

WINTER 2022 QUARTERLY MAGAZINE
www.ageconcerntauranga.org.nz



Age Concern Tauranga

Serving the needs of older people

KEEPING YOU CONNECTED



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Board Members

Chairperson: Anna Bones
Board Members: Angela Scott
 Eddie Jackson
 Adrienne von Tunzelmann
 Evan Turbott
 Ciska Vogelzang
 Peter Moss



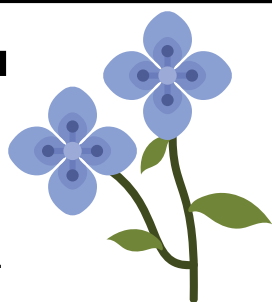
Staff

General Manager: Tanya Smith
Reception/Admin: Deb Nash
AVS Team Co-ordinator: Lucy Willard
AgeConnect Social Connector: Lucy Willard
Staying Safe Driver Refresher Facilitator: Ian Lee
Total Mobility Assessor: Judi Steel
Walking Group Co-ordinator: Renee Hill
Social Activities Co-ordinators: Lesley Tong (Brookfield)
 Margaret Edge (Te Puke)
 Ngaire Drabble (Greerton)

The views expressed in this magazine 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.

Thinking of You

If you are recovering from being unwell or have recently suffered a loss the team at Age Concern Tauranga are thinking of you.



Services

- Accredited Visiting Service (AVS)**
Provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.
- AgeConnect**
Enhancing the wellbeing of older people who are socially isolated and/or lonely by connecting them with people, activities and events within the community.
- Ageing Well**
Delivers 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.
- Total Mobility Scheme**
Assesses and provides Total Mobility Photo ID Cards to eligible people for Taxi discounts.
- Community Development**
Looks to promote and develop programmes for the community.

For further information please phone the office on 578 2631, email ageconcerntga@extra.co.nz or visit our website www.ageconcerntauranga.org.nz

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



Age Concern Tauranga Incorporated
ANNUAL GENERAL MEETING NOTICE
Thursday 30th June 2022
10.15am to 11.50am
 Held at Tauranga Citizens Club (upstairs)
 170, 13th Avenue, Tauranga
 Guest Speaker: Carolyn Cooper
 Aged Care Commissioner
 Office of the Health and Disability Commissioner
 Everyone Welcome.
 Lunch available at your own cost
 At the Bistro downstairs after AGM.
 Please phone Age Concern office on 578 2631
 by Monday 20 June 2pm to reserve your seat.

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Age Concern Tauranga Incorporated Board Member 2022 Nomination Form

We the undersigned nominate:
 Name of candidate:

To be a **Board Member** of the Age Concern Tauranga Board.
Nominated by Age Concern Tauranga member:
 Name:.....
 Signature:..... Date:

Seconded by Age Concern Tauranga member:
 Name:.....
 Signature:..... Date:.....

Consent:
 I consent to my nomination to the Age Concern Tauranga Board.

 Nominee's 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 16th June 2022.

Live in the moment, and find each moment worthwhile. You owe it to yourself to forgive the past. Live in the future.
 Make time every day to do what's important to you - to work enough to feel satisfied, to play enough, to stay young.

The road ahead for seniors

Helpful advice for senior drivers

Six good things to know



- 1. Licence renewal is more frequent for seniors**
The 10-year renewal period begins to shorten when you turn 65, as you need to renew at 75 with a medical check. The next age for renewal is 80, then every two years after that.
- 2. Staying Safe refresher courses are freely available**
These free driver theory courses give you a refresher on traffic rules and safe driving practices. They also give you tips on other transport options to help you keep mobile.
- 3. It's good to check out your car and yourself**
Senior drivers have a wealth of life experience and knowledge which helps make them safer drivers. However, it's good to be aware of the key information that can make you as safe as possible.
- 4. There are many transport options you can consider**
At age 65, all seniors are entitled to a SuperGold card, which allows you to access free off-peak travel on public transport. If you have a health condition which affects your mobility, you may also be entitled to the Total Mobility Scheme's discounted taxi fares.
- 5. The roads are changing and getting busier**
Nowadays, there are more drivers and road networks are always changing. Our road rules booklet provides a summary of the things that people most commonly have questions about, including roundabouts, giving way at intersections and traffic lights.
- 6. You can be a support to those around you**
There's a range of things to consider when talking about driving issues and transport options. Our support booklet has tips for these conversations, as well as resources that can help you and those close to you.

Support services

Age Concern Tauranga | phone 578 2631 | ageconcerntga@xtra.co.nz

Office for Seniors | osc@msd.govt.nz
www.superseniors.msd.govt.nz

Local councils | www.localcouncils.govt.nz
Click on 'Council Profiles'

Neighbourhood support | 0800 463 444
www.neighbourhoodsupport.co.nz

NZ Automobile Association (AA)
www.aa.co.nz/contact-us
0800 500 444

Waka Kotahi NZ Transport Agency | 0800 822 422
www.nzta.govt.nz/senior-drivers
info@nzta.govt.nz

Information booklets are also available online www.nzta.govt.nz/senior-drivers

Staying Safe
a refresher course for older drivers

TOGETHER WITH WAKA KOTAHI NZ TRANSPORT AGENCY

This **FREE** classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

Upcoming Courses
Time: 10am to 2.15pm
DATE: Wednesday 22 June
VENUE:
St Stephens Church Hall, 9 Brookfield Tce.

Registration is essential, please call us on 07 5782631 to register. Tea/coffee provided, bring your own lunch.

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TOTAL HEALTH **Active Ageing**

Remain active, strong, prevent falls AND improve balance

Sessions available for individuals/small groups

Emma Goldstraw
Health & Movement Coach | 027 431 5920
hello@emmagtotalhealth.co.nz

Senior Chef is an 8-week cooking class for seniors where you can learn, or improve on, your practical food and nutrition skills. It's a social, informative, and hands-on class - all focused-on cooking for one or two people.

And it's FREE!

Fridays 27th May – 15th July 2022
@ St Georges, Gate Pa
9.00am – 1.00pm
Phone Faye on 07 5433369 to register

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National Volunteer Week 2022 June 19-25

A very heartfelt thank you to our amazing, dedicated volunteers.
From the team at Age Concern Tauranga.



Volunteers are the **Heart** of our *Team*



Katikati St Peter's Church Steady As You Go - Easter Bonnet Parade followed by morning tea.

If you're a former Spark customer and paid for a service called 'wire maintenance' whilst on a fibre or wireless connection, you may be owed a refund.

Wire maintenance is an older Spark service designed to cover the cost if something goes wrong with your internal wiring. It was created at a time when customers were predominantly connecting via copper, which required maintenance at times. In more recent years, it was made available on fibre connections and while some fibre customers have benefited from the wire maintenance service, it was not applicable for the majority.

It was also identified that a small number of wireless broadband customers were charged for wire maintenance because of separate historical system errors.

Since then, Spark has stopped offering wire maintenance as a service on fibre and has also processed a refund for all Wire Maintenance payments customers made while on a fibre or wireless connection. They have contacted all customers who are owed a refund; however, some former customers may have changed their contact details since then.

To ensure all customers can claim what's owed to them, Spark are encouraging customers who used to be with Spark and believe they paid for a Wire Maintenance service while on a Fibre or wireless connection to check if they are owed a refund by visiting <http://www.spark.co.nz/refund-check> or by calling 123.



Are you a former Spark customer?
Did you pay for a service called 'wire maintenance' whilst on a fibre or wireless connection?

YOU MAY BE OWED A REFUND

Call 123 to check or visit
<http://www.spark.co.nz/refundcheck>

HAVE YOU GOT WHAT IT TAKES TO BE A LEGO MASTER?

Come and join us, unleash your creativity, and connect with like-minded men.

Friday mornings 10.00am to 11.30am at our office. \$2 donation. Refreshments provided. Phone the office to register.



ELDER ABUSE HITS CLOSE TO HOME



CALL 0800 EA NOT OK
or Age Concern 0800 65 2 105

ELDER ABUSE AWARENESS 15 - 22 JUNE

75% More than three quarters of alleged abusers are family members

50% More than half of the alleged abusers are adult children or grandchildren

50/50 Alleged abusers are as likely to be female as male

Elder abuse is harmful. Older people are harmed through physical abuse in one in five cases that Age Concerns work with causing deteriorating health. More than two in five Age Concern cases involve financial abuse which reduces living standards and making ends meet. In addition elder abuse impacts the psychological, social, or spiritual health of older people. Being threatened, manipulated, groomed, coerced, or forced is the horrific experience of abused older people. Even when the abuse stops, the devastation can be long lasting for physical health, financial independence, and emotional wellbeing.

Protect rights of older people. Even though we are all ageing, ageism is a common form of prejudice and discrimination. Ageist attitudes undermine the voices of older people being listened to. It often starts in our families where older people's opinions are laughed at and joking about "getting old" tips off the tongue. Older people become invisible and can find themselves being treated differently simply because of their age. When it comes to making choices, older people's views get written off and choices are overruled. Elder abuse and neglect are predicated by ageist attitudes when older people's needs are disregarded, their rights are not upheld, and they are exploited.

Include older people in decision-making. Everyone should feel safe and be free from harm and coercion from those they trust. Sadly, this is not always the case; New Zealanders of all ages

can find themselves experiencing abuse in one or more of its many forms. For older people it can be abuse from those they know well, such as relatives or friends who may also provide support, advice, care, or companionship. Even when this has been formalized through setting up 'enduring powers of attorney' or loan agreements, it can be a trusted relative who excludes older persons from decisions about their own welfare or property. Older people can be victims of family disputes, stopping them seeing grandchildren or having visits from someone they love.

Elder abuse affects our society. Elder abuse and neglect are intergenerational issues in our society with three quarters of the cases that Age Concerns see involving younger generations abusing older people. While elder abuse is often hidden behind closed doors, in more than nine out of ten of the cases that Age Concerns work with, the older people are living in community settings - not institutions. They are our streets, in our suburbs and towns, and in our families. We experienced fantastic generosity of spirit during the 'lockdown' last year and many people made connections with older folk in their neighbourhood or made extra effort to keep in touch with older relatives further away. Unfortunately, this did not stop some older people abused or neglected, as Age Concerns worked to support older people throughout that time. In our communities anyone can encounter the greed and self-interest of those who manipulate older people and override the dignity and respect that New Zealanders of any age deserve.

Prevent elder abuse and neglect. Age Concerns around the country see the harm elder abuse causes in almost ten new cases each working day, so we are committed to raise awareness to prevent elder abuse and neglect. World Elder Abuse Awareness Day is a great opportunity to learn more about a global concern that affects New Zealanders too. We cannot solve abuse issues in our families and communities if we don't learn and talk together about why "Elder Abuse hits close to home."

We can all help to prevent elder abuse and neglect by:

- Loving and cherishing older relatives / whānau.
- Phoning, zooming or facetimeing older people / kaumātua.
- Visit older people / kaumātua in our neighbourhood.
- Involving older people / kaumātua in our social activities.
- Encouraging older people / kaumātua to make their own decisions.
- Supporting older people / kaumātua to use their money for their needs.
- Honouring older people's / kaumātua's wisdom.
- Enabling older people / kaumātua to set their own pace.
- Speaking respectfully and listening to older people's / kaumātua's stories.
- Seeking advice from any Elder Abuse Service or Age Concern if you think an older person / kaumātua is being abused or neglected.



If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

It could save lives!

No matter who you are, or what you are going through, Samaritans are here to listen.



Samaritans listen without judgement, available 24/7, so that no one in New Zealand ever has to feel alone when dealing with life's challenges.

samaritans 0800 72 66 66
Aotearoa New Zealand **samaritans.org.nz**

Dispose of Unwanted Medicines Properly

Return your unwanted medicines to your pharmacy for FREE



Why your medicine cabinet can be a health hazard

Many medicines in our medicine cabinet we need, but what about the yellow pills in a jar that's lost its label, and the eye drops we have had for a long time. And what was that green capsule for?

Old medicines lying around the home 'just in case' are dangerous:

- If taken when they have expired
- If taken but are not prescribed for you
- If in reach of children

The safest and easiest way to dispose of unwanted and out-of-date medicine is to return them to your pharmacy at any time – for free and safe collection and disposal.

Think before you throw

Unwanted medicines that are dumped into the toilet, tipped down the sink or put out with the rubbish can seriously harm the environment.

We need to change our behaviours to solve this problem and give the environment a chance.



Don't flush medicines down the toilet. Sewerage plants can't treat all chemicals in waste water, resulting in contamination of waterways.



Don't pour medicines down the sink. Medicines contain highly soluble chemicals which when entered into water systems can harm aquatic life.



Don't throw medicines into the rubbish/ recycling bin. Medicines disposed of this way end up in exposed landfill sites.

By returning expired and unwanted medicines to your local pharmacy, you can make your home a safer place, help safeguard your community and protect the environment.

This is all you need to do... it really is easy

- Step 1** Sort through your medicines cabinet
- Step 2** Take expired and unwanted medicines to your local pharmacy
- Step 3** Give them to your pharmacist for proper disposal, and...
- Step 4** Tell your friends and relatives about this option

Useful Tips:

- Only ask for the medicines you need when collecting your medicines from the pharmacy
- Tell your Doctor or Pharmacist if you are no longer taking a medicine
- Do not share your medicines with family or friends as this is unsafe and may not work in the same way
- It is not safe to use your medicines to treat other symptoms

Kiwi Access Card



If you are an older person who no longer holds a valid drivers licence and/ or passport, you might benefit from having a

Kiwi Access Card as proof of identification. It can be used as evidence of age and identity throughout New Zealand and is available to both NZ nationals and foreign visitors.

You can apply for the Kiwi Access Card at participating NZ Post Shops and AA Centres, or you can download the form from www.kiwiaccess.co.nz

To get a Kiwi Access Card costs \$55.

If you need to have proof of ID and your drivers licence or passport is only recently out of date, it is a good idea to check if it would still be acceptable.

What's Your 111 Power Cut plan?

We all know how to call 111 in an emergency. But it's important to remember that Fibre and Wireless landline connections will stop working if the power goes out.

This also means some cordless phones and other devices (like medical alarms) may not be able to connect – even if they have a battery.

So it's important to have a **111 Power Cut Plan**, just in case.



If you have a mobile phone - keep it charged. If you have a mobile that works at your place, you should be just fine. Remember to keep it charged and make sure everyone at your place has access to it and knows how to use it if there's a power cut.



Get a power-bank for back-up Available from any electrical store or The Warehouse, a power-bank is a portable charger designed to recharge your electronic devices when you're on the move or without power. Power Banks can be used to charge cell phones when the cell phone battery has run out. Great for extended use or for long power cuts.



Are you a Vulnerable Consumer and rely on power? If you, or someone at your place relies on their landline for health, disability or safety reasons, you can apply to join a Vulnerable Consumer Register. You'll need to give your telephone company some supporting information about your circumstances, but if you qualify, they will make sure you have a way to call 111 in the event of a power cut, at no cost to you.

For more information visit: SPARK: <https://www.spark.co.nz/help/vulnerable-consumers/>

VODAFONE: http://help.vodafone.co.nz/app/answers/detail/a_id/10910/~/_/apply-for-vulnerable-customer-or-medical-dependency-registration

2 DEGREES: <https://www.2degrees.nz/help/broadband-help/troubleshooting/111-vulnerable-consumers>

Rejuvenation can be the name of the game!

Because your computer is running slower these days, some people believe that they need to delete files, which they think must be the cause of this retardation. Unfortunately, deleting files will not solve the performance problem and is unnecessary in 99/100 cases. On average, a computer will last a decade, and so its growing slowness is usually due to a couple of required hardware upgrades.

Each passing year, MAC OSX and WINDOWS operating systems require more and more RAM (random access memory), or 'Memory' to run the software applications. To survive the coming 5-years, you will need 16GB RAM, and to reach 10-years, you will need 32GB RAM. Maybe you only have 4GB, or 8GB RAM installed today?

The old 'hard disk drive' (HDD), can be swapped out for a much faster 'solid state disk' (SSD). The manufacturers guarantee a 10x disk speed improvement!

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Aged Care Commissioner

Office For Seniors sat down with the newly appointed Aged Care Commissioner Carolyn Cooper.



How do you feel about being named the first New Zealand Aged Care Commissioner?

It is an honour to be appointed Aotearoa's first Aged Care Commissioner. I'm committed to advocating on behalf of older people and their whanau (family) so they have greater confidence in the quality of care and quality of life. I bring an optimistic and pragmatic approach to the challenges this sector faces to make a tangible difference through collaboration and initiating quality improvements. Fairness and doing the right thing have always been central to my approach and I will bring these values into my role as Aged Care Commissioner.

I look forward to working with the Health and Disability Commissioner, consumers and providers to drive quality improvement, and encourage collaboration and positive change across the sector.

What do you think are the biggest challenges in aged care?

New Zealanders are living longer. By 2034 we expect there will be around 1.2 million people aged 65 and over; that's just over a fifth of our total population. Although many older people are living healthier lives

for longer, it is expected that demand for aged care services will also increase.

What we are hearing from consumers and their whanau (family), as well as other groups in the sector, is that greater oversight is needed to drive quality improvement and protect people's rights when receiving aged care services. As well as this, several reports have identified issues in the sector, ranging from the complexity of the complaints process, to feeling fearful of the repercussions from raising issues, and the lack of visibility around services provided by home and community support providers.

The current system to ensure quality and safety in the sector is fragmented, and it can be complicated navigating services to get help. This has made it difficult for those who want to make a complaint about aged care to speak up, be heard, and receive a timely response.

What are your priorities for the role?

Strategic oversight and leadership in collaboration with other agencies to promote systemic change and drive improvements across the entire sector and support the Government's commitment to Te Tiriti o Waitangi (Treaty of Waitangi).

I want to be a recognisable figure for older people to elevate their voices, advocate on their behalf, as well as resolving their complaints in a timely manner. I want to ensure our complaints processes are culturally appropriate and that they reach people who may be less likely to raise concerns about their care.

This means ensuring that the rights of older people in a variety of circumstances, including all ethnicities and cultural backgrounds, are protected and there is equity of access to health and disability services for all older New Zealanders.

If you could give one message to older New Zealanders what would it be?

All people have the right to make informed decisions and give informed consent about their treatment, and to receive an appropriate standard of care that meets their needs and upholds their dignity and mana.

Older people are part of our most vulnerable communities. I want to hear from them, their friends and whanau (family) to ensure they get access to the quality services and support they need to live well and have a great quality of life.

WANT MORE TIME/?

If someone goes to bed at 11.00pm and sleeps until 8am....not only are they burning up the power, and paying larger electricity bills but they are losing "days". Compare the time you will saveand the powerand the money ...if you become an early to bed and an early to rise person.

Going to bed at 9pm and rising at 6am.....you gain 2 hours a day. At seven days in a week in effect you have gained fourteen hours of extra time. And saved a lot of kw hours and at ... 65cents you can calculate how much cheaper it will be to live.

If you want to get more done and achieve more and "live longer" you might like to consider changing your sleep patterns. Besides ...the body will mend and recharge its batteries while you are early to bed.



Technically, Moses

was the first person with a tablet downloading data from the cloud

Real Estate Update from Vanessa

In April 2022 the median residential house price in Tauranga city was \$991,000 which was a \$59,000 drop from the month before. Even with this drop the median price is still 5.2% higher than it was in April 2021 (Source REINZ Statistics). In 2022 the property market has changed from a sellers-market to a buyers-market, with more houses available and buyers taking their time to make their choices.

One of the houses that I am marketing has been vacated by its owners and is empty. It can be difficult for purchasers to visualise what a house with furniture in will look like and this can make marketing more challenging. One of the options is to get a professional staging company to furnish the house during the marketing period however this can often add up to thousands of dollars. An option that I investigated and implemented for this house was digital staging where the online photos and brochures showed the house with modern furniture in it (and also with the house empty). The difference is amazing. I was so delighted that I now offer digital staging (at no additional cost) for any empty houses that I market.

Seniors Real Estate Tip:

It can take months and sometimes years to find the perfect retirement location. Start the search early, and if you decide to move into a lifestyle village then it is a good idea to get on the waiting list.

Vanessa Charman-Moore is a Tauranga Seniors Real Estate specialist. For more information, see Vanessa's advertisement below or visit www.seniorsrealestate.co.nz

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Seniors Real Estate Specialist
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CROCK POT BEEF STEW FOR TWO

This Crock Pot Beef Stew recipe is bursting with onions, carrots, potatoes, celery, garlic and tender melt in your mouth beef stew meat all nested together in a red wine reduction sauce with just a bit of kick. This will boost the immunity before those winter months kick in. Try this simple dish on a cold, wintery evening when only comfort food will do.

Ingredients:

- 3/4 lb beef stew meat
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1 small onion chopped
- 2 carrots cut in chunks
- 1 stalk celery chopped
- 2 tablespoons Worcestershire sauce
- 1 teaspoon Cajun seasoning (more or less to taste)
- 1/4 teaspoon cumin
- 1/4 cup flour
- 1/2 teaspoon salt
- 2-3 tablespoons vegetable oil
- 2 cloves garlic minced
- 2 potatoes cut in chunks
- 1/2 cup dry red wine
- 1 cup low sodium beef broth
- 1 bay leaf

INSTRUCTIONS

1. In large Ziploc bag combine flour, pepper, salt and garlic powder. Add stew meat and shake to coat. Heat 1 tablespoon vegetable oil in large skillet over medium heat. Add coated stew meat and cook to brown all sides. Remove from heat and add to crock pot.
2. Heat 1-2 more tablespoons vegetable oil in same skillet over medium heat. Add onion and cook until lightly browned on the edges; approximately 4-5 minutes. Add garlic and cook for additional 1 minute; stirring constantly. Add to crock pot on top of beef.
3. Using same skillet add wine over medium low heat working to loosen browned bits on the bottom of the skillet. Reduce the wine by 1/2 while continuing to stir. Add Worcestershire sauce, beef broth, Cajun seasoning, cumin and bay leaf, Simmer for 5 minutes.
4. Pour wine/broth mixture over beef and onions in the crock pot.
5. Cook on low for 8-10 hours or high for 4-5 hours adding carrots, potatoes and celery halfway through the cooking process. Cook just until meat and vegetables are tender. Remove bay leaf.



Planting your winter greens?

Nelson Marlborough Health Protection Officers are advising people to take five simple steps when handling potting mix and compost, to avoid contracting potentially-fatal Legionnaires' disease. Rica Salamat, a Health Protection Officer with the Nelson Marlborough District Health Board, says that many people don't realise the risks they take when working with potting mix.

"Legionnaire's disease is potentially fatal but reasonably preventable if you follow simple precautions," Ms Salamat says.

The five recommended safety steps are:

1. Open potting mix bags carefully using scissors, rather than by ripping them
2. Wear a disposable face mask and gloves, and open the bag away from your face
3. Do your potting in a well-ventilated area outdoors
4. Dampen down the potting mix or compost with a sprinkle of water to reduce airborne dust
5. Wash your hands thoroughly after handling potting mix, or gardening.

About Legionella bacteria and Legionnaires' disease

- Legionella is a bacterium commonly found in soil and organic soil improvers such as potting mix or compost
- It thrives in warm, moist conditions and becomes dangerous when dust or droplets from one of these products infected with Legionella bacteria is inhaled. It can then cause a severe, even fatal disease
- Anyone can catch Legionnaire's but some people are more vulnerable. People over 50 years of age, those with a long-term illness, people with low immunity, and smokers
- Symptoms include dry coughing, high fever, chills, diarrhoea, shortness of breath, chest pains, headaches, excessive sweating, nausea, vomiting and abdominal pain
- Anyone who gets these symptoms should see their doctor straight away and let them know you have been handling potting compost recently
- The GP will then inform the Health Protection Officers at your local Public Health Service and they will investigate the possible cause and work to prevent anyone else getting sick from the same source.



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The Joys of Present Day Banking

This old lady handed her bank card to the teller and said, "I would like to withdraw \$10." The teller told her "For withdrawals less than \$100, please use the ATM." The old lady wanted to know why..... The teller returned her bank card and irritably told her "these are the rules, please leave if there is no further matter. There is a line of customers behind you."

The old lady remained silent for a few seconds and handed her card back to the teller and said, "please help me withdraw all the money I have." The teller was astonished when she checked the account balance. She nodded her head, leaned down and respectfully told her "you have \$1,300,000 in your account but the bank doesn't have that much cash currently. Could you make an appointment and come back again tomorrow?"

The old lady then asked how much she could withdraw immediately. The teller told her any amount up to \$3000. "Well please let me have \$3000 now." The teller kindly handed \$3000 very friendly and with a smile to her.

The old lady put \$10 in her purse and asked the teller to deposit \$2,990 back into her account.

The moral of the story is Don't be difficult with old people, they spent a lifetime learning the skills of how things should be done!



DID YOU KNOW THAT?

A "moment" used to be an actual measure of time and corresponded to roughly 90 seconds. It was used during the Medieval era and was derived from the solar hour (the hour on the sundial's face was, at that time, divided into 40 "moments").

Despite what cartoons have taught us, the coyote can run up to 43 miles per hour (that's nearly 70 km/h) while the roadrunner can only run up to 20 miles per hour (that's just over 32 km/h).

As people in Aotearoa emerge from their bubbles, there's a much bigger chance of catching the flu. Pandemic measures like mask wearing and hand hygiene mean we've had very little influenza circulating in New Zealand for the past two years, so our community immunity is lower than usual. And, with international borders opening, we'll see more and new strains of the flu spreading in our communities.

Getting a flu jab is your best defence and it's free for those most likely to get very sick. That's why it's more important than ever to protect yourself from the flu by getting your yearly flu jab as soon as you can.

What's the flu (influenza)?

The flu isn't just a common cold. It can be serious and make people very sick. In severe cases it can mean a hospital stay – particularly if you're 65+, or 55 and over and Māori or Pacific, are a young child, are pregnant, or have an ongoing medical condition, such as heart disease or diabetes.

How can I protect myself from the flu?

Getting a flu jab every year is the best way to protect yourself and your whānau and it's free if you're 65+, or 55 and over and Māori or Pacific. Regardless of your health or living situation the flu vaccine can protect you from catching or spreading the flu. Although having the vaccination doesn't guarantee you won't catch the flu, it will give you more protection if you do catch it. And you can't catch the flu from the vaccine – the vaccine used in New Zealand doesn't contain any live flu virus.

What side effects might I get after the flu jab?

Having side effects after your flu jab is a sign that your body's immune system is working well. After your vaccination you might experience pain, itching, redness at the vaccination site, aches and pains, fever and feeling generally unwell and tired. Most side effects shouldn't last long.

To find a place near you to get your flu jab or to get more information visit health.govt.nz/flu or call Healthline on 0800 611 116

It can sometimes be fatal, around 500 people die from the flu every year.

Can I get my free flu jab and COVID-19 vaccine or booster at the same time? Yes, you can. There's no need to leave a gap between these vaccines. If you haven't already had it, it's a good idea to ask if you can get your COVID-19 vaccine or booster at the same time as your flu jab. Being up-to-date with all your vaccinations gives you the best possible protection.

Eligibility: In 2022, all people 65+, or 55 and over and Māori or Pacific, are eligible for the free flu jab. The flu jab is also free if you're pregnant or have a long-term medical condition like diabetes or a heart condition and for children 4 years old or younger who have been in hospital with a respiratory illness, such as asthma.

Where can I get my free flu jab? You can get your free flu vaccine at your family doctor. Some pharmacies also offer the free flu vaccine. For the best protection get your flu jab as soon as it's available.

Protect yourself and your whānau this winter

If you're 65+, or 55 and over and Māori or Pacific, it's time to get your **FREE** flu jab



MINISTRY OF HEALTH
MANATŪ HAUORA

FOOTPATH DIVERSIONS

After an incident involving a wheelchair on a temporary footpath, Tauranga City Council decided to make a video to provide safety guidelines for contractors. Age Concern was contacted requesting a volunteer, (older person) to participate in the making of this video.

The group was made up of myself, George Sinclair in an electric wheelchair, and Nick Chester, the cyclist from TCC. The site chosen was on the corner of Hamilton Street and Cameron Road where groundwork was being carried out for a new building. Over two hours, several scenes were filmed to indicate various aspects.

Let's hope we can share the video to the wider community soon.

Roland Edwards



My biggest strength is my ability to relate to all types of people and to make them feel at ease. I will work tirelessly to ensure that my clients achieve their desired outcome.

I specialise in residential sales and particularly enjoy working with the senior generation looking to make one of their last moves, and probably one of the most important decisions of their lives.

My experience in the retirement industry has enabled me to recognize the special needs of seniors and understand the various living arrangements available to older people. The journey of buying or selling a home can be both stressful and emotional. Understanding this, I work closely with my clients, making this journey as comfortable, stress and hassle free as possible.

I offer a complete service preparing your home for sale, marketing & selling your home, packing, final clean, moving, and unpacking at your new home.

Together we can do this!

Contact me today to find out more.

Karen Matheson 027 331 1171

Passionate about helping you to achieve your next move through TRUST and CARE.



My hands-on approach, empathy and patience portray my passion for the people I help with their real estate requirements.

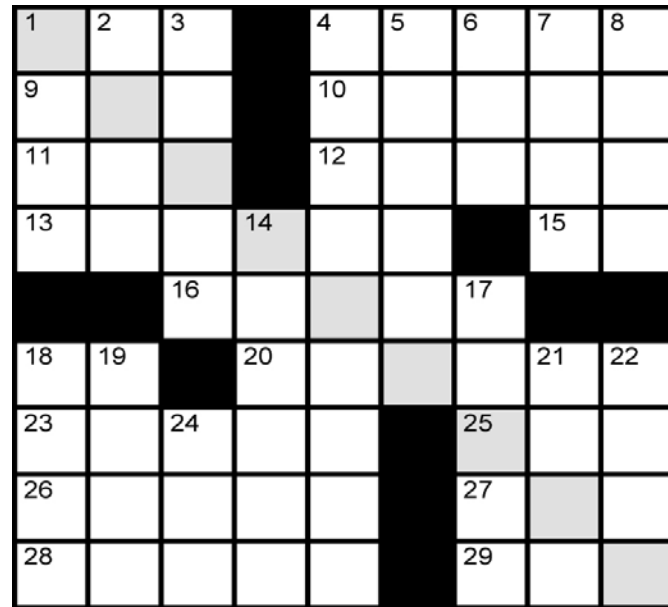
I have direct experience in the Retirement Village sector in New Zealand and therefore have a unique understanding to ensure people make an informed decision.

Give me a call today to find out how I can help you!

 **Karen Matheson** Seniors Real Estate Specialist
027 331 1171
karen.matheson@tremains.co.nz

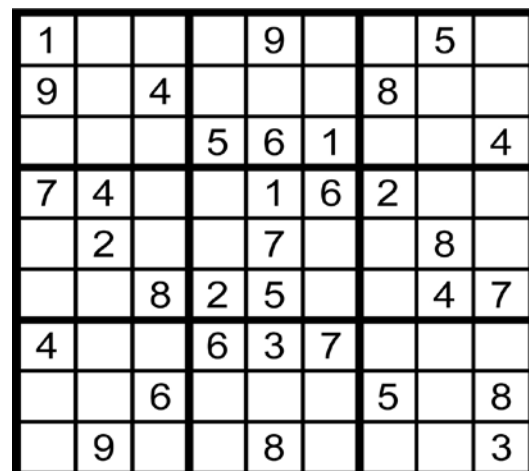
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Investors Delight



- Across
 1. Netflix rental
 4. More artful
 9. "Rocky ___"
 10. Minor
 11. Gun, as an engine
 12. It's debatable
 13. Mark and Shania
 15. Exists
 16. Bumps

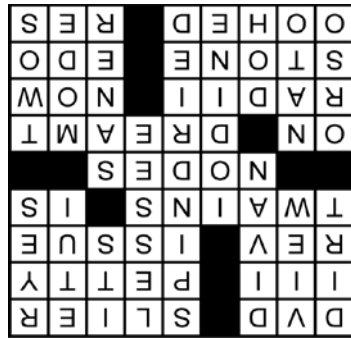
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|-------------|---------|----------|
| BAHN MI | FISH | PO BOY |
| BARBECUE | GATSBY | POCKET |
| BLT | GYRO | RACHEL |
| CLUB | HERO | REUBEN |
| CORNED BEEF | HOAGIE | SAUSAGE |
| CRISP | HOT DOG | SLIDER |
| CUBAN | ITALIAN | SOUVLAKI |
| DELI | MARMITE | SUB |
| DENVER | MELT | TAVERN |
| EGG SALAD | PANINI | TEA |
| ELVIS | PIMENTO | WRAP |
| FINGER | CHEESE | |



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

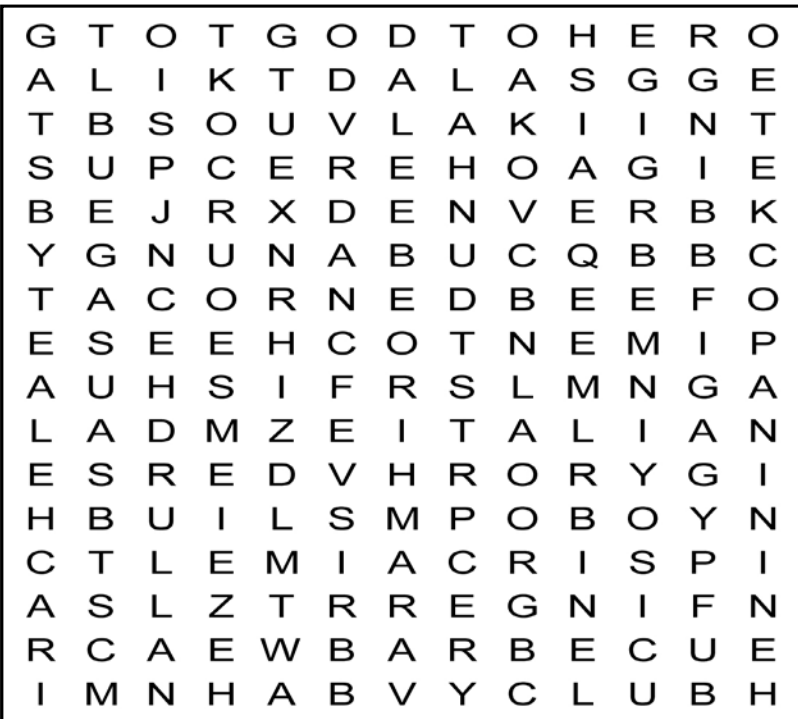
18. Atop
 20. Imagined
 23. Arm bones
 25. "___ what?"
 26. Backgammon piece
 27. Old name for Tokyo
 28. ___ and aahed
 29. ___ publica

- Down
 1. Gossip
 2. Penthouse feature
 3. Couch
 4. Like clothes in a washer
 5. Rent payer
 6. "___ alive!"
 7. Needle case
 8. Bakery selections
 14. First-aid item
 17. More rational
 18. Approximately
 19. Alliance acronym
 21. Fashion
 22. Deuces
 24. Play-___



The title is a clue to the word in the shaded diagonal.

SANDWICHES



The Retirement Villages Association (RVA) has recently completed a national programme of meetings with retirement village residents to share its *Blueprint for the Future*.

The blueprint, which was launched last year, includes providing residents with a stronger voice, strengthening the complaints process and working with the Te Ara Ahunga Ora – Retirement Commission (formerly the Commission for Financial Capability) to monitor re-licensing times so best practice standards can be developed.



The forums in Tauranga, Wellington, Christchurch and Auckland were chaired by former Seniors Minister and MP the Hon Tracey Martin, who has recently stepped down as an independent member of the RVA's Executive Committee.

RVA Executive Director John Collins said the meetings were extremely positive and excellent progress was being made with the industry collaborative approach aimed at addressing residents' concerns and issues. "We understand that a review of any legislation as proposed by the Retirement Commission is appropriate at some time but we have always felt that more pressing issues currently exist for government," said Mr Collins.

"The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates we have struck the right balance between robust regulatory oversight and effective self-governance. "However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. The blueprint sets out the tangible and definitive steps we will be taking to achieve that goal."

The Blueprint for Change addresses weekly fees (fixed or a predictable increase, ceasing when a unit is vacated), commits to making sure operators re-licence vacant units as quickly as possible, pledges to ensure the terms around transfers to care are transparent, and addresses and perceived or real "unfair" clauses in Occupation Right Agreements (ORAs).

Mr Collins and RVA president Graham Wilkinson attended all forums to give presentations and answer questions.

A frequent question was around the role of Statutory Supervisors – who monitor the financial position of a

village and the security of residents' interests. "There appears to be a lack of clear understanding over the legislative role of the Supervisor and the RVA will explore how we can improve awareness and understanding of this," said Mr Collins.

Other points included the use of 're-licensing gains', transparency around the business income and outgoings and greater ability to negotiate terms of ORAs. Mr Collins and Mr Wilkinson addressed all points, providing details wherever possible on where residents could access the information they required. "We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Collins.

Ms Martin said the RVA has committed to exploring what more could be done to support a more streamlined transfer to care both inside the sector and where they could with the Ministry of Health and Ministry of Social Development. "The retirement villages sector agrees that the move to care should be transparent. The RVA is identifying where improvements can be made, and will work with operators and regulators to ensure the process around the move is as transparent as possible.

"It was also acknowledged by both the RVA and residents at the meeting that there could be some more clarity on wording in the ORAs around "intentions" to provide care facilities."

Ms Martin said that following each forum she enjoyed informal discussions with residents. "There were very few who were not happy with their village and none who wished to leave their village. "At the Auckland forum, a member of the residents spontaneously asked all those residents who felt that their village had kept them safe during Covid to raise their hands. Almost the entire room raised their hands. Residents attending again and again verbalised how happy they were in their villages."

The RVA recently commissioned research into retirement village residents' degree of vulnerability. "The research covered almost 1,700 residents across 105 member villages. It showed that there was a very small minority of residents who might be considered vulnerable," said Ms Martin. "Nevertheless, the RVA is launching a trial with Fairway Resolution across 11 Auckland villages with a confidential service to allow residents to discuss any problems no matter how small, with a skilled person."

Due to other commitments, Ms Martin is stepping down from her RVA role with former MP and former Senior Citizens Minister Hon Jo Goodhew taking on the position.

editorial supplied by The Retirement Villages Assn.



8 Tips For Keeping Warm This Winter

As we settle into another Kiwi winter, frost, rain and very low temperatures, it's important to be prepared and to keep warm, as the cold can be the biggest threat to the elderly, particularly if they're feeling unwell. Here are 8 tips for keeping warm this winter:

1. Reduce your body heat loss

A lot of our body heat is lost through the head and neck, so even if you're indoors, when you're chilly, try wearing a comfortable hat and scarf. We also lose a lot of warmth through our feet, so thick socks and slippers are key to keeping cosy.

2. For instant warmth

A hot water bottle and an electric blanket are good to quickly relieve you from the cold and to help instantly feel warm. However, they should not be used together as this is a hazard and can be dangerous.

3. Thermals

Wearing several layers rather than one thick layer will keep you warmer because the layers trap the warm air and keep the heat close to the body. If you plan to go outside for long periods of time then it's a good idea to invest in some warm thermals and when it's really cold, get some thermal underwear and bed socks for bed. A thin merino hat can also be ideal for those cold nights.

4. Maintenance

If you have a heating system, then get it serviced before we get into the heart of winter as it's sensible to resolve any issues beforehand and will give you peace of mind knowing you're all set for when that first cold night draws in. If you have

a fire, then getting the chimney swept regularly, will make the heat more efficient in your home.

5. Keep the draught out

Even when it's cold outside, you'll want to open your windows during the day, if only for a few minutes, to remove moisture from your home and let in the fresh air. However, as soon as the sun goes down, it's a good idea to keep all windows and doors shut and to use draft excluders to stop cold air flowing through your home. Fitting thermal linings to your curtains will also help keep the heat in.

6. Moving with safety

If there is a slope or steps from your front door to the sidewalk, then you could fit a grab rail to the outdoor area for support in case of icy surfaces. Also throwing some grit onto the ground for those icy days will also help prevent any falls.

7. Cook warm meals

Porridge for breakfast and soup for dinner will help keep you warm on the inside. Throughout the day, it's also good to drink hot drinks, try hot water with lemon if you're not a fan of tea or coffee.

8. Get rid of dampness

Cooking, showering and drying clothes indoors all creates moisture in your home, causing dampness. A damp, mouldy home can be harder to heat and cause respiratory illnesses. To minimise dampness, dry your clothes outside, use extractor fans when cooking and showering and remove condensation from windows and doors daily.

Winter Energy Payments

The winter Energy Payments will start again on the 1st of May.

If you get NZ Super or a Veteran's Pension, you will be entitled to the Winter Energy Payments all winter. That's from 1st of May to 1st of October. The payment is made automatically, no need to apply.

As 1st of May is part way through the pay period, your first payment will be less than the full amount. You'll be paid the full amount in the following payment 24th May.

Couples and people with dependent children will get \$31.82 a week. Single people will get \$20.46 a week.

If you want to opt out of getting this payment or you want to get back in, please complete the "Stop or restart Winter Energy Payments" on line form, or call the Senior Services contact centre 0800 552 002.

If you are travelling overseas for more than 28 days you really need to let the MSD know, otherwise they may pay you too much and have to ask for the money back.

Keep warm and safe everyone!



What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.



What's On...

Walking Group

Meet at 10am unless advised.

Wednesday

8 June

Bayfair Shopping Centre (Farm Street)

Wednesday

15th June

McFetridge Lane (off Ohauti Road)

Wednesday

22nd June

Greerton Rugby Field (off Oropi Road)

Wednesday

29th June

Palmers Garden Centre - Bethlehem

Wednesday

6th July

Greerton Countdown

Wednesday

13th July

Carlton Reserve (off Ngatai Road)



Coffee and 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 578 2631.



Brookfield Group - 1st Wednesday of each month

When: Wednesday 6 July & Wednesday 3 August

Time: 10.30am to 12pm

Where: St Stephens Methodist Church Hall, 9 Brookfield Terrace, Brookfield

Cost: \$3.00pp

Te Puke Group - 2nd Tuesday of each month

When: Tuesday 14 June & Tuesday 12 July

Time: 10.30am to 12pm

Where: Citizens RSA Te Puke. 179 Jellicoe Street

Cost: \$5.00pp

Greerton Group - 2nd Thursday of each month

When: Thursday 9 June & Thursday 14 July

Time: 10.30am to 12pm

Where: Greerton Senior Citizens Hall 33 Maitland Street, Greerton

Cost: \$3.00pp

Mt Maunganui Group -

3rd Wednesday of each month

When: Wednesday 15 June & Wednesday 20 July

Time: 10.30am to 12pm

Where: Mt Maunganui RSA. 544 Maunganui Raod Mt Maunganui

Cost: \$3.00pp

500 Card Group

Have you always wanted to play 500 but don't know how? Come along and learn with a friendly fun group. Every Monday (except public holidays) 9.30am to 11.30am held at Age Concern office.

Light refreshments provided.

\$2 donation - All are welcome



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.

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

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".

AGE CONCERN TAURANGA AGM

When: Thursday 30 June
Where: Tauranga Citizens Club, 170 13th Avenue, Tauranga
Time: 10.15am to 11.50am
Cost: \$4.00pp tea/coffee provided provided prior to the meeting

Guest Speaker: Carolyn Cooper
 Age Care Commissioner
 Office of the Health & Disability Commissioner

Everyone Welcome. Lunch available at your own cost at the Bistro downstairs after the AGM. Please phone Age Concern office on 578 2631 by Monday 20 June 2.00pm to reserve your seat.



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.

HELP US TO 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.

Contact us on 07 578 2631 or call the Acorn Foundation on 07 579 9839 for more information.



I didn't get old on purpose, it just happened. If you are lucky it could happen to you.
Andy Ronney.

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Many thanks

Steady As You Go® Falls Prevention

Community based, ongoing peer-led classes for men and women over 65 to improve balance, leg strength, flexibility and general fitness

For more information on classes available in your area phone Age Concern 578 2631.



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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.

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Address: Postcode:

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

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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.