

Age Concern Tauranga

KEEPING YOU CONNECTED



NZ Transport Driver Licence

Once you turned 75 there are a few changes to the process for renewing your driver licence:

- Your new licence will be valued for only two to five years.
- The renewal fees are lower—because you are renewing our licence more often.
- You need to present a medical certificate each time you apply.
- If recommended by your doctor, you will have to sit a 30 minute On-Road Safety Test.

When do you have to Renew?

Drivers must renew their driver licence at age 75, 80 and every two years after that.

How to renew your licence

You must renew your driver licence on or before it's expiry date if you wish to continue driving—but you cannot renew it more than six months in advance.

You will receive a driver licence renewal pack about six weeks before your licence is due to expire. Have not received your pack? You can download the driver licence application form (DL.1), or get this form from any driver licensing agent. To apply to renew your licence you need to visit a driver licensing agent in person.

You need to take:

- A completed driver licence application form (DL.1).
- A current medical certificate issued by your doctor within the last 60 days.
- Your current photo driver licence or other acceptable evidence of your identity.
- A cheque, cash or EFTPOS card to pay for your new licence. Some agents also accept credit cards. If you pay by cheque, there may be a delay while it clears.

Once your application is complete, you will receive a temporary licence which is valid for 21 days. Keep this on you whenever you are driving until your new driver licence arrives in the mail—within two to three weeks.

Getting a Medical Certificate

To renew your licence past your 75th birthday you will need to visit your doctor to get a Medical Certificate for a driver licence.

Tell your doctor the certificate is for your driver licence. You will have to pay for the appointment yourself.

During your appointment your doctor will discuss your present state of health with you and test your eyesight. They will then recommend whether you are:

- Medically fit to drive
- Medically fit to drive with conditions (e.g. correcting lenses, time-of-day restriction, distance restriction)
- Medically fit to drive subject to an on-road safety test
- To be referred to a specialist (e.g. optometrist or occupational therapist driving assessor—your doctor will advise you of the results)
- Not medically fit to drive. Your doctor must advise the NZ Transport Agency and your licence will expire on your birthday.
- If your doctor decides you are medically fit to drive, he or she will provide you with a Medical Certificate for a driver licence.

Information from: www.nzta.govt.nz/driver-licences/renewing-replacing-and-updating/renewing-for-seniors

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.communitetefundraising.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).

Our Vision:

Older people live a valued life in an inclusive society.

Age Concern Seminar Series 2019



Incontinence—An Embarrassing Secret

- * Basic Continence Management
- * Older People and Continence
- * Stress Continence
- * Caring for Someone with Incontinence
- * Products Available

Presenter: Janet Thackray. Continence Educator.
Continence NZ

TUESDAY 10 SEPTEMBER

TUESDAY 17 SEPTEMBER

Hinton Lounge,
Tauranga RSA,

1237 Cameron Road,
Tauranga

10.30am to 12.00pm

Papamoa Sports &
Recreation Centre.

80 Alice Way,
Papamoa Beach

1.00pm to 2.30pm

Entry Fee: \$4 per person Entry Fee: \$4 per person

**To avoid disappointment, registration is essential-
Phone Age Concern 07 578 2631**

Sponsors:



Medical Alarm Service Cost Changes

The Ministry of Social Development (MSD) funds the costs of medical alarm services to its eligible clients through the Disability Allowance.

As part of this funding, MSD regularly negotiates with medical alarm suppliers to make sure their clients continue to get a quality service at a competitive price. This supports people to stay safe and independent in their own homes.

From 19 August 2019, there'll be a small change in the weekly cost for medical alarm services. The amount may increase, decrease, or stay the same depending on the supplier.

To make sure people stay safe, there'll be no interruption to people's medical alarm service. MSD will write to people letting them know about the change and will automatically adjust the Disability Allowance payments of people affected.

If you have a medical alarm provided by a non-accredited supplier you can still get the cost of the alarm covered by your Disability Allowance. If you choose to change to a different supplier, you'll need to choose an accredited supplier.

The assessment and application process for the Disability Allowance hasn't changed.

The MSD-accredited suppliers of medical alarm services are:

ADT Security Ltd 0800 111 238 or 0800 238 272

Chubb New Zealand 0800 20 30 40

Freedom Medical Alarms 0800 380 280

St John Medical Alarms 0800 502 323

Red Wolf High Level Monitoring 0800 673 252

MSD is also adding more accredited suppliers soon. This will give people more choice when choosing a MSD-accredited supplier.

For more information,
go to
workandincome.govt.nz



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



Tauranga District Stamp Club



International Day of the Older Person

The International Day of the Older Person is celebrated on 1st October each year. It's a day to acknowledge the contribution older people make to our communities.

To celebrate the International Day of the Older Person this year, Age Concern Tauranga is hosting a morning tea on Wednesday 2nd October.

We will celebrate with a special morning tea as part of our Brookfield Coffee and Conversation Group, 10.30am to 12pm at St Stephens

Methodist Church Hall, 9 Brookfield Terrace.

We look forward to seeing you all there and if you would like to dress up with your favourite High Tea Hat there will be a spot prize for the best hat.



Dine and Dance with Backporch at Tauranga RSA, Greerton

On the first Tuesday of the month from 11.30am to 1.30pm Tauranga RSA puts on morning tea and lunch with music. This time it was popular tunes of the 50s, 60s and 70s being played by Backporch, the old ones that everyone knows.

Diana Fiford, a member of Age Concern was very enthusiastic about her time spent at the RSA. It was crowded with males and females attending. There were people in wheelchairs and a lot of walking frames present. Diana said it was absolutely delightful. Diana knew the songs in her early 20s and it was lovely and at \$15 it was a "good do."

It started at with tea and coffee. Around 12.15pm there was a Buffet Lunch with a hot meal. Hot ham, roast potatoes and pumpkin, green beans and gravy were served. Dessert was a generous slice of cheesecake. The lunch was very generous and it saves one cooking.

Diana said she highly recommends it, she even met some people she didn't know. You can even go on your own and you are able to meet others. After the meal, everyone was invited to come up and dance. She saw a man with a walking stick and partner. Diana thought "I can do it too". There were quite a few up on the floor.

\$15 for 2 hours and \$5 to get Age Concern to pick you up, Diana couldn't speak highly enough of it.



Free Staying Safe Driver Refresher Workshop

- ✓ Road rules
- ✓ Intersection rules and roundabouts
- ✓ Looking out for hazards
- ✓ Car care and maintenance hints
- ✓ Prescription drugs and driving
- ✓ Rural and urban driving



Tauranga City



Western Bay of Plenty District Council



Age Concern Tauranga
Serving the needs of older people

<p>Tuesday 24th September Matua Bowling Club 108 Levers Road Tauranga 9.15am—1.30pm</p>	<p>Friday 27th September Greerton Seniors Citz Hall 33 Maitland Street Greerton 9.15am—1.30pm</p>
<p>Wednesday 2nd October Te Puke Country Lodge 1 No. 1 Road Te Puke 9.15am—1.30pm</p>	<p>Tuesday 15th October Katikati Community Centre 45 Beach Road Katikati 9.15am—1.30pm</p>
<p>Thursday 17th October Papamoa Community Centre 15 Gravatt Road Papamoa 9.15am—1.30pm</p>	<p>Tuesday 22nd October Papamoa Sports & Recreation Centre 80 Alice Way Papamoa 9.15am—1.30pm</p>

Tea and coffee provided. Bring your lunch.

Phone Age Concern on 578 2631 to book your space.

Come into  this month and

vote for us!



Exciting News!

Age Concern Tauranga has been selected to participate in this years Good in the Hood.

This means we will get a share of \$4,000 - but exactly how much depends on how many votes we get at each Z station.

To vote for us, all you need to do is buy something from Z Hewlett's Road, Z Central Parade or Z 15th Avenue station during the month of September and you'll be given an orange token to put in the voting box (or if you're a Z card holder, you'll get two votes!)

So please head down to Z Central Parade, Z Hewlett's Rd or Z 15th Avenue during September and Vote for us!

What's On...



Minibus Adventures

Wednesday 4th September

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

Cost: \$5pp

Thursday 12th September

Whakatane—Lunch with Roland.

Cost: \$25pp

Thursday 19th September

Transport to Coffee & Conversation - Greerton Senior Citizens Hall.

Cost: \$5pp

Saturday 21st September

Z Blokes Day Out—Thames Museum

Cost: \$30pp includes entry fee.

Thursday 26th September

Transport to Monthly Meeting.

Cost: \$5pp

Tuesday 1st October

Midday Melodies & Lunch Tauranga RSA 11.30am to 1.30pm

Cost: \$20pp includes lunch.

Wednesday 2nd October

Transport to Coffee & Conversation – **International Day of the Older Person Celebrations**, St Stephens Church Hall, Brookfield.

Cost: \$5pp

Saturday 5th October

Kaimai Café for lunch

Cost: \$10pp

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

Walking Group

All walks start at 10.00am unless stated otherwise.

Wednesday 11th September:

End of Wylie Street, Greerton

Wednesday 18th September:

McFetridge Lane, Ohauiti

Wednesday 25th September:

Briscoes, Chapel Street

Wednesday 2nd October:

Greerton Marist Rugby field off Oropi Road

Wednesday 9th October:

Willow Street Bus Stop, City Centre

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,



Monthly Meeting

When: Thursday 26th September

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: Julie Caldwell.
Electronic Calendar.

Everyone Welcome

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 4th September, 2nd October & 6th November.

Time: 10.30am to 12.00pm

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

Cost: \$3pp

Te Puke Group

When: Tuesday 10th September & 8th October.

Time: 10.00am to 11.00am

Where: Te Puke Citizens RSA

Cost: \$3pp

Greerton Group

When: Thursday 19th September & 17th October.

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 / Receive 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)

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