

Age Concern Tauranga

KEEPING YOU CONNECTED



Get Password Smart

These days we access and share some of our most important information online—about ourselves, our family and our finances. Keeping in touch via email and social media, and managing our finances online, does make life easier but it also can open us up to cyber attack.

Cyber attacks can have profound, negative impacts on our lives, so it's really important to improve our cyber security and protect our online accounts from attack. One of the best ways to do this by being password smart.

There may be strength in numbers but you can use a string of words to create a strong password. Long passwords are strong passwords. Use four or more words to make up your passwords. Not only will this be easier to remember, it's as strong as a password that uses a mix of numbers, letters and symbols. You can use a sentence or fun phrase that is unique to you. For example popcornwithbutterisbest. Avoid using names, birth dates or addresses, this type of information is easy for people to find or guess.

You could embrace our uniqueness and have a unique password for every online account. That way if anyone gets hold of one of your passwords, they won't get access to all of your accounts.

Keep your passwords a secret and store them somewhere safe. We all struggle to remember multiple passwords. It is ok to write them down, just make sure you keep them somewhere safe, separate from your computer and mobile phone.

HEALTHLINE 0800 611 116

Anyone can call Healthline free on 0800 611 116 for advice and information from a trusted registered nurse, anytime, 24 hours a day, 7 days a week and it's totally free!

Our Vision:

Older people live a valued life in an inclusive society.

Flu Shot

Free flu shots are available for eligible adults and children six months and older from April to December 31 each year. The vaccine is available free for people 65 and over from general practices and many community pharmacies.

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

Around one in four New Zealanders are infected with influenza each year. Many people won't feel sick at all, but can still pass it on to others. Influenza can be anywhere. Contact with the influenza virus is almost unavoidable, and while contact does not necessarily mean infection, it does mean that you are never far from the possibility of catching influenza.

Thank you to those who have renewed their

2019 / 2020 Subscription

From 1st April 2019 to 31st March 2020.



To those who are yet to do so,

please complete the details on the

back page of this Newsletter,

cut it out and post with your cheque to the address provided or call into the office.

Please Note we do not have Eftpos.

If you would like to pay online, our account details are:

Age Concern Tauranga Inc | 03 0445 0172665 00

Please use your initial and surname as reference.



**Age Concern Tauranga Incorporated
ANNUAL GENERAL MEETING NOTICE
Thursday 27th June 2019
10.15am to 12.00pm**

**Held in the Hinton Lounge, Tauranga RSA,
1237 Cameron Road, Greerton, Tauranga
Guest Speaker: To be confirmed
All Welcome**

MID-YEAR BUFFET LUNCH



Age Concern Tauranga invites our members and friends to join us for a mid-year buffet lunch 12noon after our Annual General Meeting on Thursday 27th June 2019.

\$25.50 per person (with Gold Card) \$27.50 per person (without Gold Card)

**Tauranga RSA Oak Tree Restaurant,
1237 Cameron Road, Greerton**

**Phone our office on 07 578 2631 to reserve your seat.
Payment must be received at the office by 2.00pm ,
Friday 14th June 2019 to confirm your booking.**

Age Concern Tauranga Incorporated Board Member 2019 Nomination Form

We the undersigned nominate:

1. _____
2. _____

To be **Board Member (s)** of the Age Concern Tauranga Board.

Nominated by: _____

Signature: _____

Date: _____

Seconded by: _____

Signature: _____

Date: _____

Nominee: Please be prepared to introduce yourself at the Annual General Meeting.

Completed form must be received at the Age Concern Tauranga office by 2.30pm Thursday 13th June 2019.

Age Concern Seminar Series 2019

WHAT MATTERS MOST FOR YOUR FUTURE CARE?

Legal Documents:

- ◇ Enduring Power of Attorney - Who can legally act on your behalf?
- ◇ Updated Will - Your circumstances may change and affect your will.

Health Care:

- ◇ Advance Care Plan - Record your wishes for end of life care.
- ◇ Advance Directive - Decisions about resuscitation.

Presenters: Deeanah Winders, Harris Tate Lawyers, Dr. Joe Bourne, Clinical Director of Innovation and Improvement BOPDHB, and Lee Walters, Advance Care Plan Project Manager BOPDHB.

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

When: Tuesday 14th May

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 thank the following Funders and Sponsors for their continued support:



Sir John Logan Campbell Residuary Estate



KEEP WARM THIS WINTER

Winter Energy payment will commence on 1st May 2019 through to 30th September. Rate is \$20.46 a week for a single person or \$31.80 for a couple. This will be paid with your fortnightly superannuation and should assist with meeting the higher heating bills that arise over the chilly winter months.

Insulation keeps your house warm: Warmer Kiwi Homes is a four-year government programme offering grants covering two thirds of the cost of ceiling and underfloor insulation. Grants covering two thirds of the cost of heating appliances will be available from July 2019. (these grants will be capped)

To be eligible for this programme you must be:
The homeowner (owner-occupier) of a home built before 2008 **AND** have a Community Services Card or SuperGold combo card **OR** own and be living in a home in an area identified as lower-income **OR** be referred by the Healthy Homes Initiative.

To see if you are eligible for the programme go to www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/ or contact Age Concern for assistance.

Strategy For An Ageing Population

The draft new strategy, and a summary, **Better Later Life - He Oranga Kaumātua 2019 to 2034**, takes a fresh look at what we (meaning all New Zealanders) need to do to make sure that New Zealand embraces the opportunities that an ageing population and longevity brings.

Have your say on the new draft strategy and whether it will help New Zealand prepare for an ageing population. Submissions close on **Monday 3rd June 2019**.

Complete the online submission on www.superseniors.msd.govt.nz or download a Word document of the submission form. The completed Word document submission form can be emailed (ageing_population@msd.govt.nz) or be posted to - Strategy for an Ageing Population, Office for Seniors, P O Box 1556, Wellington 6140.

Printed submission forms are available in our office, Age Concern Tauranga.



MoneyTalks Helpline

Getting older can mean a change to your finances and it can be hard to know where to turn to for advice.

The new MoneyTalks helpline offers free and confidential budgeting advice for people experiencing financial hardship.

The helpline can also put you in touch with free financial mentors who work for financial capability and budgeting services based in your community.

They work with you to create a plan for your money.

That can include developing a budget by assessing your change of circumstances, looking at your income, expenses and debt.

They can also help you to work out what benefits and support you might be entitled to.

Researching and finding out the different benefits that you are entitled to as a senior can be a time-consuming process. Financial mentors can help you save time and make sure that you are receiving all the support that you are entitled to and make sure that you are enjoying your retirement without financial worries.

MoneyTalks is a free financial helpline provided by FinCap and funded by the Ministry of Social Development.

Phone: 0800 345 123

Text: 4029

Email: help@moneytalks.co.nz

Live chat: www.moneytalks.co.nz



Communi-Tea Fundraising

With a change in times and temperatures a good energy boost is just what's needed.

Ginseng is known for stimulating mental and physical energy levels and may improve think-

ing processes and cognition. Dr Stuart's Extraordinarily Good Tea blend Triple Ginseng contains Brazilian, Korean and Siberian ginseng in a base of lemon grass, chamomile, hibiscus and peppermint for extra vitality. Just one of the 13 blends available in the range. You can shop online at www.communitaefundraising.co.nz or available at the Age Concern office and at the monthly Age Concern meeting. \$6.50 for a box of 15 tea bags with \$1 per box sold going back to Age Concern fundraising efforts (when nominated at time of purchase).

What's On...

Minibus Adventures



Thursday 16th May

Transport to Coffee & Conversation - Greerton Senior Citizens Hall.

Cost: \$5pp

Saturday 25th May

Lunch at Okoroire Hot Springs Hotel.

Cost: \$25pp

Thursday 30th May

Transport to Monthly Meeting.

Cost: \$5pp

Wednesday 5th June

Transport to Coffee & Conversation - St Stephens Church Hall, Brookfield.

Cost: \$5pp

Saturday 8th June

Buffet lunch at Kwangchow Mt Maunganui.

Cost: \$29pp includes lunch

Thursday 13th June

The Crossing Shopping Mall, Tauriko

Cost: \$10pp

Wednesday 3rd July

Transport to Coffee & Conversation - St Stephen's Methodist Church Hall.

Cost: \$5pp

Please Note: All lunches and morning teas at your own cost.

Walking Group

All walks start at 10.00am unless stated otherwise.

Wednesday 15th May:

Meet at Carmichael Road, Carpark

Wednesday 22nd May:

Meet at Pacific Ave, Mt Maunganui

Wednesday 29th May:

Meet at Omokoroa picnic area, bring your lunch

Wednesday 5th June:

Meet at Briscoes, Chapel Street

Wednesday 12th June:

Meet at Chester Street, off Cambridge Road

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 at 9.30am until 11.30am every Monday (except Public holidays) held at Age Concern, 177a Fraser Street, Tauranga.

Light refreshments provided
\$2 Donation - All are Welcome.

Monthly Meeting

When: Thursday 30th May

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

Time: 10.00am to 11.30am

Cost: \$3pp - light refreshments provided prior to meeting.

Guest Speaker: Kate McCarthy
Forget-Me-Not Life Stories.
Preserving your stories.

Everyone Welcome

Coffee & 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 5th June & 3rd July.

Time: 10.30am to 12.00pm

Where: St Stephen's Methodist Church Hall, Brookfield.

Cost: \$3pp

Te Puke Group

When: Tuesday 14th May & 11th June.

Time: 10.00am to 11.30am

Where: Te Puke Citizens RSA

Cost: \$3pp

Greerton Group

When: Thursday 16th May & 20th June.

Time: 10.30am to 12.00pm

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

Cost: \$3pp



Age Concern Tauranga Membership Form

Please forward your subscription with this form to: Age Concern Tauranga. 177a Fraser Street, 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.

Name: Email:

Address: Postcode:

Phone: Mobile: D.O.B.:/...../.....

New Member / Existing Member / Magazine by email

Pakeha (NZ European) NZ Maori European (incl. British) Pacifika Other:

Subscription per household \$25.00 (1st April 2019 to 31st March 2020)

Donation: \$5 / \$10 / \$20 / \$50 / \$..... other **Sorry EFTPOS not available**

Internet Banking: 03-0445-0172665-00 Westpac (e.g. Particulars—Sub, Reference—Surname & Initial)

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