

Thank You Sharp Tudhope



A big thank you to Sharp Tudhope lawyers who chose Age Concern Tauranga to receive their annual Christmas donation, an amazing \$1,500 of Countdown grocery vouchers.

Santa's Little Helpers (Tanya and Deb from Age Concern) had great pleasure in gifting the vouchers out to older people in the community who were extremely grateful.



Smart Summer Days

STAY COOL

As we age, our bodies lose the ability to manage temperature changes efficiently, leading to conditions such as heat exhaustion and a severe condition called heat stroke (a medical emergency in which the body loses its ability to regulate temperature, resulting in high core temperature, confusion, rapid pulse and difficulty breathing). Seniors are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature. Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperature.

STAY IN TOUCH

For homebound seniors, having a trusted neighbour, family member or friend who checks in regularly can be an important safety measure in the summer. For those who enjoy working in a garden or taking a daily walk (both wonderful outdoor activities for older adults), having someone who knows your routine is vital. Keeping emergency phone numbers handy and sharing this information with a friend or neighbour can help in the event of a heat-related health emergency as well.

STAY HYDRATED

Since older adults often become less aware of thirst, and bodies naturally lose the ability to conserve fluids, it is vital for seniors to stay hydrated, especially in the summer months and when exerting themselves. Being mindful of fluid intake can help prevent hyperthermia, and since some medications can exacerbate dehydration, making hydration a habit will help keep you healthier. Setting an alarm or a reminder to drink water can help to establish a routine.

STAY SMART

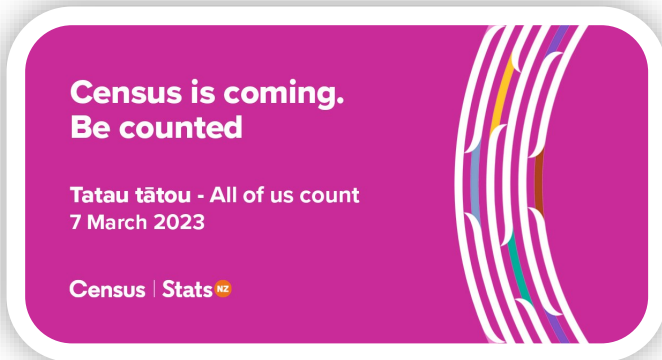
Be sure to wear appropriate clothing and protective gear when engaging in outdoor activities. Sunscreen, a hat, sunglasses and loose fitting, light-colored clothing are all important accessories for older adults (as well as younger people!) when walking, gardening or simply spending time outdoors. Outdoor activities for older adults are a great way to stay active and stay healthy; however, be sure to dress for the weather and consider getting that outdoor exercise early in the morning or later in the evening when temperatures drop a bit and the sun isn't quite as strong.



***Our Vision:** Older people live a valued life in an inclusive society.*

Census Day

7 March 2023



The next census will be held in early 2023, with census day being Tuesday, 7 March 2023.

The census is a nationwide survey that happens every five years to understand more about life in Aotearoa New Zealand and how it is changing.

Stats NZ is aiming to make the 2023 census the most inclusive census yet. There will be more options for completing the census – you can complete your census answers in English or Te Reo Māori and choose whether to complete the census online or on paper.

Paper census forms will be available in a range of accessible formats, including a Large Print version that can be printed on demand. Information to help people complete the census will also be available in alternate formats such as New Zealand Sign Language, Braille-ready files, audio, and Easy Read.

Stats NZ will deliver instructions about how to do the 2023 census to every place where people live or stay. Look out for these instructions from February 2023.

Age Concern Tauranga is an Assisted Completion Location (ACL) for the 2023 census. If you need support completing your form, please don't hesitate to contact our office on 578 2631.

No Water—What Would You Do?

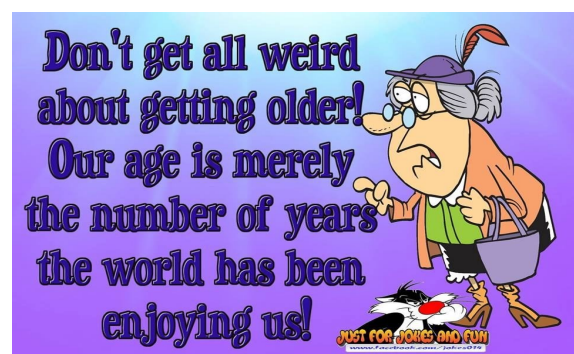


Imagine having no water for three days or more. How would you wash, cook, clean? What would you drink?

- 1 Keep your empty water, juice and fizzy drink bottles, give them a good clean and fill them with water – you need three litres of water for each person for each day that you are without water. Don't forget to store water for babies and pets too.
- 2 You can keep stored drinking water for up to a year if you add non-scented household bleach (half a teaspoon for every ten litres of water and don't drink for at least half an hour after mixing).
- 3 Remember to store water for cooking and cleaning as well. You can use the water in your hot water cylinder, but store some extra in large plastic containers.



You can also fill plastic ice cream containers with water and keep them in the freezer. These can help keep food cool if the power is off and can also be used for drinking.



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



Have You Considered a Chromebook?

The marketing of Chromebooks by schools and retailers has created the notion that they are a “student’s laptop” leading to the common misconception that they have limited functionality compared to a PC or MacBook. While, to some degree, that is true, research has led to the conclusion that the key differences are -

A Chromebook cannot run applications that require a Windows or Apple based operating system to work – e.g. software such as Adobe Photoshop and resident Accounting software.

Large hard drives are not required because data is automatically stored in the Cloud.

The good news is that Chromebooks can access online based software applications such as Office 365, Accounting, photo editing applications, etc., so they are not as limiting as we might imagine. And, best of all, they are less expensive.

All that you need to sign into a Chromebook is a Google account to access your stuff (data files). With that account you gain access to use all the free Google applications that they provide such as -

- Gmail (email)
- Google Docs (word processor)
- Google Sheets (spreadsheet)
- Google Slides (for making slideshows)
- Google Drive - (cloud storage for your photos and files)
- Google Calendar – (a digital calendar that connects to your phone or tablet)
- Contacts – (an address book of family, friends and business you interact with).

They are the ideal laptop for seniors!

They are less complicated to use, easier to learn, simpler to set up, and perform most, if not all of the tasks the average older person could want. You can communicate by email, phone or video, write letters, print documents, operate bank accounts, watch YouTube videos, store photos and documents.



Sourced: SENIORNET

Steady As You GO Peerleader Receives the Beverley Grammar Award

Steady As You Go Edgecumbe Peer Leader, Roselynn, was presented with the Beverley Grammar Award through WAI (Whakatane Accessible and Inclusive).

WAI is a new group which has been set up to enable disabled people to address issues around inclusion and access for all.

Beverley Grammar was a pioneer for disabled people in Whakatane and whose legacy is now being recognised. This was the first time for the Awards.

Roselynn was very humbled to receive this award. “My nominator, Chris, has only been coming to the Steady As You Go weekly class for a month, and is thoroughly enjoying it and noticing the benefits from the exercises and social connections.”

Congratulations Roselynn!



**IT'S TIME TO
RENEW YOUR
MEMBERSHIP!**

2023 / 2024 Subscriptions

Age Concern Tauranga’s Membership period is from 1st April 2023 to 31st March 2024.

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 to the address provided or call into the office.

Eftpos is available.

Sorry, **no Credit Card** payments accepted.

If you would like to pay online, our account details are:
Age Concern Tauranga Inc | **03 0445 0172665 00**
Please use your initial and surname as the reference.

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

What's On

Monthly Meeting

When: Thursday 23rd February

Where: Tauranga Citizens Club,
170, 13th Avenue, Tauranga

Time: 10am—11am

Cost: \$4pp tea/coffee provided

Guest Speaker: Meg Grawburg,
Telehealth

Topic: Healthcare using digital
technology

All Welcome!

Coffee & Conversation Groups

Do you miss having someone to chat with over a relaxing cuppa? Then come and join our Coffee and Conversation Group to meet others who are friendly and like-minded.



For catering purposes please register your interest by phoning Age Concern on 578 2631.

Brookfield Group

When: Wednesday 1 February &
Wednesday 1 March

Time: 10.30am to 12.00pm

Where: St Stephen's Methodist
Church Hall. 9 Brookfield
Terrace, Brookfield, Tauranga

Cost: \$3pp

Te Puke Group

When: Tuesday 14 February &
Tuesday 14 March

Time: 10.30am to 12.00pm

Where: Citizens RSA, Te Puke
179 Jellicoe Street, Te Puke

Cost: \$5pp

Greerton Group

When: Thursday 9 February &
Thursday 9 March

Time: 10.30am to 12.00pm

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

Cost: \$3pp

Mt Maunganui Group

When: Wednesday 15 February &
Wednesday 15 March

Time: 10.30am to 12.00pm

Where: Mt Maunganui RSA, 544
Maunganui Road.

Cost: \$3pp

Wednesday Walking Group

*All groups leave at 10am
unless advised*

Wednesday 1 February
Briscoes, Chapel Street

Wednesday 8 February
Carmichael Reserve
(off Maxwells Road)

Wednesday 15 February
Kulim Park (BBQ Sausage Sizzle)

Wednesday 22 February
Pacific Avenue,
Mount Maunganui

Wednesday 1 March
New World, Brookfield

Wednesday 8 March
Burger King, Fraser Cover

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,
177a Fraser Street, Tauranga.

Gold coin donation appreciated.



Light refreshments provided.

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 over \$5.00 are tax deductible.

Name: Email:

Address: Postcode:

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

New Member Existing Member Receive magazine by email

Pakeha (NZ European) NZ Māori European (incl. British) Pacifica Other:

Subscription per household \$25.00 (1st April 2023 to 31st March 2024)

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

**The views expressed in this newsletter are not necessarily those of Age Concern Tauranga.
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