

# Age Concern Tauranga

KEEPING YOU CONNECTED



## New Clinic Brings Better Support For People Taking Multiple Meds

Helping elderly patients who take multiple medications stay safe and well is the aim of a new outpatients clinic at Tauranga Hospital.

For many older New Zealanders, polypharmacy (taking multiple medications for multiple conditions) is common. 35% of over 65s are prescribed five or more medications, and 8% of over 85s are on 11 or more. In the new clinic, these patients can talk to a pharmacist and, if needed, be assessed by a geriatrician.

"Taking multiple medications may be beneficial for quality of life and staying well, as long as it's carefully managed," said Bay of Plenty District Health Board (BOPDHB) Geriatrician Dr Vicky Henstridge. "Research shows 58% of people on five or more medications will suffer an adverse side effect. There's also a higher risk of falls and other age-related conditions that can lead to hospitalisation.

"Our new outpatient clinic allows people to bring along family or friends and spend up to an hour with a pharmacist discussing all their medications, prescribed and non-prescribed, their benefits, potential side effects and possible changes. At the same time, they can be seen by a geriatrician who may add to the recommendations, arrange appropriate investigations or further review."

The Bay of Plenty has a high and growing population of older adults. In the Western Bay people can access specialist pharmacist advice and support about their medications through Medwise.

"The new outpatient clinic is designed to complement those existing services," said Vicky. "People do have their medications reviewed by their GP, often in collaboration with the excellent Medwise service. However, as our population ages, the need for reviews is increasing, and so too is the need for

input from a geriatrician."

Vicky said ultimately the new clinic has been set up to support older people stay well and improve their quality of life. Its progress will be monitored and, depending on its success, the BOPDHB may look to develop a similar clinic at Whakatāne Hospital.

For further information, including referral criteria, please contact [vicky.henstridge@bopdhb.govt.nz](mailto:vicky.henstridge@bopdhb.govt.nz)

Source – BOP DHB

## OUR STEADY AS YOU GO CLASSES ARE RECEIVING LOTS OF POSITIVE COMMENTS

The following is a comment from Jan Wiles who is a Peer Leader for our Steady As You Go Class in Opotiki.

We seem to have quite a profile in the community. I keep hearing from people well outside the group, including younger people, how valuable our group is, and the social interaction seems to rate highly.

Yesterday we had a winter afternoon tea after our exercises. It is six months until Christmas, so I thought it would be a good idea and it seemed to be much enjoyed. It was lovely to see everyone in the group sitting around chatting. It is nice that we have an inclusive group.

Jan Wiles, Opotiki, Steady As You Go.

## DON'T FORGET WE ARE AN AGENCY FOR TOTAL MOBILITY TAXI VOUCHERS

*If mobility is becoming an issue, if Public Transport is too difficult to access for one reason or another, or if your health and mobility are decreasing then Total Mobility Subsidised Taxi Vouchers may be the answer.*

*For a fee we can arrange for our qualified assessor to come to your home to do an assessment. Total Mobility Vouchers provide discounted Taxi rides allowing participation in the community and attendance to appointments.*

**Contact Age Concern office phone 578 2631.**

### Our Vision:

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

## WALKING STICKS

Walking sticks or canes can improve your balance as you walk or help you compensate for an injury or disability. A walking stick can also indicate to other people you need a bit more space around you. If you are looking for help with balance, a walking stick may assist - particularly if walking over uneven ground or if you feel unsteady on your feet. If you feel you need a walking stick all the time, it is initially worth contacting your GP to assess your condition.

### Checking The Fit

A guide to the correct height of a walking stick is to stand with your arms by your side. The hand grip should sit at the level of your wrist bone. Most non-folding and folding walking sticks are adjustable, but if they are not the correct height they can be cut to the correct size. Wooden walking sticks are obviously not adjustable but again can be cut to achieve the correct height.

Aluminium walking sticks can be adjusted using the spring pin buttons - ensure the buttons are correctly locked in place.

### Correct Use of a Walking Stick

If you are using a walking stick to take the weight off one leg, it is important to hold it in the hand OPPOSITE the affected leg in order to keep the body balanced. If you are using two walking sticks you should still move the stick at the same time as the opposite leg.

### Walking Stick Tips/Ferrules

With winter just around the corner this is a good time to check the tip (ferrule) of your walking stick to ensure that it is still providing sufficient grip.

Check the bottom of the cane to ensure it isn't worn through which can pose a slipping hazard. They can sometimes be hard to remove, so check in with your local disability shop such as Mobility Solutions BOP, 67 Totara Street, Mount Maunganui – phone 07) 575 2033 or Life Unlimited Store Mobility Centre Tauranga, 160 Devonport Road – phone 07) 571 6351 for help. They will also be able to help you choose the best stick and check the fit.



## Wool For Charity Yarn Stash Tauranga

Charity Yarn Stash Tauranga needs donations of wool to keep their valuable work going. If you have any spare wool or other yarn please drop it in to Age Concern Tauranga and we will pass these on to Charity Yarn Stash.

The Group has delivered an amazing array of blankets, scarves, beanies and gloves to Age Concern Tauranga for distribution. There is a wide range of sizes and colours.. Please contact us if you could use any of these lovingly crafted items.

If you are a crafter and want to get involved please let us know and we will contact Lisa Sterling the Tauranga co-ordinator. Or you can contact Lisa directly via her email [lisa.stirling1970@gmail.com](mailto:lisa.stirling1970@gmail.com).

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



## Changes at Inland Revenue

### Tax Assessments are now automatic

Inland Revenue have made their Tax Assessments automatic, which means they will now let you know if you've paid the right amount of tax. Below is some information from Inland Revenue on the tax refund process.

Inland Revenue will have also sent you a personalised letter, checking they have the correct bank account details for you, in case you are due for a refund.

If you have any questions, you can call Inland Revenue directly on 0800 775 247.



The tax refund process is now automatic. On 26 April, the latest changes as part of our transformation to make tax more straightforward came into effect.

What does this mean for you?

The main things you need to be aware of are:

- Income tax assessments  
If your only income is from employment, NZ Super, a benefit or investments (such as interest from bank deposits and savings), we'll send you

an income tax assessment between late May to the end of July to finalise your end-of-year tax information.

This will show how much you've earned, how much tax you've paid and your tax calculation – so you'll know exactly where you stand.

- Automatic tax refunds  
If you paid too much tax during the year and are due a refund, we'll automatically pay the refund directly into your bank account (so long as your bank account details are up-to-date in our systems).

### What do you need to do?

Keep your details up to date and we'll take care of the rest.

Make sure we have your current bank account details so we can pay refunds and entitlements, and your up-to-date email and address details so we can make sure you get your income tax assessment.

You can check or update your details using myIR.

### What else do you need to know?

For more information on the other changes that have become law, including tax code notifications and donation receipt uploading through myIR,

Website [www.ird.govt.nz](http://www.ird.govt.nz).



## DO YOU HAVE A LIFE TUBE?

The Life Tube is a plastic container which, once completed will contain information about you, your next of kin, who has your Enduring Power of Attorney, who your doctor is, your medical conditions and your medication.

In the event of any emergency this tube can save your life. Place the RED sticker on the fridge door and the Life Tube inside your fridge door.

You can purchase your Life Tube for \$6 at the Age Concern office at 177a Fraser Street, Tauranga.

## 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 thinking 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.communiteafundraising.co.nz](http://www.communiteafundraising.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



#### Wednesday 3rd July

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

**Cost: \$5pp**

#### Tuesday 9th July

Rotorua lunch with Roland - Parksyde Centre.

**Cost: \$25pp**

#### Saturday 13th July

Z Blokes Day Out with Red - Katikati Museum and lunch.

**Cost: \$30pp includes entry fee.**

#### Thursday 18th July

Transport to Coffee & Conversation - Greerton Senior Citizens Hall.

**Cost: \$5pp**

#### Saturday 20th July

Hamilton Casino—lunch.

**Cost: \$25pp**

#### Thursday 25th July

Transport to Monthly Meeting.

**Cost: \$5pp**

#### Tuesday 6th August

Midday Melodies & lunch, Tga RSA.

**Cost: \$20pp includes lunch**

#### Wednesday 7th August

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

**Cost: \$5pp**

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

### Monthly Meeting

**When:** Thursday 25th July

**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: Bev Hodges.**

**Digital Programme Specialist.**

**Tauranga Library.**

**"Internet Safety"**

**Everyone Welcome**

### Walking Group

All walks start at 10.00am unless stated otherwise.

#### Wednesday 10th July:

Meet at Kulim Park, Bureta

#### Wednesday 17th July:

Meet at Papamoa, Gravatt Rd Bus Stop

#### Wednesday 24th July:

Meet at End of Sterling Gate, Beaumaris Round About

#### Wednesday 31st July:

Meet at Fraser Cove, Burger King

#### Wednesday 7th August:

Meet at BMX Cycle Track off Cambridge Rd

#### Wednesday 14th August:

Meet at New World, Brookfield

### 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.**

### 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 3rd July & 7th August.

**Time:** 10.30am to 12.00pm

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

**Cost: \$3pp**

### Te Puke Group

**When:** Tuesday 9th July & 13th August.

**Time:** 10.00am to 11.00am

**Where:** Te Puke Citizens RSA

**Cost: \$3pp**

### Greerton Group

**When:** Thursday 18th July & 15th August.

**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 )

**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.  
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