

ISSUE 03, SPRING 2024



AGE
CONCERN
TAURANGA

He Manaakitanga
Kaumātua Aotearoa

Age Concern Tauranga

Keeping You Connected



www.ageconcerntauranga.org.nz

Contact Information

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8.30am -3.00pm Monday to Friday

Age Concern Tauranga Board

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Vice-Chair: Eddie Jackson

Treasurer: Eddie Jackson

Board: Angela Scott, Merylyn Shuker, Adrienne von Tunzelmann, Roger Goodman, Chrissy Adams and Janet Jackson

Staff

General Manager: Tanya Smith

Receptionist/ Administrator: Deb Nash

Visiting Service Coordinator: Ali Hill

Staying Safe Facilitator: Ian Lee

Total Mobility Assessor: Judi Steel

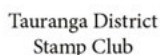
Social Connection Coordinator: Nikki Moloney

Social Activities Coordinators:

Lesley Tong (Brookfield), Doreen Prime (Te Puke), Pam Voermanek (Arataki)

The views expressed in this newsletter are not necessarily those of Age Concern Tauranga Region. The inclusion or exclusion of any product does not mean that Age Concern advocates or rejects its use.

We are grateful to all our funders:



Community Support:

Our team has a wide knowledge of government and community services and are able to respond to enquiries on a number of subjects.

Age Concern Visiting Service:

Our Visitor Service provides companionship to people over 65 who are lonely/ socially isolated and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests.

If you're feeling lonely/socially isolated or if you know someone who would like a visitor, phone our office to speak to our Visiting Service Coordinator.

Staying Safe Refresher Course for Older Drivers:

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with Waka Kotahi (NZTA). The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile. Please call 07 578 2631 for upcoming course dates.

Total Mobility Scheme:

We are an assessing agency for the Bay of Plenty Regional Council to access subsidised taxi fares. An assessment fee applies.

Steady As You Go Exercise Classes

Steady As You Go exercise classes are designed to improve strength and balance and help prevent a fall. Classes consist of a combination of sitting, standing, and walking exercises. Small fee applies. Phone 07 578 2631 for available classes in your area.

Ageing Well

We deliver 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.

What's on..

Wednesday Walking Group

– Key Dates meet at 10am unless advised

4 September 2024: Briscoes, Chapel Street

11 September 2024: Memorial Park, 7th Avenue

18 September 2024: McFetridge Lane, Ohauiti

25 September 2024: Bayfair carpark, Farm Street, Mount Maunganui

2 October 2024: Maungatapu Shops

9 October 2024: Yatton Park, Greerton

16 October 2024: Kmart, Bethlehem

23 October 2024: Carlton Street Reserve (off Ngatai Road)

30 October 2024: Te Puke

6 November 2024: Kulim Park, Bureta

13 November 2024: Waipuna Park, Johnston Reserve, Kaitemako Road, Welcome Bay

20 November 2024: Tay Street Café, Mount Maunganui

27 November 2024: St Stephens Church, Brookfield Terrace

4 December 2024: Christmas Lunch – Greerton RSA 11.30am

500 Card Group – Mondays except public holidays

Come along and learn with a friendly group from 9.30am to 11.30am, held at our office. Gold coin donation. Light refreshments provided. All welcome.

Monthly Meetings – September - November 2024

Thursday 26 September 2024

Venue: Tauranga Citizens Club, 13th Avenue, upstairs. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Laurie Bell

Topic: Laurie's Adventures in Israel

Thursday 31 October 2024

Venue: Tauranga Citizens Club, 13th Avenue, upstairs. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Oscar Harper, Driving Miss Daisy

Topic: Overview of Driving Miss Daisy

Thursday 28 November 2024

Venue: Tauranga Citizens Club, 13th Avenue, upstairs. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Deborah Wilkinson,

Topic: Where's the password? A guide to help bereavement be a little less stressful.

Coffee and Conversation

Do you like 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.

Brookfield – 1st Wednesday of each month, 10.30am to 12pm

Wednesday 4 September, 2 October and 6 November. St Stephen's Methodist Church Hall, 9 Brookfield Terrace, Brookfield \$3pp

Greerton – 2nd Thursday of each month, 10.30am to 12pm

Thursday 12 September, 10 October and 14 November. Greerton Senior Citizens Hall, 33 Maitland Street, Greerton \$3pp

Arataki – 3rd Tuesday of each month, 10.30am to 12pm

Tuesday 17 September, 15 October and 19 November. Sandpiper Room, Arataki Community Centre, 1 Zambuk Way, Mt Maunganui \$3pp

Continued on page 4

What's on..

Continued from page 3

Te Puke – 2nd Tuesday of each month, 10am -11.30am

Tuesday 10 September, 8 October and 12 November. Citizens RSA Te Puke, 179 Jellicoe Street, Te Puke \$5pp

Mini Bus Adventure

Saturday 5 October 2024

Waihi Beach RSA
\$25 plus lunch at own cost

Blokes Day Out with Red

Saturday 2 November 2024

Goldfields Railway and Waikino Station Café
\$40 (includes train fare) plus lunch at own cost

Friday 13 December 2024

Oaktree Restaurant, Tauranga RSA - Age Concern Tauranga's Christmas Lunch
\$5 plus lunch \$27 per person

Phone the office to reserve your seat.

Please note:

- Keep hydrated – take a bottle of water and medications if required.
- Make it easier for the driver; please wait outside by your letterbox.

All pickup times are approximate. Minibus trips are subject to the availability of a volunteer driver and assistant.



HIGH TEA PARTY

**THURSDAY 14TH NOVEMBER
10.30AM - 12NOON**

**GREERTON SENIOR
CITIZENS CLUB**

33 Maitland Street
Greerton

COST: \$3

**DRESS CODE: GLAD RAGS
(PRIZE FOR BEST DRESSED)**

RSVP IS ESSENTIAL
Call the Office on
07 578 2631
by 7th November



AGE CONCERN TAURANGA Christmas LUNCH

FRIDAY
DECEMBER **13** 2024
AT 12 NOON

OAKTREE RESTAURANT, TAURANGA RSA,
1237 CAMERON ROAD

\$27 PER SENIOR CITIZEN 65+

PRE-PAYMENT REQUIRED
ONLINE WESTPAC 03 0445 0172665 00
PLEASE INCLUDE REF 'SURNAME' AND 'XMAS'
OR PAY AT THE OFFICE 177 FRASER STREET

PLEASE NOTE THIS IS NON-REFUNDABLE
AFTER 1 DECEMBER 2024

RSVP
AGE CONCERN OFFICE 578 2631
BY FRIDAY 6 DECEMBER

Frozen Berries & Croissant Pudding

Using croissant in this pudding makes for a light texture. If the croissants are large you may only need three. No buttering is needed, as in the traditional, more frugal, bread and butter pudding, which evolved as a way of using up stale bread.

Serves 4-6

Ingredients

- 3-4 croissants, torn into four pieces
- 1 cup frozen berries
- 3 eggs, plus 1 yolk
- ½ cup caster sugar
- 1 cup cream
- 1 cup full fat milk
- 1 tsp lemon zest
- 1 tsp vanilla
- Icing sugar to dust
- Mascarpone to serve



Method

1. Preheat an oven to 170C. Lightly grease 4 × 12cm baking dishes or 1 large dish.
2. Arrange the torn croissants in the dishes. Sprinkle over the berries.
3. In a bowl whisk the eggs, yolk, caster sugar, cream, milk, zest and vanilla. Pour evenly over the croissants. Bake for 20 minutes (for small) or 45 minutes (for 1 large) until just set.
4. Dust with icing sugar, and enjoy warm with a dollop of mascarpone.



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A week long programme celebrating our older generations



Get ready to rock and roll with Young at Heart, a week-long fiesta dedicated to celebrating the awesome older generation in our community!

From parents, our kaumatua, grandparents, neighbours to community heroes, this event is all about recognising our senior superstars - our treasured Taonga. Starting on September 30th, we're kicking ageism to the curb with a jam-packed program filled with activities that connect, engage, and uplift our incredible seniors, while smashing stereotypes along the way.

Mark your calendars for the special International Day of the Older Person on October 1st - a free event at Holy Trinity Church, bursting with performances, speakers, activities, and a sneak peek into all the exciting happenings throughout the week. Whether you're into social mixers, cooking classes, sports showdowns, movie marathons, or fitness fun, there's something

for everyone at Young at Heart. It's a time to show love to those who give so much - their mahi, the volunteering, sharing wisdom, supporting families, and leading businesses.

Young at Heart is also a time to tackle loneliness and isolation head-on, because everyone deserves love and connection, especially those who may be facing health challenges or life changes. With more retirees in our midst, it's crucial that we rally together to support those who need it most. Let's make Young at Heart a time of joy, unity, and care for our amazing older community members!

Many organisations within our community such as Age Concern Tauranga, are committed to a range of diverse programmes and events that aim at combating isolation, rebuilding confidence, and helping our senior population stay engaged within their community.

Young at Heart isn't just a one-time shindig; it shines a light on the ongoing efforts of community groups in Tauranga who champion the wellbeing of our beloved seniors. By keeping the older generation active and engaged, we ensure their happiness, vitality and independence are honoured.

Tauranga City Council will be publishing a printed brochure of some of the key activities, however all Young at Heart activities will be available on the What's On Tauranga website www.whatsontauranga.co.nz.

Where's the password?

If you died tomorrow, how easy would it be for the significant people in your life to tidy up your affairs? Sadly, far too many of us compound the grief of our loved ones by involving them in lengthy and sometimes expensive proceedings because we haven't left our financial and other arrangements in good written order.

You may have made a Will, but does your spouse/partner/family/ executor know where it is kept? And do they know your wishes about your funeral? Or, for that matter, the details of your bank accounts and investments? Or the usernames and passwords for your email and other online accounts?

These are just some of the practical – and vital – matters addressed in *Where's the Password?* a concise (30-page) but comprehensive guide designed to help make bereavement less stressful. Author Deborah Wilkinson knows from first-hand experience how hard it is to focus on important matters when you are grieving, but as she points out, even in the midst of your deepest sorrow, funeral and associated costs need to be paid, mortgage payments and bills keep coming in and the world does not stop turning.

The solution Deborah offers in *Where's the Password?* is to create a Personal Information Log that your family and relevant others can

A guide to help bereavement
be a little less stressful



access after your passing to make things less complicated. It can be as simple as an Excel spreadsheet which can be saved in a protected file, or on to or even in the Cloud. Into your Log should go all the information necessary for dealing with banks, lawyers, accountants and other authorities like the IRD who need to be aware of your passing.

Drawing on Deborah's extensive professional experience as an Executive Assistant, Office Manager and Consultant for private and public sector organisations, the coverage of procedural matters in *Where's the Password?* is thorough. It begins with advice on how to go about compiling the information you need, followed by a step-by-step guide on what to include in your Personal Information Log.

This ranges from the contact details of your health providers and insurers, to your banking and financial details, property, vehicles and other assets, information that your lawyer and accountant will need, and much more. Even small day-to-day matters that few people think about like passport and driver's licence numbers and club and travel rewards memberships are included.

"Setting down the information is not hard," Deborah says, "but it is vital that you do it. One of the things I discovered in writing the booklet is the surprising difference between what you assume your significant others may know about your affairs, and what they actually do." Once you have completed your Personal Information Log you can relax knowing that it has been taken care of and people will be able to find the information they need. It is the one of the best things you can do for the people in your life.

Deborah will be speaking at Age Concern Tauranga's Monthly Meeting on Thursday 28 November 2024.

Sourced: Office for Seniors

follow us **facebook**

Age Concern Tauranga

Renewing your driver licence after 75

Just like a driving test, having a medical examination to ensure you are still fit to drive can be daunting – but it is important, both for your own safety and the safety of other road users.

You must renew your driver licence on or before its expiry date if you wish to continue driving after you turn 75, but you cannot renew it more than six months in advance.

You will be sent a driver licence renewal pack about eight weeks before your licence is due to expire.

To renew your license at 75, 80 and every two years after, you will need a medical exam to assess fitness to drive.

Eyesight and cognitive ability are common reasons why GPs will advise patients to stop driving. This test is designed to ensure patients are physically and mentally still able to manage driving a vehicle and respond appropriately to any associated risks or hazards.

What to expect

At the consultation, you'll talk through your medical history and any concerns. If you've been with your GP for a long period of time, this shouldn't take long as they will have a good idea of your overall health and wellbeing and any concerns are likely already being treated and/or discussed. Your GP may also gain additional history from spouses and/or children if they are with you at the examination.

There are some medical conditions that may preclude driving such as severe Parkinsons disease, epilepsy, and severe heart valve disease.

Usually, eyesight is tested first followed by heart, lungs, pulse, blood pressure and



abdomen for any signs of an aneurysm. Next, the GP will check your coordination, movement and reaction times.

Cognition is measured using a variety of specific tests. The most common one used is the mini-ACE (Addenbrookes Cognitive Exam) which looks at attention, memory, visuo-spatial capacity, verbal fluency and anterograde memory. It takes 15 minutes and is scored out of 30.

It's not pass or fail, but anything under 25 will warrant a further conversation and possibly more assessment. Very low scores would raise concerns about dementia and further testing would be required.

When GPs see a low cognitive score, we recommend on and off-road testing with a specialist occupational therapist driving instructor who will give more formal recommendations for your driving ability. This further testing is not funded and can be expensive.

- Dr Luke Bradford, Medical Director of Royal New Zealand College of GPs

Sourced: Office for Seniors

Free Staying Safe refresher course for older drivers

- Has it been years since you have had a driving refresher course?
- Have some rules changed that you may not be aware of?
- Are you now taking new medication that may or may not affect your driving?
- Do you want to keep your driving skills for as long as possible?
- If you answered yes to any of these things, then you should come along to our FREE driving refresher course for seniors!



The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns.

During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in, 07 578 2631. Alternatively, if you have already put your name down for the course.

We will be in contact soon!



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It pays to shop around for the cheapest fuel prices - Commerce Commission



Do you ever flinch when you see the price of petrol? You're not alone, but you can save yourself money by checking the price boards outside petrol stations for the cheapest fuel prices and talking to others about where the best prices are on the day.

Discounts can save you money on petrol or diesel, typically 6 to 7 cents per litre off the price you pay for your petrol. But beware, as even with a discount you may be paying more for your petrol than if you had shopped at a competitor site down the road. It pays to shop around for the best price.

The Commerce Commission has responsibilities for monitoring and regulating the fuel markets to promote competition for the long-term benefit of consumers. This regime was set up by the Government in 2020 in response to the cost-of-living crisis and the relatively high price of fuel.

As part of our work at the Commission, we have asked companies to explain why there are large price variations across the country and within cities, as we cannot explain these differences by looking at costs. Our most recent monitoring report has case studies that shine a light on different types

of discounts and which ones offer the best value for consumers.[1] This work tells us that shopping around for the cheapest price is key. Here are some things you can do:

- Are you using the correct type of fuel for your car? Regular 91 is generally cheaper than Premium fuel, so if your car can run on Regular 91 using that fuel will save you money at the pump.
- You are often best off simply choosing the petrol station with the lowest board price or the site with a one-off 'discount day'.
- Consider changing your shopping habits. If a competitor site down the road has cheaper prices why not support them and save yourself money.
- Consider buying petrol on a day when discounts are larger.
- Loyalty programme benefits can be complicated, with minimum and maximum purchases required, and rules around accumulating discounts. Most consumers are unlikely to get the most benefit from these programmes.
- There is a really useful smartphone application called Gaspay which helps you find the cheapest prices in your area that day. If you are not comfortable using a phone app perhaps you have a friend, neighbour or family member who can look up the prices. This is something that you could do as a community, spreading the word on which petrol station has the cheapest prices. You can also add information to Gaspay on the prices you see to help others.

Source: *Age Concern Wellington*

Struggling for food? Super Support to the rescue



When a debilitating injury turned 77-year-old Carol's world upside down, her limited mobility made simple everyday tasks a difficult and painful challenge. The weekly food shop and daily meal prep were just some of these challenges. But when Carol learned that she could access support direct to her door during this tough time, she was relieved to ask for help.*

This help comes in the form of Super Support – a collaborative service that provides Tauranga's older community with free nutritious pre-cooked meals, food supplies and wrap-around support.

Since the launch of the programme, more than 800 people aged 65 and over have accessed the support.

For Carol, the service was a huge help when she needed it most.

"I live alone and recently had to give up my part-time job due to the pain. My whole life just stopped to be honest – I don't have the energy or motivation to go anywhere," says Carol.

She says that opening her door to two smiling volunteers delivering food supplies was like 'winning a little lotto ticket'.

"It made me feel like a new person. I've never really asked for help before, so to open my door to these lovely people who were so uplifting, I was extremely grateful."

Paula Naude, Tauranga City Council's Manager: Community Development & Emergency Management, says Super Support was first piloted in July 2023 to help older people who were struggling to afford or access food.

Continued on page 12

Continued from page 11

“Times are tough right now for so many in our community, especially for Superannuants who are living on a limited income, have accessibility needs or health issues, and are going without the essentials in life,” says Paula.

“With the support of our partners, we hope to make the programme permanent so our community can continue to get the help they need, when they need it.”

Super Support is a collaboration between Tauranga City Council, Age Concern Tauranga, Tauranga Community Foodbank, Good Neighbour, Bay Financial Mentors and Here to Help U.

The latest Vital Update research shows that more than 21 per cent of older people who responded live alone, which can lead to increased vulnerability and isolation.

Tanya Smith, Age Concern Tauranga General Manager, says Carol’s situation isn’t unique.

“Older people across the country are reaching out more often for support with food, budget advice and other similar services as the cost-of-living rises, and we are seeing this trend in Tauranga too,” she says.

*Carol’s name has been changed to protect her privacy.

How to access Super Support:

- Fill in an online form at [Heretohelpu.nz](https://www.heretohelpu.nz)
- Leave a voice message on 0800 568 273

Source: SunLive

Are you over 65 years and struggling to get food on the table?

SUPER SUPPORT

We got you

Super Support is a free service offering pre-cooked meals and pantry supplies direct to your door during difficult times.

It’s **easy** to access.

Fill out a request for help form at [heretohelpu.nz](https://www.heretohelpu.nz) or leave a detailed message at **0800 568 273** (this is monitored and someone will call you back).



Here to help

Kei konei mātou hei pūnā āwhina. mōu



10 BENEFITS OF EXERCISE FOR OLDER ADULTS

Maintain independence

Manage weight

Reduce health risks

Improves brain function

Boosts mental health

Promotes mood and energy

Enhances sleep health

Strengthens mobility and flexibility

Improves body image

Elevates sexual function



Good in the Hood – Vote for Us!



You'll be able to vote for Age Concern Tauranga at your local 15th Avenue Z station from 26 August - 22 September 2024. Every time you shop in store, you'll get an orange token. Your vote counts – vote Age Concern Tauranga.

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07 315 6444

e: manager@peria.co.nz

Whooping Cough vaccine

If you are 65 or over and around babies and young children, it is important to get a booster for Whooping Cough.

The booster is free at ages 45 and 65. If you missed your booster at age 65 you can still catch up for free. If you're unsure of how many doses you've had, check with your health provider.

The whooping cough vaccine also protects you against tetanus and diphtheria - if you've had a tetanus booster recently, you may already be protected against whooping cough.

Immunity reduces over time, so it's important to get the booster.

A free whooping cough vaccine is available from your healthcare provider and from many pharmacies.

Boostrix is a vaccine used for booster vaccination against diphtheria, tetanus and whooping cough.

Certain people are recommended to have a whooping cough vaccine at least every 10 years – but there may be a cost. This is to boost protection against whooping cough.

This group includes people who:

- work with young children and vulnerable people
- live with a newborn baby
- are at higher risk of severe illness from whooping cough (for example those with chronic respiratory disease).

Sourced: *Office for Seniors*

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2024 / 2025 Subscription

Age Concern Tauranga's Membership period is from 1st April 2024 to 31st March 2025.


To renew your membership or join as a new member, complete the Membership Application, and post to the address provided, email the form or call into the office.

Eftpos is available. Sorry no Credit Card payments accepted. 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.

Thank you for your support and welcome to our new members.



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1368AM

**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 and now Live Streaming, on www.villageradio.co.nz

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



Daylight Saving Time Starts

Sunday, 29 September 2024, **2am** clocks are turned **forward** 1 hour to **3am**





Help us secure the future of our charity...

We've teamed up with the **Acorn Foundation** to create a perpetual endowment fund so that we can have a bigger impact in our community.

The investment returns generated by this fund will provide an annual income stream for Age Concern Tauranga – **forever!**

You can help us grow our Acorn fund by leaving us a gift in your will, or donate to our fund today at:

acornfoundation.org.nz/give/donate



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:

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".




SUDOKU

2	5			9			4
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ANSWER

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7	9	2	1	6	5	8	4	3
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4	6	8	9	7	3	5	1	2

Welcome

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**.



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.

Name: _____

Address: _____

Post Code: _____

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New Member Existing Member

Receive Magazine by email

Pakeha (NZ European) NZ Maori

European (incl British) Pacifika

Other.....

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

Donation: \$5 / \$10 / \$20 / \$50 /

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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.

Thank you for your support