

WINTER 2019 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

A Kiwi Publications Limited publication | www.kiwipublications.co.nz | Please refer to website for disclaimer

Contact Information

Phone: (07) 578 2631

Email: ageconcerntga@xtra.co.nz

Address: 177a Fraser Street, Tauranga 3112

OFFICE HOURS

8.30am - 2.30pm Monday to Friday

Chairperson

Anna Bones

Board Members

Angela Scott, Eddie Jackson, Adrienne von Tunzelmann, Evan Turbott, Ciska Vogelzang, Peter Moss and Ken Collings

General Manager | Tanya Smith

Administration Assistant | Fiona Gregg

AVS Team Co-ordinator | Pat Duckmanton

SAYGO Co-ordinator | Angelika Gillen

Staying Safe Refresher Driver Facilitator

Deb Grainger

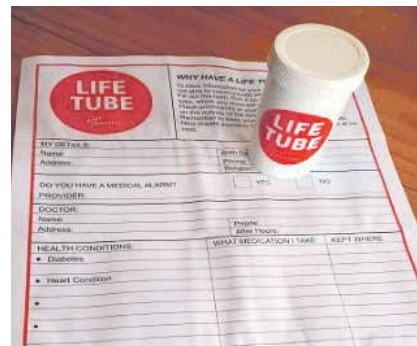
Total Mobility Assessor | Judi Steel

Walking Group Co-ordinator | Renee Hill

Social Activities Co-ordinator |

Marie Hickling

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.

Front Cover:

Age Concern Tauranga Volunteers attending a First Aid course funded and supported by the Community Organisation Grants Scheme (COGS).

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



My warm greetings to BOP Seniors,

Please allow me to introduce myself as a candidate for Mayor of Tauranga.

My name is Tenby Powell and, since growing up and going to school in Otumoetai, Tauranga has had my heart and still does today.

Last week, I was enjoying dinner at home with my gorgeous Mum, a spritely 90 year old, in Mount Maunganui, who expects me to step-up and lead this City. So I'm doing just that and putting my hand up to be your Mayor.

My background comprises a mix of proven leadership skills at senior executive level in business, community, government organisations, and the military.

While I have been in the private sector for many years, I hold the rank of Colonel in the Army, and have a deep understanding of both private and public sector governance, domestically and internationally.

I serve on a number of government boards, including Charing the Small Business Council and serving on the APEC Business Advisory Council. Accordingly, I have deep seated relationships with central government which will be important to sort out Tauranga's problems and develop a coordinated Regional plan in a fiscally prudent and responsible manner. This is not happening at present, as you'll be reading in the newspapers. It's time to turn over a new leaf; Tauranga deserves better.

By 2050, thirty nine percent of Tauranga's population is projected to be aged 65+ years; considerably higher than the New Zealand average. At the same time, we have young families moving to the BOP.

As your Mayor, I would look at ways to create a livable city for all - ensuring development and amenities better connect across the generations.

Tauranga's seniors are increasingly merging with our growing younger population who, together, are cohabitants in one of New Zealand's most beautiful cities.

Tauranga deserves experienced, considered, and fiscally prudent leadership in what is already a rapidly growing region.

I'd appreciate hearing from you, our Senior's, to better understand your needs and show you how I will work for you, your children and grandchild, to deliver a better future for Tauranga.

It's time for a fiscally savvy, collaborative, and compassionate Mayor who listens, understands and leads with strength and conviction.

It's time for a Mayor who is a leader and team builder, who can work with our City Chief Executive to transform the Tauranga City Council into a responsive, efficient and trusted organisation that makes pragmatically sound decisions and delivers on its promises.

I have a proven background in delivering on such promises and look forward to becoming your Mayor.

It's time . . .

Please follow me on Facebook or email me at tenby.powell@gmail.com.

I hope to meet you soon.

Tenby Powell

Mayoral Candidate, Tauranga

Welcome to new members

Welcome to all our new members that have joined over the last few months. We hope you enjoy 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 June and July.

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.



Tenby Powell Tauranga Mayoral Candidate

- ✓ Effective Leadership
- ✓ People & Economy
- ✓ Regional Cooperation

please follow me on facebook or email me at tenby.powell@gmail.com



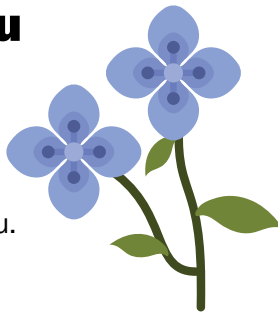
Services

- Accredited Visiting Service
- Total Mobility Scheme
- Staying Safe Driver Refresher Workshops
- Steady As You Go Classes
- Social Support Services
- Walking Group
- Coffee & Conversation Groups
- Monthly Meetings
- Seminars
- Mobility Scooter Workshops
- CarFit
- Minibus Outings
- Information Kiosk
- Volunteer Opportunities

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

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.



Go to www.facebook.com/ageconcerntauranga/ to follow us on Facebook.

Volunteering in retirement, or redirection

The Baby Boomers (Traditionalists) expect and demand more from their volunteer experience. They want to make a difference, be influential, and be in control of what they do and when they do it.

Many who have reached, or are about to reach, this stage of their life do not see themselves slowing down. Many will be just as active as before and willing to give to a cause that shares their visions and values.

A stable, mature volunteer can bring years of experience and skill development to the table that can benefit an organisation and will often be looking for something that they see has a positive impact on local community needs.

Not for Profit organisations need to cater to this group and ensure they provide a wide range of volunteering opportunities including short term, episodic and project based.

Don't forget about the benefits of volunteering either. Research shows that volunteering helps reduce the decline in physical ability and boosts those endorphins that keep the heart pumping, your mind sharp and your immune system working.

Visit the Volunteering Bay of Plenty website www.volbop.org.nz to see how you can help your community.

DO SOMETHING GOOD TODAY.

Be part of our community, meet new people, gain a new experience, learn new skills, make a difference, enrich your life and your community through volunteering.

VOLUNTEERING BAY OF PLENTY

Ph (07) 571 3714 or visit our website: www.volbop.org.nz

Betty likes to volunteer because it keeps her 'brain occupied' and gives her something to do.

Age Concern Tauranga Incorporated

ANNUAL GENERAL MEETING NOTICE

**Thursday 27th June 2019
10.15am to 12.00pm
Held in the Hinton Lounge,
Tauranga RSA.
1237 Cameron Road,
Greerton, Tauranga**

**Guest Speaker:
Tauranga City Council
Chief Executive
Marty Grenfell**

All Welcome

BAY CREMATION CARE

Compassion. Care. Conscious of Cost.

At a difficult time, know that you won't pay a fortune for you and your loved one to be looked after with dignity and respect by a qualified and experienced team.

Pre-arranged and Pre-paid Funerals available.

Fixed Price Funeral Plans

From **\$1799** incl gst



ALISTAIR BLACK
Funeral Director and
Embalmer

07 - 282 7922

Email: info@baycremationcare.kiwi.nz

www.baycremationcare.kiwi.nz

Age Concern Tauranga Incorporated Board Member 2019 Nomination Form

We the undersigned nominate:

1.

2.

To be Board Member(s) of the Age Concern Tauranga Board.

Nominated by:

Signature:

Date:

Seconded by:

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 13th June 2019.

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was and I told him. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

DEMENTIA FRIENDLY BANKING - WESTPAC -

The next time you are near a branch of Westpac stop by and ask them about their Dementia Friendly Banking initiative.

Westpac has become New Zealand's first dementia friendly bank to support the two out of three Kiwi's affected by dementia. Their aim is to help customers with dementia to plan ahead, access financial services and get help to remain independent for as long as possible. Tellers are trained in how to better support those customers whose lives are complicated by dementia.

Westpac also offer a brochure that includes a checklist on how to stay safe and tips on how to spot the signs of possible financial abuse and where to go for further help and advice relating to financial matters.

PLEASE SUPPORT OUR ADVERTISERS

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

Advance Care Planning

Advance care planning helps you, the important people in your life and your health care team plan for your end-of-life care.

It helps you understand what the future might hold, and to say what health care you would or would not want. This makes it much easier for everyone to know what you want - especially if you can no longer speak for yourself.

An advance care plan includes what is meaningful to you, such as people and pets, your values and the ways you would like those caring for you to look after your spiritual and emotional needs.

It can also cover what sort of funeral you would like, whether you want to donate your organs, whether you want to be buried or cremated, where your important papers are and whether you have in place an enduring power of attorney or advance directive.

Advance Care Plan booklets are available at the Tauranga Age Concern office.

our voice
to tatou reo

Advance
Care
Planning



KaimaiLaw
BETHLEHEM

www.klb.co.nz

MAKE THE RIGHT MOVE

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

Call in or phone us today on 07 579 2350



Have your Property Professionally managed by Property Management Experts.

- * 3 months FREE with any new property management
- * Full Property Management & Casual Let Services
- * Discount for Super Gold Card holders
- * Bonus for people who refer a rental to us

Phone us on (07) 579 3038
or please call into any First National office.

www.taurangarealty.co.nz

WE ONLY DO DENTURES

PHONE: 0800 402 402
www.denturestauranga.co.nz



THE BAYVIEW CARE SUITES

163 WAIHI ROAD, TAURANGA



Living in a Care Suite is care like you've never seen before, with the flexibility and control you're used to, and that little bit of luxury you deserve.

Your gourmet chef will prepare food you enjoy, and personalised concierge services will ensure your diary is full doing the things you love.

You can relax knowing you won't have to move again as support in your Care Suite is provided at both Rest Home and Hospital level.

No Referral Required
For residents 65 and over

Call 0800 333 688



OCEANIA
HEALTHCARE

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.



World Elder Abuse Awareness Day

15 June

Although elder abuse is a worldwide problem, here in NZ it is estimated that 1 in 10 older people will experience elder abuse, with the majority of cases going unreported. As a community it is our collective responsibility to ensure older people are always respected and never abused.

Elder abuse is not specific to any one gender, religion, ethnicity, or income group. It may happen at home, in residential care, or in hospitals. Most of the time family members are the abusers.

What is elder abuse?

Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Types of elder abuse?

Commonly there are several types of elder abuse that may occur, and people can experience more than one type:

- Financial abuse – can range from illegal use of your money/assets to coercing you to change your will
- Psychological abuse – includes threats, humiliation and harassment that then leads onto distress, shame or stress. This then creates a sense of powerlessness in the older person. Also, a factor in other forms of abuse.

- Physical abuse – personal harm and injury
- Neglect – another person failing to meet the needs emotionally and physically of an older person.
- Sexual – includes any non-consensual sexual activity

How will I know if someone is being abused?

It is difficult to identify abuse but by being aware of the following risk factors will assist you in identifying if an older person is at risk of elder abuse:

- Being dependant on others
- Family conflict or dysfunction
- Family violence
- Isolation
- Stress in care relationships
- Mature age children or dependents with a disability or health issues
- Mental illness and dementia
- Poor literacy and/or awareness of rights

How you can help to prevent Elder Abuse

- Love and cherish your older relatives/whānau
- Speak respectfully to older people/Kaumātua
- Include older people/Kaumātua in your social activities
- Phone or visit your older relatives/whānau
- Support older people/Kaumātua to spend their money how they wish

- Encourage and support older people/Kaumātua to make their own decisions
- Honour older people/kaumatua’s wisdom
- Enable older people/Kaumātua to set their own pace
- Respect older people’s/kaumatua’s stories
- Seek advice from an Elder Abuse Response Service if you think an older person/Kaumātua is being abused

Where can I go for support?

The Ministry of Social Development has a free and confidential 24/7 helpline, 0800 32 668 65 (0800 EA NOT OK). Calls are answered by registered nurses who will direct callers to elder abuse specialist service providers in your area. Resources are available at the Age Concern office or phone us on 578 2631.

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

Elder Abuse in New Zealand*

1 in 10 people

over 65 will experience elder abuse

That's as many as **70,000** people this year

As many as **3 out of 4** cases go unreported

Last year elder abuse services saw over **2,100** clients

67%

were female

43%

were 80+ years old

*Source: Age Concern Elder Abuse and Neglect Prevention Services Report for 1 July 2013 - 30 June 2014 (unpublished)

Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth checking to see if you're getting the best deal for you.

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

Visit www.energywise.govt.nz for more information.

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.

Visit our comprehensive website:

www.villageradio.co.nz

for further information.



RETIRED ON A BUDGET?

Paying less for power is a quick way to squeeze more out of your budget.

Check whatsmynumber.org.nz to see if you can get a better deal.

WhatsMyNumber
.org.nz

MATARIKI

The Maori New Year is officially celebrated on 25 June 2019.

Matariki is the Maori name for a group of seven stars known as the Pleiades star cluster.

Some people think of Matariki as a mother star with six daughters, and it is often referred to as the Seven Sisters.

Others think that Matariki are the 'eyes of the god'. When Ranginui, the sky father, and Papatuanuku, the earth mother, were separated by their children, the god of wind - Tawhirimatea, became angry, tearing out his eyes and hurling them into the heavens.

Matariki appears in the eastern sky sometime around the shortest day of the year and is thought to determine how successful the harvest crop will be in the coming season. The brighter the stars, the more productive the crop will be.

How was Matariki celebrated?

Traditionally Matariki was celebrated by gathering with whanau (family) and reflecting on the past. The festival's connection to the stars provided an opportunity for families to remember their whakapapa (genealogy) and those ancestors who had passed away to the heavens. Offerings were made to land-based gods who would help provide good crops, and new trees were planted to signal new beginnings.

Many of these traditional celebrations are still practiced today, however there are many other ways that Matariki is celebrated also. Most celebrations focus around music, song, dance, food and family, and celebrations can last up to 3 days.

6 simple ways to celebrate Matariki with your family

There are lots of ways you can celebrate Matariki with your family, and in doing so, start your own family traditions. Some ideas to get you started include:

1. A Family Feast – Make Matariki a time when the whole family gets together to feast and give thanks. It may be a nice opportunity to explore traditional Maori food like hangi and rewena, or Maori

bread.

2. A New Harvest – Use Matariki as a time to clear the winter vegetables and prepare your vegetable garden for the new planting. It could become a family tradition to do the gardening altogether at least for one day of the year.

3. Tree Planting – contact your local Department of Conservation to find out if there are any regeneration projects happening in your area. Organise to plant a tree on Matariki or get together with a group of friends and plant several.

4. Sleep under the Stars – spend a night sleeping under the stars (or under a tent!) and tell your own family stories. You may want to talk about family memories, or create goals for the coming lunar year.

5. New Years Resolutions – most of us create New Years Resolutions in January, but by the time June rolls around they are long forgotten. Why not use Matariki as a time to renew your resolutions.

6. Attend a Matariki Event

Tauranga Matariki events – 2019

Matariki Glow Show – Baycourt Community and Arts Centre, Monday 24 and Tuesday 25 June 2019

Matariki Allstars 2019 – Friday June 21, 11 Totara Street, Mount Maunganui

Sourced: www.kiwifamilies.co.nz

Care
On Call 
Quality Care In Your Home

Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



tauranga@careoncall.co.nz

(07) 985 6381

www.careoncall.co.nz

Mid-year Buffet Lunch



Age Concern Tauranga invites our members and friends to join us for a mid-year buffet lunch 12noon after our Annual General Meeting on Thursday 27th June 2019.

\$25.50 per person (with Gold Card) \$27.50 per person (without Gold Card)

Tauranga RSA Oak Tree Restaurant, 1237 Cameron Road, Greerton

Phone our office on 07 578 2631 to reserve your seat.

Payment must be received at the office by 2.00pm Friday 14th June 2019 to confirm your booking. Sorry, no refunds after this date

Take a journey back in time

GOLDFIELDS RAILWAY INC.
WAIHI • WAIKINO

For train times and to make bookings online, visit our website www.waihirail.co.nz
To enquire about group bookings (20+) call us on 07 863 9020 | 38 Wrigley St, Waihi, 3610

What is an Endowment Fund?

It's a fund where your gift is invested and will grow over time with only the income (interest) from the fund that will enable **Age Concern Tauranga** to continue to provide services and support for the well-being of older people in our community.

Leaving a gift for the community in your Will by establishing an endowment fund through the Acorn Foundation is a simple process. Their staff will work closely with you and your family as you move through the steps of creating a fund which best fits with your long-term charitable goals.

A gift in your Will

To make a gift / bequest in your Will, you should consult your lawyer. Ask the appropriate clauses to be inserted into your Will and / or your memorandum of wishes.

You can gift a specific dollar amount to the **AGE CONCERN TAURANGA INC ENDOWMENT FUND**, or you can gift a percentage of the value of your estate.

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

COMPUTER CONUNDRUM?

✓ Affordably Priced **I come to you**
✓ Hardware/Software
✓ Problems Solved **If I can't fix, house call is free.**

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

Donation Form

I wish to make a donation to the **Endowment Fund** held with the Acorn Foundation in the name of: **Age Concern Tauranga Inc.**

Amount \$

Please complete the form and send with your donation (please do not post cash) to: Acorn Foundation, DX Box HP40007, Tauranga 3112

A receipt will be issued to the address you have provided. Credit card and online banking donation facilities are available on the website at www.acornfoundation.org.nz/ways-to-give/donate

Name:

Address:

Phone:

Email:

- I have advised Age Concern Tauranga of this donation.
- Please advise Age Concern Tauranga of this donation on my behalf.
- I prefer to remain anonymous.



Updating Your Will

Recently I presented to an Age Concern audience on specific aspects of Wills and Enduring Powers of Attorney. Given that I last wrote about the latter, this time I'd like to highlight the reasons why everyone should have a Will and, if they do, why they should review and update their will as their circumstances change.

Dying intestate, that is without a Will, can leave family members in a tricky situation. Although prescribed laws specify how an intestate estate is to be administered, it may not be what you would want for your loved ones. In particular, if you are survived by a spouse and children, your children could end up with just as much or more of your estate funds than your spouse. Of course, there are other laws which allow a spouse to contest the prescribed intestacy laws, but the complexity and significant costs to do this could easily be avoided if a will had been put in place. Even if a will has been put in place it is important to review it every two to five years or when your personal and family circumstances change. For example, getting married or entering into a civil union will revoke your will leaving you with an intestacy if a new will isn't made in contemplation of the marriage/union. Conversely if you separate and do not divorce, a new will would prevent your ex from inheriting under the will you made when they were your significant other.



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".

There are many life events that will impact on how your estate will be administered, which could be contrary to your intentions and the expectations of your loved ones. For this reason, it is important that everyone, with or without a will, seeks legal advice from time to time to ensure that an appropriate will is put in place or updated to accommodate their changing circumstances. By doing so you will not only save money, but those left behind will be saved from unnecessary suffering and stress at what is already a difficult time.

Deeanah Winders

What's On...

Wednesday Walking Group

Wednesday 19 June - 10am

Meet at Sylvania Drive, off Levers Road, Matua

Wednesday 26 June - 10am

Meet at Mount Ocean Sports Club, Mid Christmas lunch afterwards

Wednesday 3 July - 10am

Meet at Mitre 10 car park, Gate Pa

Wednesday 10 July - 10am

Meet at Kulim Park, Bureta

Minibus Adventures

Sunday 16th June

Blokes Day Out - Visit Te Amorangi Settlers and Steam Museum and lunch.

Cost: \$25pp plus \$15pp entry fee

Thursday 20th June

Transport to Coffee & Conversation - Greerton.

Cost: \$5pp

Saturday 22nd June

Hamilton Museum. Cut! Costume. A dazzling exhibition showcasing five centuries of fashion and style as worn by some of Hollywood's biggest names.

Cost: \$25pp plus \$13pp entry fee

Thursday 27 June

Transport to AGM and lunch.

Cost: \$5pp

Wednesday 3rd July

Transport to Coffee & Conversation - Brookfield

Cost: \$5pp

Tuesday 9th July

Rotorua lunch with Roland - Parksyde Centre

Cost: \$25pp plus lunch

Please Note:

- **ALL LUNCHES 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.
- Minibus trips are subject to the availability of a volunteer driver.**

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 3rd July & 7th August

Time: 10.30am to 12 noon

Where: St Stephens Methodist Church Hall, Brookfield

Cost: \$3pp

Te Puke Group

When: Tuesday 11th June & 9th July

Time: 10.00am to 11.30am

Where: Te Puke Citizens RSA

Cost: \$3pp

Greerton Group

When: Thursday 20th June & 18th July

Time: 10.30am to 12 noon

Where: Greerton Senior Citizens Hall, 33 Maitland Street, Greerton

Cost: \$3pp

Everyone Welcome



Annual General Meeting

When: Thursday 27 June 2019

Where: Hinton Lounge, Tauranga RSA, 1237 Cameron Road, Greerton

Time: 10.15am to 12 noon

Guest Speaker: Tauranga City Council
Chief Executive Marty Grenfell

Everyone Welcome.

Charity Yarn Stash Tauranga

Charity Yarn Stash is a group of crafters across New Zealand who knit and/or crochet items for charity. This is under the umbrella of the Crafty Volunteers of New Zealand Trust. They have co-ordinators across the regions who work with the crafters and organisations in their areas to endeavour to get in donations of wool and then distribute this to the crafters to make items to help members of the community in need and harness the collective ability to do this well.

Lisa Stirling is the Tauranga co-ordinator for Charity Yarn Stash, and she works with a large number of volunteer crafters in the area to meet the needs of our community. Late last year Lisa got in contact with Age Concern as the group identified that there were elderly people in our area with needs that the crafting group would like to meet, and wanted to know if Age Concern could then distribute the items made, so that they could reach where they were needed most.

Fast forward to April and the Tauranga Charity Yarn stash group has delivered an amazing array of blankets, scarves, beanies and gloves to Age Concern Tauranga for distribution. There is a wide range of sizes and colours.



To all of our Age Concern Volunteers from Board Members, AVS Visitors, Steady As You Go Falls Prevention Peer Leaders, Assisted Shoppers, Minibus Drivers, Receptionists, Walking Coordinators, Social Connection Coordinators, Hosts, Carfit Technicians, Administration/Newsletter Assistants, Gardener to

name a few. Our sincere **Thank You.**
Your efforts enrich our community.



Also if you are a crafter and want to get involved, please feel free to let us know and we will pass on your details to Lisa or you can contact her by email at lisa.stirling1970@gmail.com.

If you or someone you know is in need of extra warmth over this coming winter, please phone Age Concern on 578 2631.

Police announces non-emergency number – it's 105

"More than 60 years on from the first 111 call, the launch of 105 is a milestone for New Zealand Police, offering a new way for people to connect with us" says Commissioner of Police Mike Bush. The 105 number and our online platform – 105.police.govt.nz will make it easier for the public to engage with us for non-emergency help, advice and support".

105 is a national non-emergency number that will be answered 24/7 by highly trained Police staff. It is free to call from all landline and mobile numbers. "We want people to use 105 to report non-emergency situations. For example, if your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area, use 105."

"111, on the other hand, should still be called immediately if a crime is taking place or there's a threat to life or property. It's the number you use to connect with Police, Fire and Emergency, and the ambulance services."

Sender:

Age Concern Tauranga Incorporated

177a Fraser Street, Tauranga 3112

Phone: (07) 578 2631

Email: ageconcerntga@xtra.co.nz

www.ageconcerntauranga.org.nz



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: D.O.B:.....

Phone:..... 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 / \$15 / \$20 / \$50 / \$..... other **Sorry EFTPOS not available**

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

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