya
  - 2. Top-rated
  - 3. Educator Horace
  - 4. Push, in a way
  - 5. Fate of one with a cause, perhaps
  - 6. Antioxidant berry
  - 7. Poker pot starter
  - 8. Military meal
  - 14. "\_\_\_ be my pleasure!"
  - 16. Start of many Hope/Crosby film titles
  - 17. Coastal raptor
  - 18. Floating, perhaps
  - 19. Continental currency
  - 20. Pouches
  - 21. Bed board



*The crossword headline is a clue to the answer in the shaded diagonal*

**ORCHIDS**



**The good old days**

It is for all people born before 1945.

"We are the survivors! Consider the changes we have witnessed!

We were born before penicillin, before polio shots, frozen food, plastic, contact lenses and Frisbees.

We were born before credit cards, laser beams and ballpoint pens. Before tights, dishwashers, clothes dryers...and before man walked on the moon.

We got married first, and then lived together. How quaint can you be? In our time, closets were for clothes, not for 'coming out of.'

Designer jeans were scheming girls called Jean, and having a meaningful relationship meant getting along with our cousins.

We thought fast food was what you ate during Lent. We were before house husbands, gay rights and computer dating.

We were before day care centres and group therapy. We never heard of FM radio, tape decks, electronic typewriters, artificial hearts, word processors, yoghurt and guys wearing earrings.

For us, time-sharing meant togetheress, a chip meant a piece of wood, hardware meant hardware and software wasn't even a word!

Back then, 'Made in Japan' meant junk, and pizzas and instant coffee were unheard of.

In our day, grass was mowed, Coke was a cold drink and pot was something you cooked in. Rock music was a grandma's lullaby and Aids were helpers.

And we were the last generation that was so dumb to think you needed a husband to have a baby.

No wonder we are so confused and there is such a generation gap today.

But we survived"

*"from the Northern Outlook"*

**Vegetable Soup**



**Ingredients:**

- 1 cauliflower
- 1 onion diced
- 2 Tbsp butter
- 1 leek sliced
- 3 carrots diced
- 3 handfuls macaroni
- 1 tsp salt
- 2 litres hot water
- 2 beef stock cubes
- 1 tsp curry powder

**Method:**

Wash cut and separate the cauliflower.

Fry onion on medium heat in butter until soft.

Add other vegetables and stir-fry for 15 minutes. Add hot water and bring to the boil, then add the macaroni, beef stock, salt and curry powder. Bring back to the boil, stir regularly and simmer for 25 minutes.

If too thick, add water.

**ORANGE ALMOND CAKE (gluten free)**



Preheat oven to 180c Prepare a 20cm cake tin

**Method:**

- Boil 2 navel oranges for 15 mins in water.
- Cool, chop roughly and whizz in a processor.
- Beat 3 eggs with 1 cup of sugar.
- Fold in 3 cups of almond meal and 1 tsp of baking powder.
- Fold in oranges to mixture and place in tin.
- Bake 1 hour at 180c until cooked

**Are you aware!**

Is your vehicle Insurance Policy payment the correct cover type for the value of your vehicle? In the event of an accident will your cover be adequate.

## What's On...

### Walking Group Meet at 10am unless advised.



**Wednesday 2 November**

Ferguson Road (off Tilby Drive)

**Wednesday 9 November**

Change Point Church, Poike Road, Ohauti

**Wednesday 16 November**

Kulim Park (off Kulim Avenue)

**Wednesday 23 November**

Memorial Park (off 7th Avenue)

**Wednesday 30 November**

Christmas Bus Trip to Whakatane/Ohope. Price \$30 includes bus trip and morning tea. Lunch is extra. Bus leaves at 8.30am from Mitre 10 Bus Stop, Gate Pa. RSVP to Renee on 022 156 3408

**Wednesday 7 December**

Kulim Park (off Kulim Avenue)

**Wednesday 14 December**

Fraser Cove (Burger King)

**Wednesday 21 December**

Pyes Pa Shopping Centre

**Wednesday 28th September**

Pacific Avenue, Mount Maunganui

**Break for Christmas/New Year**

The Walking Group will resume in February 2023.

### Mini Bus Trip

Thursday 15th December  
Christmas Lunch, Mount RSA. Cost: \$5 pp

### AGE CONCERN TAURANGA Monthly Meeting

**When:** Thursday 24 November 2022

**Where:** Tauranga Citizens Club,  
170 13th Avenue, Tauranga

**Time:** 10am to 11am

**Cost:** \$4.00pp tea/coffee provided

**Guest Speaker:** Campbell Hill and Angela Rogers,  
Good Neighbour

**Topic:** Community Gardens

*Everyone Welcome*

### Coffee and 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 578 2631.**



#### Brookfield Group - 1st Wednesday of each month

**When:** Wednesday 2 November &  
Wednesday 7 December

**Time:** 10.30am to 12pm

**Where:** St Stephens Methodist Church Hall,  
9 Brookfield Terrace, Brookfield

**Cost:** \$3.00pp

#### Te Puke Group - 2nd Tuesday of each month

**When:** Tuesday 8 November &  
Tuesday 13 December

**Time:** 10.30am to 12pm

**Where:** Citizens RSA Te Puke. 179 Jellicoe Street

**Cost:** \$5.00pp

#### Greerton Group - 2nd Thursday of each month

**When:** Thursday 10 November &  
Thursday 8 December

**Time:** 10.30am to 12pm

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

**Cost:** \$3.00pp

#### Mt Maunganui Group -

**3rd Wednesday of each month**

**When:** Wednesday 16 November &  
Wednesday 21 December

**Time:** 10.30am to 12pm

**Where:** Mt Maunganui RSA. 544 Maunganui Raod  
Mt Maunganui

**Cost:** \$3.00pp

### 500 Card Group

Have you always wanted to play 500 but don't know how? Come along and learn with a friendly fun group. Every Monday (except public holidays) 9.30am to 11.30am held at Age Concern office.

**Light refreshments provided.**

**\$2 donation - All are welcome**



### 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 and nostalgic music, from the 1930's to the 1980's, are broadcast each day, from 8am until 5pm.

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](http://www.villageradio.co.nz)

### 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:

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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".



## New Members

Welcome to all our new members that have joined over the last couple of months. We hope you have enjoyed reading our magazine. We love hearing from our members so if you have any feedback regarding our services, please do not hesitate to contact our office on 578 2631.

### HELP US TO CONTINUE TO HELP OTHERS

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](http://acornfoundation.org.nz/funding/community_group_funds).

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



After doing some DIY projects around the house, I have a new motto: Do your best to do things right the first few times.

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*Many thanks*

## Steady As You Go® Falls Prevention

Community based, ongoing peer-led classes for men and women over 65 to improve balance, leg strength, flexibility and general fitness

For more information on classes available in your area phone Age Concern 578 2631.



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## 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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