

AUTUMN 2020 QUARTERLY MAGAZINE  
www.ageconcerntauranga.org.nz



# Age Concern Tauranga

*Serving the needs of older people*

**KEEPING YOU CONNECTED**



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

A Kiwi Publications Limited publication | [www.kiwipublications.co.nz](http://www.kiwipublications.co.nz) | Please refer to website for disclaimer

## Contact Information

Phone: (07) 578 2631

Email: [ageconcerntga@extra.co.nz](mailto:ageconcerntga@extra.co.nz)

Address: 177a Fraser Street, Tauranga 3112

### OFFICE HOURS

8.30am - 2.30pm Monday to Friday

## Board Members

<b>Chairperson:</b>	Anna Bones
<b>Board Members:</b>	Angela Scott
	Eddie Jackson
	Adrienne von Tunzelmann
	Evan Turbott
	Ciska Vogelzang
	Peter Moss
	Ken Collings



## Staff

<b>General Manager:</b>	Tanya Smith
<b>Administrator:</b>	Fiona Gregg
<b>AVS Team Co-ordinator:</b>	Pat Duckmanton
<b>AgeConnect Social Connector:</b>	Jenni Hurn
<b>SAYGO Co-ordinator:</b>	Angelika Gillen
<b>Staying Safe Driver Refresher Facilitator:</b>	Ian Lee
<b>Total Mobility Assessor:</b>	Judi Steel
<b>Walking Group Co-ordinator:</b>	Renee Hill
<b>Social Activities Co-ordinator:</b>	Marie Hickling

*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.

Contact our office on (07) 578 2631 for further information or go to our website [www.ageconcerntauranga.org.nz](http://www.ageconcerntauranga.org.nz)

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



RYMAN HEALTHCARE

# Peace of mind retirement

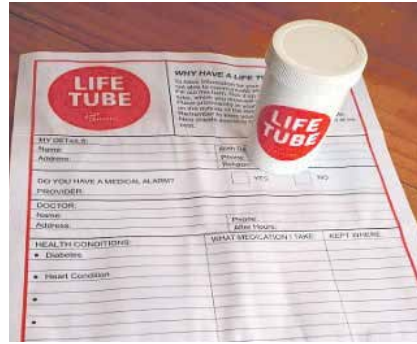
For over 35 years we've been putting our residents first.

- Our fixed base weekly fee\* provides certainty about your living costs.
- Our deferred management fee is capped at 20% – one of the lowest in Australasia.
- If your health needs change over time, we can continue to look after you.

*\*Some conditions apply*

Explore our Bob Owens village in Tauranga today, phone Jan on 07 579 2519 [rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)

## Do You Have A LIFE TUBE?



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

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

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

## PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.



Go to [www.facebook.com/ageconcerntauranga/](http://www.facebook.com/ageconcerntauranga/) to follow us on Facebook.

## 500 Card Group

Have you always wanted to play but don't know how? We will teach you. A friendly fun group gets together at 9.30am every Monday (except Public Holidays) held at 177a Fraser Street to play 500.

Light refreshments provided  
\$2 donation -  
All are welcome



## Introducing AgeConnect & AgeConnect Social Connector – Jenni Hurn



Jenni has worked in the health and community sector, primarily with older people, in advocacy, education, liaison and community work roles. She has previous experience helping to establish a new service in Lower Hutt for isolated older people and is thrilled to have the opportunity to implement AgeConnect for Age Concern Tauranga.

**The AgeConnect Service is being established to address social isolation and loneliness in our community. AgeConnect service will work to enhance older people's wellbeing through social connections, ensure older people's contribution is valued and help to foster meaningful interactions.**

The AgeConnect service aims to build friendships and community connections for isolated older people by:

- Linking isolated and/or lonely people to support and activities.
- Providing information about social groups and events.
- Working with communities to create new social connection options as needed.

### The AgeConnect social connector's role is to:

- Consult within local communities to understand what social connection activity is happening and where there are gaps. Support existing community groups to be accessible and sustainable, and help people to start new groups, working collaboratively with all local partners to coordinate our activities and develop better information sharing that support social connections.
- Identify people who are isolated and lonely or who are at risk of becoming lonely. Carry out individual assessments for older people referred to the service and link them to social support as needed. Giving people time, focusing on what matters to them and taking a holistic approach to their health and wellbeing by connecting them to community groups, services and activities for practical and emotional support.
- Ensure that information about what's on is up-to-date and accessible.

### Why does it matter

Being socially connected supports older people to stay

in good health. Things like losing a partner, poor health and mobility, failing eyesight or hearing, loss of a driving licence etc. can lead to social isolation and feelings of loneliness. If this happens, it is important to do something about it.

It can be hard for people who are lonely to know where to turn for support – an Age Concern Social Connector can help people to make the right connections.

### Who can refer?

- Older people themselves
- Family member and friends
- Health professionals
- Community agencies

### Want to help?

- Enquire about Volunteering

To find out more or to make a referral contact:

**Age Concern Social Connector:**  
**Jenni Hurn, Phone: 07 578 2631**  
**Email: [cc.ageconcerntga@xtra.co.nz](mailto:cc.ageconcerntga@xtra.co.nz)**



Robbie our driver, and our members enjoyed a lovely lunch at the Whakatane RSA.



Members of Age Concern enjoy a day out on a minibus trip to Whakatane.

## Is There Life Without a Car?

Age Concern Tauranga introduces a new approach to helping people who have to give up driving. For many (most) people driving a car is an important means of independence, social connection to family and friends, and access to essential services. So, what happens when someone stops driving?

Not driving doesn't have to limit our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence and freedom.

Age Concern Tauranga are introducing a new two-hour workshop for the benefit of those who no longer drive, or who are thinking it may be time to give up driving.

### Our Life Without a Car Workshop will:

- Highlight a range of possibilities to remain mobile
- Offer alternative ways of getting about in the community
- Suggest many options to keep involved and enjoy activities
- Encourage living positively without driving

The Course facilitator, Ian Lee, said "Apart from my input, the workshop is a great opportunity for participants to exchange ideas with people who are in a similar position."

**Workshops have been arranged around the area at the following locations:**

**TIME: 9.30am – 11.30am**

### Tuesday 3 March

Papamoa Sports and Recreation Centre, 80 Alice Way, Papamoa

### Thursday 5 March

Tauranga Senior Citizens Club, 14 Norris Street, Tauranga

### Tuesday 24 March

Matua Bowling Club, 108 Levers Road, Matua, Tauranga

### Monday 20 April

Mount Maunganui RSA, 544 Maunganui Road, Mt Maunganui

**To register for one of these FREE Workshops contact Age Concern Tauranga on (07) 578 2631.**

## Immunisation for older people

### Free vaccines to protect against influenza, shingles, tetanus and diphtheria

As you get older, you become more vulnerable to some infectious diseases. Free immunisation is offered from 65 years onwards to protect against: tetanus; diphtheria; influenza and shingles.

**Tetanus (or lockjaw)** is a serious infection caused when bacteria that live in dirt and dust, enter the body through a cut or wound. Tetanus causes muscle stiffness, painful spasms and sometimes death. Tetanus is more likely to be fatal in older people

**Diphtheria** a serious bacterial infection of the throat that can close off the airway. It can also affect the heart and nervous system and cause death. Because of immunisation, diphtheria is now extremely rare in New Zealand. However, it can still be brought back into the country through travel.

**Combined tetanus and diphtheria vaccine** is recommended when you reach the age of 45 years and again at the age of 65 years to boost the immunity you received as a child. The vaccine is free, but your general practice may charge a small fee to give the injection.

**Influenza (or the flu)** is a serious illness that can sometimes be fatal. People of any age who contract the flu can end up in hospital, but it's more likely if

you're older or have an underlying medical condition. Influenza can make existing medical condition such as asthma, emphysema or diabetes, a lot worse. The Influenza vaccine is free and recommended every year from age 65 years onwards. Every

year around 400 New Zealanders die from influenza

**Shingles (or herpes zoster)** is a painful rash affecting a particular nerve. It's a long-term effect of chickenpox that can occur many years after a person has recovered from the initial disease. It can affect anyone who has previously had chickenpox and its more common in older people. Shingles usually lasts 10-15 days and can cause scarring and loss of vision if it affects the eyes. One of the most serious complications, particularly among older people, is nerve pain that lasts long after the rash has disappeared.

**About 1 in 3 New Zealanders** will get shingles in their lifetime Shingles vaccine is free at age 65. Until 1 April 2020 anyone aged from **65 to 80** years is also eligible for a free shingle vaccine.

### How effective are the vaccines?

Immunisation significantly reduces the chance that you will catch these diseases, but does not provide total protection against any disease, including influenza or shingles. Immunisation is strongly recommended by Health Professionals as it may still reduce the severity of the disease. Although the effectiveness of immunisation reduces as we get older (because our immune systems become less effective at fighting disease with age), immunisation is still one of the best ways to help protect against several serious diseases.

**Where do I get immunised?** Free immunisation against these diseases is available at your general practice. Many pharmacies also provide free influenza immunisation to those aged 65 years and over. If you spend time with babies and young children or are likely to spend time with young grandchildren in the near future, you might also want to talk to your Doctor or nurse about how immunisation can protect you and your family from other infectious diseases, like whooping cough.

### Four Key Points

1. As you get older, the protection from earlier immunisations can begin to wear off
2. Free immunisations for those aged 65+
3. Protect against influenza, shingles, tetanus and diphtheria
4. It's safe to receive all three vaccines together

Source: *Immunisation for Older People* leaflet [www.healthed.govt.nz](http://www.healthed.govt.nz)

## SAFETY ADVICE FROM NZ POLICE

There are a number of things you can do to keep yourself secure at home. New Zealand is a relatively safe place to live and it is unlikely that you will ever have an intruder. If you have crime or safety concerns about your neighbourhood then you should get in touch with your local Police, who will be happy to discuss these with you. There are a number of other agencies you can contact for help and advice, such as Citizens Advice Bureau and Age Concern. One of the best actions you can take is to get to know your neighbours.

### Think ahead:

- Don't open the door to strangers.
- Install a peephole.
- If you don't know someone, keep the door closed.
- Have a phone by your bed.
- Arrange with a neighbour to phone or visit you if your curtains aren't open after a certain time in the morning.
- Have a personal or medical alarm that you can press in an emergency.
- Never tell someone that you are alone in the house.
- Get a Life Tube from Age Concern Tauranga (\$6 per tube). In an emergency the red Life Tube sticker on your fridge will alert Police, Ambulance or Fire Services that vital information about you is available inside the refrigerator.
- Ask for a security checklist from Neighbourhood Support. <https://neighbourhoodsupport.co.nz>
- Don't be tricked! If someone you don't know asks to make a phone call from your home get the phone number and offer to make the call yourself. Then they don't need to enter your home and you don't need to open the door.
- Never do business with strangers who come to the door, phone you or contact you via email.
- Never talk to strangers about your financial affairs.
- Never give out your name and address or chat if you receive a wrong number phone call.
- Use tried and trusted tradespeople. Get several quotes. Ask your family or Age Concern to recommend someone.
- If you are cheated, tell Police. Help Police catch the criminal and stop other people from being cheated.
- If you suspect someone is being cheated or abused, contact Citizens Advice Bureau, Age Concern, your Community Constable or local Police.
- If you wake and find an intruder in your home get out if you can. Dial 111 and ask for Police. Listen to what Police tell you. Don't try and catch the intruder or block their escape. If you have to act—yell or scream, blow a whistle.
- If you suspect there is a prowler outside dial 111 and ask for Police. Listen to what Police tell you. Turn on all outside lights if you can. Turn off all inside lights. Make a loud noise to frighten the prowler away and alert your neighbours.

Source: *FamilyCare NZ Issue 39*

## Leave your loved ones fond memories .... not your funeral costs



For over 38 years the Catholic Development Fund (CDF) of the Catholic Diocese of Hamilton is

where Catholics and others can deposit funds in term deposits and savings (including funeral savings) accounts. While supporting the religious, educational and charitable objectives of the Bishop, local communities and the wider Church..

**CDF's funeral savings account is open to all faiths, even those of no faith, and pays interest on all balances. Contributions by lump sum(s) or regular automatic payment. There's no minimum deposit, frequency or account fees.**

Under current legislation, up to \$10,000 in a CDF funeral savings account shouldn't affect account holder eligibility for any residential care subsidy.

If you share our values and wish to know more please view the product disclosure statement (PDS) and trust deed on our diocesan website [www.cdf.cdh.nz](http://www.cdf.cdh.nz) or NZ Companies Office website [www.business.govt.nz/disclose](http://www.business.govt.nz/disclose)

Contact CDF: Phone: 0800 843-233  
Email: [cdf@cdh.org.nz](mailto:cdf@cdh.org.nz) Website: [www.cdf.cdh.nz](http://www.cdf.cdh.nz)  
Mail: PO Box 4353 Hamilton East 3247,  
In-person: Chanel Centre, Catholic Diocese of Hamilton, 51 Grey St Hamilton East, Hamilton

Leave your loved ones fond memories.....  
not your funeral costs



Catholic Development Fund, Catholic Diocese of Hamilton

## FUNERAL SAVINGS ACCOUNT

- No fees
- Open to any denominations

Contact: CDF Ph 0800 843 238 Email: [cdf@cdh.org.nz](mailto:cdf@cdh.org.nz)

Mail: PO Box 4353 Hamilton East 3247

Visit: The Chanel Centre 51 Grey Street, Hamilton East

**Important Notice: please read**  
This application to deposit is issued with the Replacement Product Disclosure Statement (PDS) dated 18 December 2019 for an offer of debt securities issued by the Roman Catholic Bishop of the Diocese of Hamilton, trading as the Catholic Development Fund (CDF). The Replacement PDS and the Trust Deed can be viewed at the following websites: NZ Companies Office [www.business.govt.nz/disclose](http://www.business.govt.nz/disclose); Catholic Diocese of Hamilton [www.cdf.cdh.nz](http://www.cdf.cdh.nz) or the Diocesan Office at 51 Grey Street, Hamilton East, Hamilton 3216

editorial supplied by Catholic Diocese of Hamilton



**10% Discount for Super Gold Card Holders**  
(on presentation of card)

- Wills, Estate & Succession Planning
- Enduring Powers of Attorney
- Trusts
- Property
- Family/Relationship Property

243 SH2 Bethlehem Shops, Tauranga 3110  
Email: [admin@klb.co.nz](mailto:admin@klb.co.nz)

**Call in or phone us today**  
**on 07 579 2350**  
[www.klb.co.nz](http://www.klb.co.nz)

## Friendly, convenient and local!

Freedom Drivers Tauranga, run by Gavin Bennett, brings a warm and friendly driving service right to your door. Gavin has lived in Mt Maunganui since 1988 and, as a retired policeman of over 30 years standing and a former Age Concern volunteer, he will be well known to many in the area.

"We specialise in providing safe caring transport and assistance for our senior citizens. We cover a wide area including Tauranga, Mt Maunganui, Papamoa and Te Puke and we also travel further afield to pick up those living out of the main urban areas. Its common to see us driving clients to important appointments in other centres such as Auckland and Hamilton." says Gavin.

Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras.

Gavin looks forward to meeting you and driving you wherever you need to go in a friendly, reliable, professional and safe manner.

**Call Gavin directly with any enquiries on 07 575 6324 or 027 489 7621.**

## Steps to Make a Complaint about Your Residential Care

1. First discuss your concerns with the Residential Care Provider by talking to the manager as this is the first line for response to a complaint. Residential Care Facilities have the ability to manage any immediate issues or actions required. They can answer questions at the point of care. They can check and answer questions and concerns about a resident's admission agreement or private contract to see what services the person agreed to pay for and address care concerns and complaints. If you would like the support of a Health and Disability Advocate, phone 0800 555 050. They offer free advocacy support to anyone receiving residential care. An advocate can help you identify what the issues are that need to be addressed, and what resolution looks like. They then provide support to help you take your concerns to the care provider.

2. Contact Auckland District Health Board (ADHB) Health of Older Persons Portfolio Manager, email [feedback@adhb.govt.nz](mailto:feedback@adhb.govt.nz), if you feel that talking directly with the Residential Care Facility hasn't resolved the issue. They can assist with the management of the complaint. The Portfolio Manager may work with specialist Nurses/Clinicians, speak to and/or visit the Rest Home to gather information and will contact you with their findings. Please note: gathering information may take time.

3. Contact the Ministry of Health - HealthCERT, phone 0800 113 813, or Disability Support Services, phone 0800 373 664, if you feel that you have concerns that haven't been addressed. They can assist with the management of the complaint and information on process. Part of their process would be to speak to the WDHB and/or care service to investigate. HealthCERT can also carry out spot inspections. Note: This isn't an immediate response to your care questions and gathering information may

take time.

4. The Office of the Health and Disability Commissioner (HDC) considers complaints about Health and Disability Services, including Rest Homes and other Aged Care Services. After receiving a complaint, HDC gathers information from the care service, the local DHB, HealthCERT and other agencies as needed. HDC may decide to close the complaint with educative comments or recommendations (often after receiving advice from clinical experts); refer the complaint to the WDHB or to the Advocacy Service for resolution between the parties; or, in some serious cases, HDC may carry out a formal investigation. A formal investigation can be a lengthy process (over a year) and may not provide immediate answers to questions about the care provided. For complaints about services, you can contact a Nationwide Health and Disability Advocate on 0800 555 050 to discuss your complaint and the best way to resolve it or contact HDC directly phone, 0800 11 22 33. Complaints About Costs For complaints about costs you can talk to your Residential Care Provider, the ADHB, seek legal advice or go to the Disputes Tribunal (formerly known as Small Claims Tribunal).

Source: Ministry of Health

## Ngā whiwhinga tāke mō ngā takoha

### Tax credits for donations

#### Who can claim?

You can claim donation tax credits if you:

- are claiming as an individual and not on behalf of a trust, partnership or company
- were a New Zealand tax resident at any time during the tax year (1 April to 31 March).

#### What you can claim for?

You can claim tax credits for donations of \$5 or more when the donation:

- was to an approved organisation
- did not provide any direct benefit to you or your family.

#### How much you can claim?

The total you can claim in one tax year is the lesser of:

- 33.33% of your total donations
- 33.33% of your taxable income.

If your total donations were more than your taxable income you can share your tax credit with your spouse or partner. You would claim up to your income amount and your spouse/partner would claim the rest.

#### Sharing your tax credit

When you submit your donation receipt in myIR, let us know how much of it you want to allocate to your spouse/partner.

We will allocate the amount to them. Your spouse/partner does not have to submit the receipt themselves. You can do this even if the receipt is in your name only.

#### 4 year limit

You can submit a receipt for a donation at any time within 4 tax years of the date of the donation. Any credit you are due will apply to the tax year the donation was made, not the year you submitted the receipt.

#### What needs to be on your receipt

You need a receipt for every donation you want to claim for.

The receipt needs to:

- be in your name or your spouse or partner's name
- show the amount and date of the donation
- clearly state that it's for a donation
- be signed by an authorised person
- be on the organisation's letterhead or show its name and official stamp
- show the organisation's IRD number and/or charities services number
- show the word 'copy' or 'replacement' if it's a replacement receipt.

If you want to claim for a donation of \$5 or more made over the phone you need a receipt from the approved organisation. A copy of your phone bill is not a receipt.

#### Other ways to donate

You can ask your employer or payer to deduct donations from your pay and pass them onto charities or similar organisations. We call this payroll giving. For every dollar you donate you get 33.33 cents back as a tax credit. The credit reduces the amount of PAYE or withholding tax you pay.

Source: Inland Revenue

## TRANSPORT YOU CAN TRUST

### Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- One off or regular
- Long trips and local
- Adults and children



### Call Gavin now!

For a quote or more information

**07 575 6324**

**or 0800 956 956**

[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)



## Who's your hero?

### Walking or running to honour, remember and celebrate the hero's in our life.

Super heroes from all over the Bay will dust off their masks and capes to answer the beckoning call from Waipuna Hospice. Calling all super heroes in the community to walk in honour, remember and celebrate the hero's in our lives, past and present. By signing up to register for the Waipuna Hospice Super Hero Walk/Run you will be a hero yourself, as you help raise much-needed funds to care for people in our community facing a life-limiting illness and support for their families.



Chris Conn registered for the Waipuna Hospice Super Hero Walk/Run last year in memory of her husband Martin. Martin was diagnosed with cancer in 2013 and after two years of care and support from Waipuna Hospice he died in 2015. Chris says, "If it hadn't been for Waipuna Hospice I wouldn't have got through it, that's why my Super Hero was the one I chose - Waipuna Hospice doctors, nurses

and staff, they're absolutely amazing." The part that Chris enjoyed the most was knowing that she was walking in memory of Martin and everyone else. "I would recommend people to register if they are looking for a fun day out and wanting to walk for a purpose."

Everyone knows Chris as the "dress-up queen" as she donned her most regal attire and dressed up as the queen for Waipuna Hospice movie fundraiser Downton Abbey. What whacky creation will she have for the Super Hero Walk/Run this year? "I thought about dressing up as the queen, but no - she's not my hero! I now have some photos of Waipuna Hospice staff so they may find themselves on my t-shirt as well... who knows?" said Chris.

In our lives, each of us has that someone who holds a special place in our hearts and is looked to as a 'hero'. The Waipuna Hospice Super Hero Walk/Run encourages people to embrace their "Super Hero" by celebrating and acknowledging the heroes in their lives, and walking or running in celebration and remembrance of them. Sunday 22 March will be an eventful day and a meaningful and fun way to celebrate life and make the most of every day! In the words of Batman "you only have your thoughts and dreams ahead of you. You are someone. You mean something." Life is special.

Register for the Waipuna Hospice Super Hero Walk/Run before Monday 24 February and receive a free Super Hero t-shirt! Please note t-shirts only available with paid tickets and subject to availability. Tickets are \$15 for an individual (over 18years), \$10 for members, or come as a group of five individuals for the discounted price of \$60. Children (under 18yrs) - Remember it's FREE for you to participate with a paying individual (18 years or over). A family fun event for all ages.

Register now at [www.waipunahospice.org.nz/superhero](http://www.waipunahospice.org.nz/superhero)





**Walk or run to honour, remember or celebrate a hero in your life.**

**Sunday 22 March**  
Registration open from 9am  
**Coronation Park | Mt Maunganui**

**SIGN UP AND BE OUR HERO!**

\$10 for members | \$15 for an individual over 18 yrs  
\$60 for group of five | young persons FREE with paying individual  
A fun day out with entertainment, food trucks & spot prizes

[events@waipunahospice.org.nz](mailto:events@waipunahospice.org.nz) | (07) 552 4380  
[www.waipunahospice.org.nz/superhero](http://www.waipunahospice.org.nz/superhero)

With thanks to our partners:  



**PRIZES for best dressed!**

**WHO'S YOUR HERO?**  
POWERED BY **WaipunaHOSPICE**

## Age Concern Tauranga Presents Staying Safe Driver Refresher Workshop for Senior Drivers

### Refresh your knowledge and understanding on -

- Give way rules
- Intersection rules and use of roundabouts
- Road markings and signs
- Searching and scanning skills
- Car care and maintenance



- ✓ Free to Senior Drivers aged 70 plus
- ✓ No test or exam
- ✓ The workshop starts at 9:15am and finishes at 1:30pm
- ✓ Tea and coffee will be provided. Please bring your lunch
- ✓ Workshops are free and theory based (meaning we're not going to be behind the steering wheel of a car)
- ✓ To register, contact Age Concern Tauranga on (07) 578 2631
- ✓ If these dates aren't suitable, contact Age Concern and place your name on the waiting list.
- ✓ You're welcome to attend as many times as required. Register with a friend.

### Upcoming workshops:

- Papamoa Community Centre  
15 Gravatt Road | Monday 24 February
- Greerton Senior Citizens Hall  
33 Maitland Street | Wednesday 18 March
- Matua Bowling Club  
108 Levers Road | Friday 3 April
- Mount Maunganui RSA  
544 Maunganui Road | Wednesday 22 April
- Tauranga Senior Citizens  
14 Norris Street | Friday 15 May

## You don't have to learn anything new!

This month, we were called to John and Janet's house. They have 2x mobile phones, 1x iPad, 1x iMac computer, 1x Windows laptop and 2x TV's. They wanted to simplify matters so that all the photos from all devices could be seen on any device, or TV, but without any undue effort on their part. Janet also wanted to watch Sky on the bedroom TV, without buying a second decoder and John wanted his printer to scan-to-email, by pressing the printers buttons; plus other desirable benefits.

We visited 4x over a couple of weeks for a couple of hours each time. In total, we worked for 8 hours to synchronise all the technology in the home.

As we always say to our clients, "1. You don't have to learn anything new", "2. You don't have to remember anything", and 3. "If we do need to explain anything, we'll tell you 10x".

Have you setup your home technology correctly, or do you want this done for you?

Call us 7-days on (07) 262 1000. **We come to you!**

Silver Service IT

Keeping technology running seamlessly

**Old school computer support - 7 days**  
We come to you - leave knowledge behind

**Home Support**

- ⇨ Windows or MAC - any combination
- ⇨ Windows 10 configuring advice - bring back the good old days
- ⇨ Pimp your slow computer - upgrade to solid-state disk (SSD)
- ⇨ E-mail and domain hosting - email@yourname.co.nz
- ⇨ See all your photos and videos - on TV any time

**Small Business Support**

- ⇨ Customer Relationship Management
- ⇨ E-mail and Website management
- ⇨ Disaster Recovery

**Onsite visits · Personal Service**  
**Phone Support**

Auto-synchronise photos from phones to computers

*"It turns out, I knew what I was doing all along, but the computer wasn't set up correctly"*

Ph 07 262 1000, 7 days  
info@silverservice.co.nz  
silverservice.co.nz  
 SilverServiceIT

## Food tips for caregivers

Caring for an elderly parent or grandparent? Checking in on a friend who needs an extra helping hand? Caregiving duties range on a scale from providing transportation to appointments all the way to administering skilled nursing care including giving medicines and changing dressings. A significant portion of caregiving may also include cooking or providing meals and snacks throughout the day. Food is such an integral part of health and wellbeing, but so often, the other tasks of caregiving can overwhelm it and prevent loved ones from getting all the nutrition they should. Depending on the condition and needs of your loved one, here are a handful of fun food tips and ideas for boosting nutrition and sharing tastier (easier) meals:

### To help your loved one gain weight

Putting on weight and maintaining a healthy, strong weight can be difficult, especially for people grappling with a chronic illness who lose muscle mass from lack of activity or whose appetite is suppressed by medicines they are on. Gaining weight safely means not overloading on sugars and fried foods, but instead, intaking healthy fats that can give your loved one energy and a little extra padding. Free range eggs, avocado, full-fat milk and greek yogurt, heavy cream, dairy butter, peanut butter and cheese are all great choices for incorporating healthy fats into a diet and can easily be added (and blended) with meals. Many of them contain Omega-3s which are vital to brain and heart health, as well as monosaturated fats which have been shown to lower bad cholesterol levels. Recipe to try: Bacon wrapped avocado eggs, Crustless quiche, Creamy carrot and lentil soup, Chicken pie.

### Repair tissue

For bed or chair-limited loved ones, bedsores (pressure ulcers) may be a daily concern which requires vigilant monitoring and treatment. Did you know diet can play an important role in fuelling tissue growth and keeping skin strong to help prevent bedsores from progressing, and also help heal wounds (like from a surgical procedure)? Vitamin C has a significant impact on tissue growth, from skin and nails to blood vessels, so make sure your loved one is consuming citrus fruits, broccoli, and bell peppers regularly. Protein for muscle and skin growth is also important so prioritize more lean meats (skinless chicken or beef) and plant-based proteins like legumes, beans, quinoa, and nuts in your loved one's diet. Recipes: Baked beans, Chicken soup with dumplings, Broccoli bacon and walnut salad.

### Reduce blood pressure

With 1 in 5 New Zealanders experiencing hypertension, or high blood pressure, chances are caregivers are in the business of helping keep their loved one's blood pressure at normal levels. In addition to constant monitoring using a blood pressure by age chart, caregivers can make a significant impact with diet modifications. A DASH diet low in sodium and high in whole grains, fruits, vegetables, and other foods with electrolytes (potassium, magnesium, calcium) has been shown to lower high blood pressure. Top that with heart-healthy nuts, fats, and lean meats, plus loads of hydrating water, and you can enhance the efficacy of your loved one's high blood pressure treatment. Some beverages like beetroot juice, hibiscus tea, and milk have also been shown to help lower high blood pressure. Recipes to try: Berry porridge, Beetroot risotto, Vegetable stew.

### Eat easier

Both chronic diseases, as well as some natural wear and tear of ageing, can result in swallowing difficult and discomfort – this is called dysphagia. Special dietary modifications may be recommended by a speech pathologist including drinking thickened liquids and only eating smooth, pureed foods. Caregivers may initially think the only options for their loved ones with dysphagia are nutritional shakes, plain yogurt or pudding, but tons of whole, fresh foods can be cooked and blended to pudding, honey, and nectar consistencies. Blend a banana with roasted acorn squash, peanut butter, and ice cream for a

hearty, nutritious shake. Whip together spinach, strawberries, and applesauce for a flavourful, vitamin-rich snack, or blend avocado, berries, spinach, banana, and greek yogurt for a superfood smoothie. Recipes to try: Liver detox smoothie, Blueberry banana smoothie,

### Promote brain health

Omega-3 fatty acids have been linked to lowered risk of heart disease as well as a boost in brain function, memory, and critical thinking, which may help combat Alzheimer's disease and dementia. Flaxseed oil, chia seeds, salmon, sardines, walnuts, hemp seeds, herring, and mackerel are just a handful of Omega-3 sources that may benefit your loved one's cognitive thinking. Omega-3 fatty acids, alpha linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) can also be found in some liquid and supplement forms at your local drugstore or online. Recipes to try: Chia porridge, Chia jam, Salt and pepper salmon.

What your loved one consumes in the way of beverages and food can make a huge difference in their overall health and wellbeing, especially when you utilise food to fuel specific functions like helping repair tissue or lower blood pressure. Caregiving is a powerful and fulfilling role but is rich with its own ups and downs. Transform preparing and serving food from a daily hassle to a handy caregiving tool, and as a caregiver, you will notice a positive difference for both you and your loved one.

Sourced Age Concern Hawkes Bay Summer

## 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 of nostalgic music, from the 1940's to the 1990's are broadcast each weekday from 10am until 5pm and from 9am until 5pm on weekends and Public Holidays.

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](http://www.villageradio.co.nz)



## Ever Lasting Gift

Have you thought about leaving a gift to support the future work of Age Concern Tauranga? You can bequest to Age Concern Tauranga through Acorn Foundation [www.acornfoundation.org.nz](http://www.acornfoundation.org.nz) or Phone Acorn Foundation 07 579 9839

## COMPUTER CONUNDRUM?

- ✓ Affordably Priced
- ✓ Hardware/Software
- ✓ Problems Solved



**I come to you  
If I can't fix,  
house call is free.**

Call Dirk McTavish | (07) 576 4724 | 0221 231 591  
Email: [cyba.info@gmail.com](mailto:cyba.info@gmail.com) [www.cybaIT.com](http://www.cybaIT.com)

### 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".



Total footcare in the comfort of your own home

**We come to you!**

From nails, corns and callus to aches, sprains and strains. In Home Podiatry can help you

In Home Podiatry servicing Tauranga

**Ph: 07 2197 811**



## What's On...

### Wednesday Walking Group

**Wednesday 4 March - 10am**  
Meet at Mt Maunganui Hot Pools

**Wednesday 11 March - 10am**  
Meet at Chester Street, off Cambridge Road

**Wednesday 18 March - 10am**  
Meet at Burger King, Fraser Cove

**Wednesday 25 March - 10am**  
Meet at Papamoa Plaza, Gravatt Road, Bus Stop

**Wednesday 1 April - 10am**  
Meet at Sulphur Point, Merrilees Road, Tauranga

**Wednesday 8 April - 10am**  
Meet at Palmers Garden Centre, Welcome Bay



### Minibus Adventures

**Wednesday 4 March**  
Transport to Coffee & Conversation - Brookfield.  
**Cost: \$5pp**

**Saturday 14 March**  
"Picnic in the Park", McLaren Falls. (pack a picnic, rug and a folding chair if you have one)  
**Cost: \$10pp**

**Thursday 19 March**  
Transport to Coffee & Conversation - Greerton.  
**Cost: \$5pp**

**Thursday 26 March**  
Transport to Monthly Meeting.  
**Cost: \$5pp**

**Wednesday 1 April**  
Transport to Coffee & Conversation - Brookfield.  
**Cost: \$5pp**

**Thursday 9 April**  
Awesome April Crazy Deal. Tirau Museum and lunch. (price includes entry fee)  
**Cost: \$15pp**

**Please Note:** Minibus trips are subject to the availability of a volunteer driver.

- ALL LUNCHEAS AND MORNING TEAS AT OWN COST.
- Keep hydrated - take a bottle of water.
- Make it easier for the driver; please wait outside by your letterbox. All pick up times are approximate.

### Coffee and 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 March & 1st April  
**Time:** 10.30am to 12 noon  
**Where:** St Stephens Methodist Church Hall, 9 Brookfield Terrace, Brookfield  
**Cost:** \$3pp

#### Te Puke Group

**When:** Tuesday 10th March & 14th April  
**Time:** 10.30am to 11.30am  
**Where:** Te Puke Country Lodge, 1 No 1 Road, Te Puke  
**Cost:** \$3.50pp

#### Greerton Group

**When:** Thursday 19th March & 16th April  
**Time:** 10.30am to 12 noon  
**Where:** Greerton Senior Citizens Hall, 33 Maitland Street, Greerton  
**Cost:** \$3pp

### Everyone Welcome



## Monthly Meeting

**When:** Thursday 26th March  
**Where:** PLEASE NOTE CHANGE OF ROOM  
The Oak Room, Tauranga RSA  
1237 Cameron Road, Greerton  
**Time:** 10.00am - 11.30am  
**Cost:** \$3pp  
**Guest Speaker:** Phil Gregg, Sustainability Options speaking about how to reduce costs of power, water and maintain a healthy home.

Everyone Welcome

## Jigsaw Puzzle LIBRARY

# Welcome

Open each Saturday morning (except Public Holiday weekends) 10am - 12 noon In the room off Highmore Terrace

500 PUZZLES AVAILABLE

Membership: \$2 per person (or family)  
Hire Charge: \$1 per 1000+ piece puzzle  
50c per puzzle under 1000 pieces

A variety of many puzzles to borrow including large piece adult puzzles available.

St Stephens Methodist Church  
Brookfield Tce, Brookfield, Tauranga  
Contact: 576 0698



## Sustainability Options FREE Energy Assessments

Phil Gregg of Sustainability Options is our Guest Speaker at our Monthly Meeting on Thursday 26th March.

Phil and his brother Nik Gregg set up Sustainability Options in August 2012, a not-for-profit business. They saw a need to give people free advice on improving their sustainability practices.

They believe there are many small changes people could make to help save money. With the number one thing people need to be aware of being their power bills.

Little changes such as closing curtains to keep in heat, turning off lights and making an effort to keep the fridge door closed were small actions which would pay off long term.

Phil and Nik also return a percentage of Sustainability Options profits back to charity and the community. So they are helping to make a real difference.

We look forward to Phil Gregg, sharing his knowledge and passion for sustainability.

## 2020 / 2021 Subscriptions

Age Concern Tauranga's Membership period is from **1st April 2020 to 31st March 2021.**

*Just a friendly reminder...*

To renew your membership or join as a new member, please complete the details on the back page of this Newsletter, cut it out and post with your cheque to the address provided or call into the office.

**We now have Eftpos 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.

It's experience that makes all the difference

Tauranga | Mt. Maunganui | Katikati  
**(07) 578 3338 | www.elliottsfunerals.co.nz**





When supporting the advertisers within this magazine  
**PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

*Thanks*

Welcome

**Welcome to new members**

Welcome to all our new members that have joined over the last few months.

We hope you enjoyed reading our monthly 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.

Happy Birthday to our members that have just recently celebrated a birthday or to those that are celebrating one in the months of Feb/March/April.

**Use your SuperGold card as photo ID**

The SuperGold Card is a free discounts and concessions card available to New Zealand residents who are aged 65 years or over and those under 65 years receiving New Zealand Superannuation or the Veteran’s Pension. If you want to add a photo to your card, you can do this at your nearest AA Driver and Vehicle Training Licensing Agent.

SuperGold Card carriers may choose to add a photo to their SuperGold Card. This could be useful if you don’t have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus, evidence of your address. It’s a free service for all SuperGold card holders.

Your photo will be taken and a new card posted to you - all free of charge.



**The AA’s involvement**

AA has a nationwide network of driver licensing outlets and is the only New Zealand organisation with Digital Counter Capability across the country. They decided to participate in the SuperGold initiative to ensure that the New Zealand public had easy access to a free photograph service.

With 70% of all SuperGold Card holders already holding a New Zealand driver’s licence, we hope a majority of people are already aware of where their local AA Licensing agent is.



**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: ..... 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 to 31st March)**

**Donation:** \$5 / \$10 / \$20 / \$50 / \$..... other **EFTPOS available. Sorry no credit cards payments accepted.**

Internet Banking: 03-0445-0172665-00 Westpac (e.g.. Particulars - Sub, Reference - Surname & Initial)

**Donations help us to continue to promote the welfare of older people in Tauranga and are welcomed.**