

Age Concern Tauranga

KEEPING YOU CONNECTED



Knowing our community to inform our future

'Vital Update – Tauranga' is a research project that looks at the geographic communities in Tauranga: who makes them up, and what their needs, wants and aspirations are for their neighbourhoods and the wider city.

We are teaming up with Acorn Foundation, TECT, BayTrust and Tauranga City Council to carry out this research, so we can all create a better future for residents. The information will help us plan future work in our communities and create a vision for Tauranga's tomorrow.

The survey is being conducted by independent research company Key Research. They will protect your privacy by ensuring your identity is not disclosed.

What are the priority target groups?

As well as surveying the general population, 'Vital Update – Tauranga' will focus on gathering information from a few specific groups:

- People experiencing housing issues/ homelessness
- People with a disability
- Young people
- Older people
- Ethnic communities
- Māori

We are specifically targeting these groups as part of the research, because we often don't hear the views of these community members. Without this feedback we cannot plan for a future that reflects the needs and aspirations of our whole community.

What is my role? Why should I take part in it?

The more people who take part in the research, the more accurate we will be in understanding who makes up our community, and what our people's needs and wants are. What do you want for your future, the future of your neighbourhood, the future of your city?

Have your say so we know what matters most to you and your family. Every voice counts, and we will be listening.

If you belong to one of the priority groups or know anyone who does, talk to them about 'Vital Update – Tauranga', and contact one of our partners to find out about the ways to participate. Now is the time to be a part of informing the future of Tauranga.

Or visit:

<http://survey.keyresearchsurveys.com/kr/VitalUpdate>

I don't have a computer.

I need help completing the survey.

Age Concern Tauranga can help! Phone 578 2631 to make an appointment between 10.00am and 2pm. Please allow 30 minutes to complete survey.

We will have staff available in our office to assist you on dates below;

Tuesday 10th December, 2019

Wednesday 11th December, 2019

Friday 13th December, 2019

Tuesday 17th December, 2019

Wednesday 18th December, 2019

What's in it for me?

Making a difference. Taking an active part in shaping the future of our city. And the chance to win some awesome prizes!

1 x \$500 Prezzy card

1 x Dinner for Two at Macau

1 x UE Boom Speaker

1 x \$100 Pak'n'Save voucher

10 x \$100 Prezzy cards

Key Research will draw the winners once the survey is closed and will contact the lucky winners early February 2020.



What matters to
YOU?

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

MAVIS MEYER CELEBRATES 100 YEARS

At our Monthly Meeting in November we helped Mavis Meyer celebrate 100 years of a life well lived.

Roland organised a special car and driver to pick her up and deliver her to the celebrations.

Here is a little snapshot of Mavis's life so far:

Mavis spent her very early years on a Kainui Road farm, Taupiri, with her parents and her sister. Her formal school years didn't last very long as she was taken out of school at the end of primary to work on the farm.

After completing her secretarial studies she worked for the Dairy Company in Hamilton. She also worked as a secretary at local schools, and after moving to Tauranga worked at the Mount College.

As well as being a keen sportsperson, playing tennis, basketball and golf she has been a keen supporter of all her family in whatever they did.

Mavis has 12 grandchildren the youngest of whom is 32. Nan, as she is called, is much loved and respected by all of her family. She is Great Grandmother to 28. Great-Great Grandmother to 1. Mavis keeps track of them all following their achievements with interest.



When Mavis gave up the more vigorous activities, she took up bridge and still plays at least 3 times a week. She is also active in Woman's Division R.S.A., Probus and Age Concern.

Well
Done
Mavis!





Ever Lasting Gift

Have you thought about leaving a gift to support the future work of Age Concern Tauranga? You can bequest to Age Concern Tauranga through Acorn Foundation www.acornfoundation.org.nz or Phone Acorn Foundation 07 579 98399839.

TAURANGA BUDGET ADVISORY Free Budgeting Service

Working together to;

- Make ends meet
- Gain Financial Confidence
- Manage Debt
- Enjoy Your Retirement



Confidential Service
"Giving you the skills to be in control"
Phone 578 0969 for an Appointment or
Text 021 0817 7107

STEADY AS YOU GO FALLS PREVENTION CLASSES OPEN TO THE PUBLIC

We have 2 groups with space available for new participants, they are;

Tuesdays 12.30pm—1.30pm
at the Salvation Army,
51 Fifth Ave, Tauranga

Mondays 1.45pm—2.45pm
at Accadia Manor,
Edgecumbe Road, Tauranga

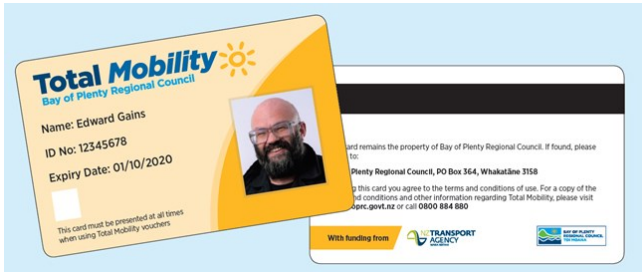
*Please contact
Age Concern Phone 578 2631
if you are interested in joining in.*

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



CHANGES TO TOTAL MOBILITY SCHEME

Does your Total Mobility
ID Card look like this?



If not please call us on 0800 884 880 to
arrange a new card.

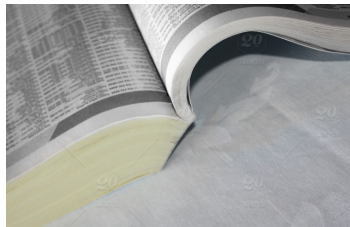
Your new card is all you need to access your
Total Mobility Subsidy. Your yellow vouchers will
no longer be required.

Hand your card to the driver at the start of your
journey. The driver will do the rest and return your
card at the end of your journey.



ORDERING A WHITE PAGES RESIDENTIAL BOOK

The White Pages
Residential book
contains the phone
numbers and
addresses of
households in the
Bay of Plenty region



and is available on order with the option to
receive it automatically every year.

It comes with a standard listing font size
increase of 10%, so it's now even easier to find
contact information for family and friends.

If you want to order a White Pages Residential
Book you can call 0800 803 803 or
go online at ypgbooks.co.nz.

CHRISTMAS FUNCTION

End of Year Buffet Lunch

Tauranga RSA,
Oak Tree Restaurant,
1237 Cameron Road, Greerton
Age Concern Tauranga



invites you and friends to join their
end of year get-together on:

Thursday 12th December at 12 noon



Cost is \$22 per person

Please RSVP and pay to
Age Concern Tauranga

by Thursday 5th December 2019

Ph: 578 2631

VOLUNTEER DRIVERS NEEDED

*If you are interested in driving
our Minibus for our outings and meetings,
please phone us at
Age Concern Tauranga on 578 2631
to arrange an interview.*



A message from the team....

We wish all our members, volunteers,
families and supporters a very
Merry Christmas and Happy New Year.

During this time,
some people will have their families around
them and some may not—we can all
be mindful of this and look out
for those that maybe on their own
and maybe pay them a visit.

Office Hours Over The Holidays

Our office will be closed from
11.30am on Friday 20th December 2019
& will reopen at
8.30am on Monday 6th January 2020

What's On...



Minibus Adventures

Saturday 7th December

Transport to Pacifica Garden Centre & Lunch, Papamoa

Cost: \$10pp

Thursday 12th December

Transport to Age Concern Christmas Lunch at Tauranga RSA, Greerton

Cost: \$5pp

CHRISTMAS & NEW YEAR BREAK

Thursday 16th January

Transport to Coffee & Conversation - Greerton Senior Citizens Hall.

Cost: \$5pp

Wednesday 5th February

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

Cost: \$5pp

Saturday 8th February

Lunch at Julians Berry Farm & Cafe, Whakatane

Cost: \$25pp

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

Walking Group

All walks start at 10.00am unless stated otherwise.

Wednesday 4th December:

Meet at Countdown Bureta

Wednesday 11th December:

Christmas Lunch—Mount Ocean

Sports Club

CHRISTMAS & NEW YEAR BREAK

Wednesday 5th February:

Briscoes, Chapel Street

Wednesday 12th February:

Sausage Sizzle at Kulim Park, Otumoetai

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.

Due to the office closing over the holidays the last day for December cards is Monday 16th and will resume Monday 6 January 2020.

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 5th February

Time: 10.30am to 12.00pm

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

Cost: \$3pp

Te Puke Group

When: Tuesday 10th December.

Time: 10.00am to 11.00am

Where: Te Puke Citizens RSA

Cost: \$3.50pp

Greerton Group

When: Thursday 16th January

Time: 10.30am to 12.00pm

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

Cost: \$3pp



GARDENING HEALTHCARE THIS SUMMER

Wear Gloves; Protect from blisters, fertilizers, pesticides, bacteria, fungi & sharp tools. **Warm Up;** Do stretches & walk around. **Avoid Repetitive Movements;** Take breaks & change tasks every 15 minutes. **Banish Bending;** Kneel instead. **Lifting;** Use your legs, protect your back. **Block the Sun;** Use sunscreen & a wide-brimmed hat. **Watch for Pests;** Spiders, sand-flies, etc. **Wear Protective Gear;** Masks & goggles. **Drink Plenty;** Keep a water bottle handy. **Wash hands;** Thoroughly.

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 / Receive Magazine by email

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

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

Donation: \$5 / \$10 / \$20 / \$50 / \$..... other **EFTPOS available. Sorry no Credit Card payments accepted.**

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

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

The views expressed in this newsletter 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.