



### Spring!

Spring, also known as springtime, is one of the four temperate seasons, succeeding winter and preceding summer. There are various technical definitions of spring, but local usage of the term varies according to local climate, cultures and customs.

Spring is the season of new beginnings. Fresh buds bloom, animals awaken and the earth seems to come to life again. Farmers and gardeners plant their seeds and temperatures slowly rise. The timing of these changes varies depending upon location.

What most people call spring relies on the astronomical definition of the word. Spring is generally considered the period between the spring equinox and the summer solstice. Defined by the angle of Earth's tilt toward the sun, astronomical spring relies on equinoxes and solstices to define it.

When the weather turns warm, many people suffer from spring fever. Common "symptoms" of spring fever include not being able to focus on school or work, taking long walks, or falling in love. So, are you actually sick when you have spring fever?

Originally, yes. Spring fever used to refer to an actual illness. When the weather turned warm, some people developed sore throats, headaches, or stuffy noses.

Source: <https://www.livescience.com/24728-spring.html>

### *Cranky old Man*

*What do you nurses see? .....What do you see?  
What are you thinking ....when you're looking at me  
When you say in a loud voice ...'I do wish you'd try!'  
Who seems not to notice...the things that you do.  
And forever is losing...A sock or a shoe?  
Who, resisting of not ... lets you do as you will,  
With bathing and feeding ... the long day to fill?  
Is what you're thinking? ... Is that what you see?  
Then open your eyes, nurse, you're not looking at me.  
I'll tell you who I am ... As I sit here so still,  
As I do your bidding, ... as I at your will.  
I'm a small child of ten ... with a father and a mother,  
Brothers and sisters ... who love one another  
A young boy of sixteen ... with wings on his feet  
Dreaming that soon now ... a lover he'll meet.  
A groom at twenty ... my heart gives a leap  
Remembering the vows ... that I promised to keep.  
At twenty five now ... I have young of my own.  
Who need me to guide ... and a secure happy home.  
A man of thirty ... my young now grown fast,  
Bound to each other ... with ties that should last.  
At forty, my young sons .... Have grown and are gone,  
But my woman is beside me ... to see I don't mourn.  
At fifty, once more ... Babies play 'round my knee,  
Again, we know children... My loved one and me  
Dark days are upon me ... My wife is now dead.  
I look at the future ... I shudder with dread  
For my young are all rearing ... young of their own  
And I think of the years ... And the love that I've  
known  
I'm now an old man .... And nature is cruel  
Its jest to make old age .... Look like a fool  
The body it crumbles .... Grace, and vigour depart  
There is now a stone ... where I once had a heart  
But inside this old carcass, a young man still dwells  
And now and again ... my battered heart swells  
I remember the joys ... I remember the pain  
And I'm loving and living ... the life over again  
I think of the years, all too few...gone too fast.  
And accept the stark fact ...that nothing can last  
So open your eyes, people .... Open and see  
Not a cranky old man  
Look closer .....see.....ME!!*

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

Hi, my name is Rosie and I am a social work student undertaking a 60 day placement at Age Concern Tauranga. I am in the third year of my Bachelor of Social Work at the University of Waikato, and have a keen interest in working with older adults.



Over lockdown and level 3, I was tasked with undertaking hundreds of welfare calls to check in on how people were coping and if they were in need of any support. I have also been busy accompanying colleagues on various assessments, meeting with local community agencies to learn about their services, and developing my knowledge on issues that impact our older adult population.

I have thoroughly enjoyed getting to know the staff, volunteers and clients at Age Concern and will be reluctant to leave once my placement is completed in late October!



### Are you prepared? Disaster Preparedness

Everyone in Aotearoa New Zealand should have an emergency plan, basic first aid skills and survival items (e.g. food, water and medication) to last a minimum of three days. Knowing your local evacuation arrangements is important during an emergency.

Get ready at home, at school and at work. Download Civil Defence's guides and plans to ensure you are safe should disaster strike. Check your local risks and find out about specific hazards.

### Get ready at home

#### PLAN TO LOOK AFTER YOURSELF AND YOUR LOVED ONES FOR AT LEAST 3 DAY OR MORE

Many disasters will affect essential services and possibly disrupt your ability to travel or communicate with each other. You may be confined to your home, or forced to evacuate your neighbourhood. In the immediate aftermath of a disaster, emergency services will not be able to get help to everyone as quickly as needed.



This is when you are likely to be most vulnerable. So it is important to plan to look after yourself and your loved ones for at least three days or more in the event of a disaster.

Source: <https://getthru.govt.nz/household-emergency-plan>


## Help Us 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



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



## EMERGENCY SURVIVAL ITEMS

- Torch with spare batteries or a self-charging torch
- Radio with spare batteries
- Wind and waterproof clothing, sun hats, and strong outdoor shoes.
- First aid kit and essential medicines
- Blankets or sleeping bags
- Pet supplies
- Toilet paper and large rubbish bags for your emergency toilet
- Face and dust masks
- Check all batteries every three months. Battery powered lighting is the safest and easiest. Do not use candles as they can tip over in earthquake aftershocks, or in a gust of wind. Do not use kerosene lamps, which require a great deal of ventilation and are not designed for indoor use.



### Food and water for at least three days

- Non-perishable food (canned or dried food)
- Food, formula and drinks for babies and small children
- Water for drinking. **At least 3 litres per person, per day**
- Water for washing and cooking
- A primus or gas barbeque to cook on
- A can opener
- Check and replace food and water every twelve months. Consider stocking a two-week supply of food and water for prolonged emergencies such as a pandemic.

## GETAWAY KITS

In some emergencies you may need to evacuate in a hurry. Everyone should have a packed getaway kit in an easily accessible place at home and at work which includes:

- Torch and radio with spare batteries
- Any special needs such as hearing aids and spare batteries, glasses or mobility aids
- First aid kit and essential medicines
- Change of clothes (wind/waterproof clothing and strong outdoor shoes)



- Emergency water and easy-to-carry food rations, such as energy bars and dried foods in case there are delays in reaching a welfare centre, or a place where you might find support. If you have any special dietary requirements, ensure you have extra supplies
- Toiletries – towel, soap, toothbrush, sanitary items, toilet paper
- Blankets or sleeping bags

### **Include important documents in your getaway kit**

- Identification (birth and marriage certificates, driver's licences and passports)
- Financial documents (e.g. insurance policies and mortgage information)
- Precious family photos

Source: <https://getthru.govt.nz/emergency-survival-items>

Good and Ready is a New Zealand Red Cross programme that aims to enhance community resilience and disaster preparedness across New Zealand.



Age Concern is working with New Zealand Red Cross to support the over 65s in the Bay of Plenty, to get better prepared for disasters and unexpected events.

**Connected communities are safer and stronger when disaster strikes. In a disaster, most people are helped first by their neighbours.**

In the Bay of Plenty, our work involves encouraging and supporting individuals, households and communities to support each other to have a plan in place for disasters and emergencies.

Community consultation is an important part of the work we do, so we'd love to hear your thoughts about disaster preparedness and how you connect with your community.

The responses will be collated by Age Concern and used to guide Good and Ready resources and activities for the over 65s.

**Thank you for taking the time to respond to these questions, please return by post or telephone with your responses to the Age Concern office by Friday 29th October 2021**

### Monthly Meeting

**When:** Thursday 28th October 2021  
**Where:** Tauranga Citizens Club  
 170 13<sup>th</sup> Avenue, Tauranga South  
**Time:** 10.00am to 11.00am  
**Cost:** \$4 pp - light refreshments provided prior to meeting.  
**Guest Speaker:** Emma Ngawhare  
  
**Topic:** National Health & Disability Advocate Service

*Everyone Welcome.*

### What's On

**PLEASE NOTE ALL COFFEE & CONVERSATION GROUPS CANNOT GO AHEAD UNTIL LEVEL 1**

#### 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 6th October & Wednesday 3rd November.  
**Time:** 10.30am to 12.00pm  
**Where:** St Stephen's Methodist Church Hall, 9 Brookfield Terrace, Brookfield, Tauranga  
**Cost:** \$3.00pp

#### Greerton Group

**When:** Thursday 14th October & Thursday 11th November  
**Time:** 10.30am to 12.00pm  
**Where:** Greerton Senior Citizens Hall, 33 Maitland Street, Greerton.  
**Cost:** \$3.00pp

#### Te Puke Group

**When:** Tuesday 12th October & Tuesday 9th November  
**Time:** 10.30am to 11.30am  
**Where:** Te Puke Country Lodge, 1 No. 1 Road, Te Puke  
**Cost:** \$5.00pp

#### Walking Group

All groups leave at 10.00am unless advised

**Wednesday 6th October**

Maungatapu Shops  
**Wednesday 13th October**  
 Lakeview Bus stop, The Lakes

**Wednesday 20th October**

Briscoes—Fish n Chip day  
**Wednesday 27th October**  
 Whakaruru Place, off Levers Road, Matua



**PLEASE NOTE 500 CARD GROUP CANNOT RESUME UNTIL LEVEL 1**

#### 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.**

#### Total Health Exercise classes

##### Parkinson's specific exercises classes

- Monday 10.30-12pm  
Papamoa Beach Village  
\$8 per class
- Thursday 10.30-11.30am  
NextStep gym, Mount  
\$10 per class
- Friday 10-11.30am  
Citizens Club, Tauranga  
\$10 per class

##### Active Ageing - Strength and Balance

- Wednesday 10.30-11.30am  
NextStep gym, Mount  
\$10 per class

**Contact:**  
 Emma Goldstraw  
 027 431 5920



### 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 over \$5.00 are tax deductible.

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 2021 to 31st March 2022)**

**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.*