

SPRING 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern Tauranga



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TAURANGA

He Manaakitanga
Kaumātua Aotearoa



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The views expressed in this magazine are not necessarily those of Age Concern Tauranga. The inclusion or exclusion of any product does not mean that the publisher advocates or rejects its use.

Thinking of You

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



Services

- Accredited Visiting Service (AVS)**
 Provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.
- AgeConnect**
 Enhancing the wellbeing of older people who are socially isolated and/or lonely by connecting them with people, activities and events within the community.
- Ageing Well**
 Delivers a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology and safe driving.
- Total Mobility Scheme**
 Assesses and provides Total Mobility Photo ID Cards to eligible people for Taxi discounts.
- Community Development**
 Looks to promote and develop programmes for the community.

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

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



Age Concern launches new brand Changes to Tenancy Laws

Age Concern New Zealand unveiled the new logo on 1 July at Parliament in an event hosted by the Hon. Dr Ayesha Verrall, Minister for Seniors.

National President of Age Concern New Zealand, Wayne Bradshaw said the refresh was timely because the charity had changed significantly since it launched over 70 years ago. "Our organisation is changing what we do and how we look to better reflect our older population in New Zealand. We're getting older, living longer, and we're more diverse than ever before", he said.

New Chief Executive Karen Billings-Jensen says, "It is an amazing time to be leading this trusted organisation. I am very excited to highlight the extensive range of work of our local Age Concerns do in 40 communities in Aotearoa. "Age Concern's identity had been one of service in the past, with a focus on the concern and serving people's needs. That is an important part of our history, and still in our DNA, but the changes we are making are about being a bold, progressive, and vocal on issues affecting older people and their families.

"Leadership, mana and community are the qualities our new brand represents. The bold contemporary design uses individual Huia feathers to suggest the mana of our older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and respect—all things we value and uphold.



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

Housing can have a significant impact on wellbeing as we age.

Older people can face a range of housing issues such as affordability, accessibility, location, insecurity of tenure and even homelessness.

There are more older people renting now than ever before and home ownership rates for those aged 50 to 64 are still steadily decreasing.

Earlier this year, the Government made changes to the Residential Tenancies Act 1986 which covers the rights and responsibilities of landlords and tenants in New Zealand.

The changes aim to make things easier for those living in rental properties and by improving the security of tenure and allowing minor alterations, so they can make their house a home.

Tenants can now ask to make changes to the rental property and landlords must not decline if the change is minor. Landlords can, however, set reasonable conditions.

Full details on what minor changes are and templates to help you request these changes in writing can be found on the Tenancy Services website www.tenancy.govt.nz

Landlords can no longer end a periodic tenancy without cause. This gives tenants more security that they can stay in their home long term.

Notice can only be given in specific situations. For example, landlords can give at least 63 days' notice if a family member will be moving into the property as their main residence within 90 days from the end of the tenancy; or at least 90 days' written notice if they are selling, demolishing, or extensively renovating the property.

The full list of changes to the Act is available on the Tenancy Services website www.tenancy.govt.nz



Have you been thinking that you need to exercise more but you don't know where to start?

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age.

Participating in regular physical activity will help you:

- maintain your muscle mass
- increase your bone density
- improve your balance, posture and flexibility
- have better control of chronic disease symptoms
- decrease pain and depression

All older adults are at increased risk of falls. Try including any of the following in your daily routine to improve your stability:

Toe Taps - To strengthen the lower legs

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strenghtens the lower leg).
2. Repeat 20 times.



Heel Raises - To strengthen the upper calves

1. Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
2. Repeat 20 times.



Ankle Rotation - To strengthen the calves

1. Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.
2. Repeat with the left foot.

Stretch it out

Getting into the habit of stretching every day will improve your range of motion and make every activity - including reaching for a dish from a cupboard - more comfortable. Here are two basic stretches to start with:

Neck stretch to relieve tension in the neck and upper back

1. Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
2. Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.
3. Now turn to the left. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.



Shoulder and Upper Back Stretch - To stretch the shoulders and back

1. Bend your right arm, raising it so your elbow is chest level and your right fist is near your left shoulder.
2. Place your left hand on your right elbow and gently pull your right arm across your chest.
3. Hold for 20 to 30 seconds.
4. Repeat with the opposite arm.



Staying Safe

a refresher course for older drivers

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

Don't miss out on upcoming courses

Phone 07 578 2631
to reserve your place

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“It was only a sunny smile,
And little it cost in the giving,
But like morning light it
scattered the night,
And made the day worth living.”

F. Scott Fitzgerald.



In life we do things. Some we wish we had never done. Some we wish we could replay a million times in our heads. But they all make us who we are, and in the end they shape every detail about us. If we were to reverse any of them we wouldn't be the person we are. So just live, make mistakes, have wonderful memories, but never ever second guess who you are, where you have been, and most importantly where it is you're going.

Active Ageing

Remain active, strong, prevent falls
AND improve balance

Sessions available for individuals/small groups

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Netsafe

Who could have predicted that just a few decades ago that things like banking, socialising, reading - even looking for recipes - would change so significantly?



These things have all migrated online and Netsafe was founded more than 20 years ago to help internet users connect safely to the new opportunities and challenges of digital technology.

We remain committed to helping keep everyone in New Zealand safe online, and that includes the older members of our community, as 'silver surfers' are the fastest-growing group of users.

In 2020, there were 22,705 online incidents reported to Netsafe.

People aged over 65 made up 21.3 percent of this figure.

Generally, any new internet user is more likely to encounter risks and challenges. It's important that anyone embracing the opportunities can adopt safe behaviours along the way as this will help them avoid or minimise possible harm.

Netsafe has developed self-help advice for seniors on a range of topics including scams, protecting your 'digital footprint' (the 'breadcrumbs' you leave behind online) and devices, tips on how to shop safely and online dating. You can find our Top Tips for Older People at www.netsafe.org.nz/olderpeople

As we head into winter, people are likely to spend more time online. Mostly this is a positive experience, but it does mean that you might be more susceptible to risks. We know that older people are defrauded out of larger sums of money than the rest of the population.

Netsafe has much experience supporting people with online scams, which can take many forms, and we can talk to you about the ways you can stay safe. We also provide a service under the Harmful Digital Communications Act to help people dealing with serious or repeated harmful communications.

Whether you're dealing with harassment, scams or need advice about another issue for yourself or someone else, we can help.

Our service is free, non-judgemental and available seven days a week.

Call us toll-free on 0508 NETSAFE (0508 638 723) or send an email to help@netsafe.org.nz. You can also text 'Netsafe' to 4282 or complete an online contact form on our website: www.netsafe.org.nz

A Little Gray Hair Is A Small Price To Pay For All This Accumulated Wisdom.

FIVE WAYS TO WELLBEING

CONNECT
TALK & LISTEN, BE THERE, FEEL CONNECTED

Give
Your time, your words, your presence

TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

BE ACTIVE
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR HOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

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Mental Health Foundation
mauri tū, mauri era OF NEW ZEALAND
www.mentalhealth.org.nz

How you pay your regional council rates has changed

What the change means for you.

If you are a ratepayer, your Bay of Plenty Regional Council rates will no longer be invoiced by your city or district council. Instead, you will be invoiced by Bay of Plenty Regional Council and you will pay your rates directly to us.

Why the change?

We want to be more transparent and accountable for the work we do for you using your rates.

By invoicing you directly, you will have better visibility of where your money is spent to create a healthy environment, freshwater for life, safe and resilient communities, and a vibrant Bay of Plenty region.

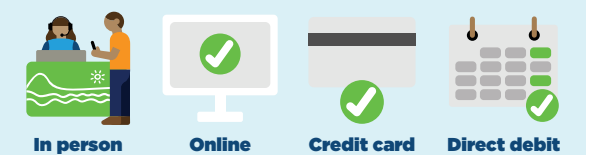
What happens next?

Early September receive your Regional Council invoice

20 October 2022 Regional Council invoice due

Your city or district council will continue to send you rates invoices for the services that they provide.

There are plenty ways to pay your rates



Calculate your rates 2022/23

You can find out the cost of your rates for the year by going to our website and doing a property search.

Keep updated about the change in rates collection at boprc.govt.nz/rates or call our Rates team on **0800 BOP RATES (0800 267 728)**



Health Quality and Safety Commission/Partners in Care have developed 2 new resources below to help plan for your next hospital or health care visit.

These resources are available in many languages and formats for accessibility (like easy read, NZSL videos and audio versions). If you prefer a hard copy, phone our office on 578 2631.

Let's plan for your next health care visit | Me whakamahere i tō toronga haumanu hauora

This resource is to help you plan your next health care visit. Planning and asking questions will help you understand more about your health and treatment for an illness or injury. Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together.
www.hqsc.govt.nz/resources/resource-library/lets-plan-for-your-next-health-care-visit

Let's plan to leave hospital | Me whakamahere i te wehenga i te hōhipera

Hospital staff want you to leave feeling well informed and with answers to any questions you may have. This sheet will help. Some things may have already been discussed with you and won't be relevant. There are spaces if you or your whānau want to make notes.
www.hqsc.govt.nz/resources/resource-library/lets-plan-to-leave-hospital



Are you aware!

Is your vehicle Insurance Policy payment the correct cover type for the value of your vehicle? In the event of an accident will your cover be adequate.

Who remembers



the first search engine?

Home delivery of RATs for disabled or immunocompromised people

Free rapid antigen tests (RATs) are available if you develop COVID-19 symptoms or become a household contact of a case.

If you have mobility or other accessibility challenges and are unable to leave your home to get to a RAT collection site, you can arrange to have RATs delivered to you.

For disabled and immunocompromised people to arrange RAT delivery - phone **0800 222 478** and select option 3.

A local provider will work with you make sure you have access to RATs.

Please note the home delivery service is only available to disabled people or those who are immunocompromised.

Targeted Rural Service

Almost 95 percent of households live within a 20-minute drive from a published RATs collection site. There are also other unadvertised RATs access points that exist locally to meet the needs of various populations.

An additional service has been set up to further support the remaining five percent of households that are outside a 20-minute drive from a RATs collection site.

These largely rural households can contact **0800 222 478** to confirm their eligibility.

If eligible, a local provider will work with the household to supply RATs from the public health response through systems established by DHBs and community providers, or via local rural delivery networks.

For more information about RATs, visit: <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-testing/rapid-antigen-testing-rat>

Switching Banks is Easy

If you are not happy with your bank it is easy to switch to another bank. Your new bank can make all the arrangements within five working days. You do not even need to talk to your old bank. Your new bank will transfer your money to your new accounts. Importantly, they will also make sure that any recurring payments (e.g., direct debits, automatic payments, and bill payments) are linked to your new accounts, so you won't miss any payments. You only need to sign one form to authorise everything.

Talk to Age Concern or your bank

If you have any questions about your banking options, your bank will be happy to talk through the options. Alternatively, please contact your local Age Concern who has some practical information about the services your bank provides.

Bank Phone Numbers

ANZ 0800 269 296

ASB 0800 272 119

BNZ 0800 275 269

Kiwi bank 0800 487 888

TSB 0800 872 226

Westpac 0800 400 600

CRUSHED NUTS - An old man shuffled slowly into an ice cream parlour and pulled himself gently, painfully, up onto a stool....After catching his breath, he ordered a banana split. The waitress asked kindly, "Crushed nuts?" "No" he replied "Arthritis".

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The Importance of Friends and Community as You Get Older



Staying socially active and maintaining relationships help you to maintain a good physical and emotional state of health and cognitive function, try to continue to maintain close friendships and find lots of ways to interact socially and study shows that you will live longer than those who become isolated. It is also shown that if you maintain relationships it actually helps to protect against illness by boosting your immune system.

Specific health benefits of social interaction in older adults include:

- A reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis
- Potentially reduced risk for Alzheimer's disease
- Lower blood pressure
- Reduced risk for mental health issues such as depression

Becoming socially isolated can lead to:

- Feeling lonely and depressed
- Being less physically active
- Having a greater risk of death
- Having high blood pressure

Social interaction helps keep your brain from getting rusty, but it's most effective when coupled with a healthy lifestyle, including a balanced diet and physical activity.

Start by staying in touch with friends and family, and try to visit with them regularly. Also consider these options for maintaining a high level of social interaction:

- Volunteer in your community.
- Visit a senior centre and participate in activities with other seniors, you can always find something that interests you—this is a great way to make new friends.
- Join a group focused on activities you enjoy, such as playing cards or a book club.
- Try taking a class—learn a new language or a new style of cooking or experiment with a new hobby, it's never too late to learn to play a musical instrument, learn a new craft, learn to swim, ride, paint, how to use a computer.
- Join a gym or fitness centre to stay physically fit and interact with others.

Whenever possible engage with younger people, get a grandchild or younger neighbour to teach you something, it is definitely true that they can keep you young!

People who value their friendships report having happier lives and the older we get the more we value our friends, Four in five of those aged 50 or over questioned in a survey, felt they were part of their community and were also happy with their lives, compared with just half of those who did not. For those who decide to carry on working past 65, they are often key contributors to our economy and our communities. They are skilled workers, volunteers, caregivers, mentors and leaders.

You can also talk to:

- Your local Age Concern.
- A friendly librarian.

- An advisor at the closest Citizens Advice Bureau (CAB).
- A council community worker.
- Kaiwhakahaere at a nearby marae.
- Your local font of wisdom.
- Older people may have the skills to provide community leadership and problem solving, such as advocating with the council for community improvements.
- Older people may be at home when younger people are at work, so they can keep an eye on the neighbourhood and help keep it a safe place. You might even consider joining or setting up a Neighbourhood Support Group (also known as Neighbourhood Watch).

Another way to keep your neighbourhood feeling safe and secure is to get to know your neighbours! Make the most of opportunities such as Neighbours Day and try and stay connected with the people around you.

And don't forget that Age Concern has a visiting service!



Friendship improves happiness and abates misery by doubling our joy and dividing our grief.

Joseph Addison
- 1672-17-19 English Essayist

Windows 11 – No thanks, all the same

If you're a Silver Service IT Windows 10 customer, you know we like to set-up the computer or laptop in an old-fashioned way so that it looks and behaves like Windows XP (the good old days)!

We can do things with Windows 10, integrated with Google and Apple Mac, that not even Microsoft thought of. Everything we do simplifies computer, mobile phone and technology use for our clients.

Our mantra when we meet you (some of you will know) is: 1. "You don't have to remember anything today". 2. "You're not going to learn anything new today", and 3. "If we do have to tell you anything, we will tell you 10x"; and on the way out, "Please call us 7-days, it will save us both time".

Today, version 1 of Windows 11 is nowhere near the performance and ability of Windows 10 in our tried and true set-ups. Our existing clients can quickly roll it back with our help if you did accidentally install it.

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Tips for Grocery Shopping

Young or old, grocery shopping can be quite a challenge if you're intending to stock up on many things and you haven't compiled a list, or if you've bought a handful of items that require extra hands and assistance. For older adults, although grocery shopping is a good form of exercise to stay healthy, it can get tedious especially if you have to make a trip down to the store, walk around to get your items amid the crowd, and source for the best items within your budget.

Thankfully, we've compiled a list of grocery shopping tips that you and your loved ones can follow so you can make full use of your trip to the supermarket and enjoy the grocery shopping experience.

Make a List

Ever experienced going to a supermarket and blanking out, forgetting what you have to buy? If you're often forgetful, it would be helpful to make a list of the intended purchases before making a trip down to the supermarket. This not only helps you to save money but also saves time when it comes to looking through shelves and rows of items while searching for your item. You can also avoid repurchasing items that you already have at home so you can keep your impulse purchases to a minimum, and not overspend.

Online Grocery Shopping

In case you haven't already heard, many grocery chains and supermarkets are switching to online platforms to sell their goods, so people can shop for your groceries at your convenience and pace and find that online shopping is hassle-free, as you wouldn't need to squeeze your way through the crowd or face other angry shoppers.

Look Out for Vouchers

Many grocery stores and supermarkets offer vouchers for your next purchase if you've hit minimum spending for your current purchase. In addition, some stores have a 'Senior's Day' where older adults aged 65 and above can get discount on their total grocery bill if you show your identification card as proof.

Make Use of Delivery Services

Adding on to online grocery shopping, you may want to consider having your groceries delivered.

Furthermore, if you've made huge purchases and there are simply too many bags to carry, it would be a hassle especially for seniors who are physically not as strong anymore.

Choose the Store Wisely

Although every supermarket may look and sound the same, a larger grocery store is more likely to have greater perks as compared to the smaller ones – be it discounts, vouchers, or coupons. Plan your travel time and journey wisely so you can avoid going to the store during peak hours!

Slow-cooker pea and ham soup

Ingredients

1 tablespoon extra-virgin olive oil, plus a little extra to drizzle
1 brown onion, coarsely chopped
2tsp ground cumin
1kg smoked ham hock
4 parsnips, peeled and chopped
2 green apples, peeled, cored, coarsely chopped
2 ½ green split peas
1 large lemon, rind finely grated, plus extra zest to serve
Crème fraiche to serve
Fresh mint to serve



Step 1: Heat the oil in a small frying pan over high heat. Add the onion and cook, stirring, for 5 minutes or until soft. Stir in the cumin and cook for 30 seconds or until aromatic. Transfer the mixture to a 6L slow cooker

Step 2: Add the ham hock, parsnip, apple, split peas and 2L (8 cups) water to the slow cooker. Stir well. Cover. Cook on High for 6-8 hours or until ham is very tender.

Step 3: Use tongs or a slotted spoon to transfer the ham hock to a chopping board. Use a stick blender to blend the soup until smooth (add up to 250ml/1 cup extra water if the mixture is too thick). Stir in the lemon rind.

Step 4: Remove the ham from the hock, discarding the bone, skin and fat. Divide the soup among serving bowls. Top with crème fraîche, ham, mint and lemon zest. Drizzle with extra oil and season with pepper.

The Best Brain Games

If you spend a lot of time with an aging loved one, you may notice them becoming a bit more forgetful or misplacing things. While frequent forgetfulness or severe memory loss may be a sign of Alzheimer's disease, some forgetfulness is a normal part of aging. It may not be entirely preventable, there are things you can do to slow down the process.

Much like the body, keeping the brain active is important at all stages of life. Brain games and puzzles serve as mental exercise that reduces the risk of Alzheimer's disease and cognitive decline. Brain exercises provide a simple way to improve your memory and problem-solving skills.

There are a number of factors that make certain games ideal for older adults:

- **Formats.** You'll find brain games in plenty of different formats, from classic board games to word puzzles, online games some applications on the phone/computer do require a monthly fee.
- **Difficulty level.** It's important to find games that are challenging but not overly frustrating. If you're looking for brain games for a loved one who has been diagnosed with Alzheimer's disease, for instance, you'll want to choose brain exercises and games that aren't impossible to complete at their current cognitive level. Start slowly with some beginner puzzles and gradually progress to harder puzzles for more challenging problem-solving tasks.

Some of the best games are the crossword/word finders in the paper and or magazines. Online games such as Brain Lumosity which can track your progress www.lumosity.com

Taken from www.seniorlink.com

DID YOU KNOW THAT?

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

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

Real Estate Update with Vanessa

Winter is here along with more rain than I can remember in my 50 years. I've noticed Erlicheer are blossoming so spring is just around the corner. There has been the normal real estate market winter slowdown which requires patience if you are selling. Buyers are still looking, there are just not as many as last year. Residential prices have come back from their high in November 2021, however at a June median price of \$970,000 they remain 3.2% above the median price of \$940,000 for the same time last year.

In June I attended a workshop to focus on housing requirements for seniors. In attendance were most of the key players who provide affordable seniors housing in Tauranga. One of the main points discussed is that there is support available for those that are struggling. This includes rates support, accommodation supplements and alternative housing options. If you know someone who needs help then it is worth approaching Age Concern, Citizens Advice Bureau, WINZ or MSD. There are an increasing number of seniors renting and there is a focus on ways that the pool of suitable housing for seniors can be grown.

Seniors Real Estate Tip:

When moving, take a look around for companies that are specialising in decluttering and assisted moving for seniors. A good company will do their best to make the move smooth and will take the pressure off a bit.

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

www.seniorsrealestate.co.nz

Feeling stuck?

Call for a chat

Vanessa Charman-Moore

Seniors Real Estate Specialist

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This is a lovely clear easy to see Clock with Day and Date which gives you the **Day of the week**, the **Time of Day**, the **actual Time**, and the **Date**

To be in to win, answer the questions below and post it to:
Age Concern, 177a Fraser Street, Tauranga South, Tauranga 3112

The winner will be drawn on Friday 23rd September 2022



Name:

Phone Number:

- Who is Age Concern Tauranga's Chairperson?
.....
- What date in August is Age Concern Tauranga's monthly meeting?
.....
- What Coffee and Conversation group takes place on the 1st Wednesday of each month?
.....

Quick and Easy Meatballs

You'd be hard pressed to find a homemade meatballs recipe that's quicker or easier to make than this one! Pinch the ground meat out of sausages to create meatballs that taste just as good as if you'd made them from scratch



Ingredients

- 200g pasta, use penne or spaghetti
- Splash of olive oil
- 2-4 sausages
- 1 onion, diced
- 400g crushed tomatoes
- Pinch of salt, pepper and sugar
- 1/4 cup Parmesan or normal cheese, grated
- 1/4 cup parsley, chopped

METHOD

Put the pasta on to cook in plenty of salted water. Most dry pasta is ready in 12-15 minutes so you can make your sauce while it cooks!

Heat the oil in a pan, then pinch off small meatballs from the sausages, leaving the casing behind. Add the onion and sauté until softened. Pour in the crushed tomatoes, another splash of olive oil, then simmer until thickened – about 8-10 minutes. Taste for seasoning, adding a pinch of salt, pepper and/or sugar as needed.

Drain the pasta, reserving 1/4 cup of pasta water. Add the pasta and reserved water to the meatball/tomato sauce, then toss.

Serve straight from the pan, garnished with cheese and parsley.

“Just cleared out some space in the freezer”
Sounds so much more productive than “I just polished off another tub of ice cream”

Matheson & Co - Our services explained

If a decision is made to move, we offer the following services through our independent professional partners –

- **Free Market Appraisal** – You can expect an up-to-date property appraisal for your home, and a complimentary guide on selling your property and much more.
- **De-clutter and downsizing** – helping you make the hard decisions about what to keep and what to sell, gift, or donate.
- **Sales and marketing** - of your current home, including staging it ready for the professional photographs.
- **Garden tidy and maintenance as required** - taking care of the lawns and general maintenance of the garden until move day.
- **Cleaning** - Ready for the property to be launched onto the market for sale, also a final clean of your property after your belongings are packed and your home is vacated ready for its new owners to arrive.
- **Packing and moving your belongings**, transporting them to your new home.
- **Unpacking and arranging your new home** - Your possessions are unpacked and all the essentials are set up for you, including the kitchen and bathroom, we can even make your bed for you too!
- **Lawyers professional services available** – offering a service which includes Conveyancing, EPOA, ORA's and Wills.

All this is project managed by myself, so just one point of contact to take care of everything.

And the best bit.....

call Karen now on **027 331 1171** for more information as there is a fantastic Gold card member offer awaiting you! Free Marketing AND more!! Call me now

Matheson and Co
For Seniors on the Move

Covering Tauranga and the Western Bay of Plenty, myself and a team of professional partners aim to provide a complete service to assist you every step of the way, from the start of your journey to the finish with you settled in your new home.

Karen Matheson Seniors Real Estate Specialist
phone - 027 331 1171
email - karen.matheson@tremains.co.nz
web - www.mathesonandco.co.nz

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Myths about Falling



Myth #1

Falling happens to other people, not me

Reality: Many people think, “it won’t happen to me.” But in reality about 1 in 4 older adults fall every year in New Zealand.

Myth #2

Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth #3

As long as I stay at home, I can avoid falling.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from being active. Social activities are also good for your overall health.

Myth #4

Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a professional fit the walker or cane to your height and instruct you in its safe use.

Myth #5

I don’t need to talk to anyone if I had a fall; I don’t want to alarm them and I want to keep my independence.

Reality: If you have one fall, you are more likely to have another. Preventing falls is a team effort. Talk to your doctor, pharmacist or family - anyone in a position to help. They want to help you maintain your mobility and reduce your risk of injury. It is often the injuries that lead to loss of independence.

Myth #6

Taking medication doesn’t increase my risk of falling.

Reality: Medications affect people in many different ways and some may make you dizzy or drowsy. Taking multiple medications can increase your risk of falling and/or interactions. Talk to your Pharmacist about potential side effects or interactions of your medications.

Resources for improved stress management and improved breathing patterns.

In times of stress it is very helpful to attend to bodily tension and to use deep-breathing for relaxation and the release of physical tension.

YouTube: look at “breathing techniques for stress relief”.

Webmd.com. This is a very good 1 stop location for information on:

- Deep Breathing
- Breath focus
- Method to even out the breath in and out so that they are smooth and gradually extended
- Progressive muscle relaxation method

These techniques can be applied to situations where anxiety is the problem, or where person has difficulty getting off to sleep.

Learn about the function of the vagus nerve and its role in sedating the body’s stress-related activity.

When attempting to deepen ones breathing pattern, initially, it is best to use a breath count of 4. (This is often referred to as The Box Breathing method.).

When that is well established, you might want to practice the 4-7-8 method. This tends to be used to help slow the breath, relax the body and prepare for sleep.

Another simple technique to research is The Calm Hand Method.

APPS

- **CALM** -download the free content and use the music and pictures to help you initiate a body-scan for tension and then a slowed-breathing method.
- **MINDBLISS** - free content.
- **Meditopia** is a good App to purchase if you intend to regularly practice relation or mindfulness for health.

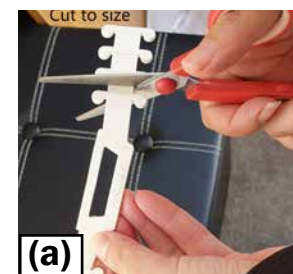
Mask Wearing Tips for Hearing Aid Wearers

It has become apparent that the combination of mask wearing and hearing aid wearing can be problematic. If you wear hearing aids that sit behind your ears and have flicked off your hearing aids while removing your mask, you are not alone. Sadly, this has become a common cause of people losing their hearing aids. There have been some great initiatives to help with this so here are some suggestions:

1. Look for masks that have over the head straps rather than behind the ear straps, or if you sew, or know someone who sews, have a fabric mask made with over the head straps.



2. Buy a purpose designed neck strap, or be creative with buttons, toggles, or even toys to make a neck strap for yourself.



youtube.com/watch?v=TDT3GRKEGms
The neck strap in images (a) and (b) are produced by hearing aid manufacturer Phonak. What is great about this is the ability to cut the strap to get the sizing just right. It is important to note that although these options reduce the chance of hearing aids falling off, it is not a 100% safeguard. It is recommended to be in the habit of checking hearing aid placement immediately after removing masks.

3. For a more guaranteed solution to keep your hearing aids from falling off, hearing aid clothing clips are an excellent option. These prevent hearing aids falling due to more situations than only mask removing, e.g. taking glasses on and off, pulling jersey’s over your head, etc. These just clip to clothing e.g. collar, at the back of your neck. The hearing aid may fall out of your ear, but will not fall to the ground and will still be attached to your clothing.



Hopefully these ideas are helpful.

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www.taurangaaudiology.co.nz

There are many other ideas out there. A favourite of mine is the use of a monkey from the child toy ‘barrel of monkeys’ (image d). This idea was seen in a video from hearing aid manufacturer Starkey. www.

Creating an Enduring Power of Attorney

An enduring power of attorney (EPA) gives peace of mind for the future – you've decided ahead of time who you trust to make decisions for you if you can't decide for yourself.



How it works

An enduring power of attorney, also known as an EPA, is a legal document that gives someone else the authority to make decisions for you if you are no longer able to make decisions for yourself.

Why you need an EPA

Having an EPA protects you from financial abuse and means your wishes are more likely to be respected because you have chosen people you trust in advance who will make decisions in your best interest. If something happens to you and you do not have an EPA, your family – including your spouse or partner – would have to go to court to be able to act on your behalf. This process can be stressful and expensive for your loved ones.

What an EPA covers

There are two types of EPAs – property EPAs and personal care and welfare EPAs.

Property EPAs

A property attorney can make decisions relating to financial assets, for example:

- arranging benefits
- paying bills
- buying and selling assets
- taking care of bank accounts.

A property EPA can come into effect before you lose mental capacity, for example, if you are moving into assisted living and would like a loved one to manage selling your house on your behalf. You can choose more than one attorney for a property EPA.

Personal care and welfare EPA

A personal care and welfare attorney makes decisions about care, health and living arrangements, for example:

- healthcare
- accommodation

- associated care decisions

A personal care and welfare EPA only comes into effect if a medical professional or the Family Court decides you have become “mentally incapable”. You may have only one attorney for this EPA.

Choosing your attorneys

People often choose a family member or close friend as an attorney, but you can choose anyone who:

- knows you well
- you trust to make decisions for you
- is willing and able to take on the responsibility of being an attorney
- is over 20 years old
- is not bankrupt or subject to any personal or property court order.

You can also choose a trustee corporation such as Public Trust or Perpetual Guardian to be an attorney for your property EPA but not for personal care and welfare.

You can:

- choose different attorneys for the two different types of EPA
- have more than one property attorney
- choose special terms and conditions for your attorneys, for example what they can and can't decide (there are some areas – such as marriage, divorce, adoption or refusing life-saving medical treatment – where an attorney has no power to decide)
- select someone else for the attorney to consult with or report to
- name people who the attorney must supply with relevant information if they ask for it.

It's a good idea to talk to your attorneys about what you might want in various situations, so they know your wishes in advance.

Legally, your attorneys are required to:

- always act in your best interests
- consult with anyone else you have named in the EPA, and with you when possible
- keep records of any financial transactions.

They must not make decisions that benefit themselves or anyone other than you, except in some limited circumstances.

Setting up your EPA

Complete the forms

There are standard forms you must fill out to set up an EPA. These are available on the Office for Seniors website: <https://officeforseniors.govt.nz> or from your Lawyer or a trustee corporation like Public Trust or Perpetual Guardian.

Arrange a witness

Once you've completed your forms, you will need to arrange a lawyer, a qualified legal executive or a representative of a trustee corporation to be your witness.

They will make sure:

- you understand all your options
- you understand what the EPA document means
- your documents meet all the legal requirements.

You will have to pay your witness for their time. You can save money by:

- being organised
- knowing what you want
- completing the forms in advance of your appointment.

Some lawyers and other legal professionals offer a SuperGold discount. They may also let you pay the cost off over time. Making an EPA when you make your Will or need to see your lawyer about another matter can also help you save on costs. officeforseniors.govt.nz

Looking Back - New Zealand's first official TV broadcast - 1 June 1960



Cartoon about New Zealand's first live television broadcast (Alexander Turnbull Library, A-310-078)

Broadcast from Shortland St in central Auckland, New Zealand's first official television transmission began at 7.30 p.m. The first night's broadcast lasted just three hours and could only be seen in Auckland. It included an episode of 'The adventures of Robin Hood', a live interview with a visiting British ballerina and a performance by the Howard Morrison Quartet.

Early television broadcasts had limited coverage. Transmission began in Christchurch in June 1961, and in Wellington four weeks later. Dunedin had to wait until 31 July 1962. By 1965 the four stations were broadcasting seven nights a week for a total of 50 hours. There was no national network and each centre saw local programmes. Overseas programmes were flown from centre to centre and played in different cities in successive weeks.

Television licences, which cost £4 each year (equivalent to \$185 in 2020), were introduced in August 1960. By 1965 more than 300,000 licences had been issued. In February 1966 the average price of a 23-inch black and white television 'consolette' was £131, equivalent to more than \$5000 today. nzhistory.govt.nz

Are retirement villages affordable? Busting the myth!

Written by Janet Brown, Head and Heart Ltd, for the RVA

How affordable really is retirement village living? Sometimes you might hear people saying it's only for the wealthy. But increasingly those who never expected to be able to afford a retirement village unit are moving in to villages, having sold their freehold homes and freed up more capital than they anticipated. One resident at the Masonic Villages Trust's new village in Wainuiomata says "I didn't think I could ever afford it". She also didn't want to move out of Wainuiomata. When her neighbour of seventeen years opted to move into the new village under development locally she was surprised to find that she could indeed afford to buy there, and the two neighbours are now happily relocated in their local retirement village.

Nick Merritt, Operations Manager for the Masonic Villages Trust, says "Most of our residents have a property to sell, but don't have a lot of money sitting in the bank." She notes that it's important to provide a choice and options, especially in smaller towns where the property boom may have been patchier. The Trust's initial social housing for older people came into being over sixty years ago, supported by Housing Corporation loans, and underpinned by the firm conviction of the religious and welfare sector that there was a need for housing for the elderly. Those first units were one bedroom and relatively modest, but now older people expect more, which is one factor driving the development of retirement villages by charitable trusts.

About 25% of the Trust's holdings are affordable rentals, scattered across a number of villages. The Trust's recent policy of acquisition of existing villages has helped ensure that they can offer a variety of options, both geographically, and in the style and price of units. Warick Dunn, Chief Executive of The Masonic Villages Trust, notes that, for the older demographic, mobility and access is important: "People are now coming into our villages older, so design is crucial, as are aspects like double-glazing. Our facilities are now warmer and healthier than the housing our residents have come from because of improved design. These factors also increase affordability, costing residents less to heat their homes and reducing their regular outgoings.

Arvida, a large scale Retirement community operator with national coverage, is also strongly focused on providing affordable options. General Manager Sales, Tristan Saunders, says that from Arvida's perspective there are two key elements to affordability: offering a wide variety of unit types, and ensuring pricing is linked to the local residential market. Arvida offers options starting from single bedroom studios, one, two and three bedroom apartments and townhouses, all the way up to standalone two and three bedroom villas. He notes that "no one size fits all.

Affordability according to location and linked to the local residential market works because prices are set relative to the local market, and positioned to allow potential residents to realise and retain money from the sale of their original property.

This is ensured through Arvida's annual central review of prices against local markets and advice from professional valuers, and allowing scope for buyer choice. Tristan notes that, to make sure this works, "We will always lag behind the market movement, giving customers a buffer when they sell in the local market."

Generally across New Zealand, retirement village units cost around 70% of the market price of the average freehold home in their surrounding community. This indicates how when older people sell their freehold home to move to retirement village they can free up extra capital in the process, which can then be used to fund retirement living and give them choices.

Affordability, and a range of offerings, is also key to ensuring that Arvida villages reflect a cross-section of their surrounding community. Tristan explains that the Arvida design team works out what unit types will work best in a local context. He says the aim is to have as much range as possible on offer in the early stages of development, and to keep prices as affordable for entry as possible, with products and price points to appeal to a large cross section of the local community considering a retirement community.

The CEO of Howick Baptist Healthcare, Bonnie Robinson, says they focus on affordable housing options for older people because "we're here to meet the needs of vulnerable older people, and to do that you have to determine who's vulnerable and why." From Bonnie's perspective, among the most vulnerable are those who reach retirement without owning a mortgage free home. HBH has a rental village as well as its main licence-to-occupy retirement village, and is currently exploring how to provide more rental options - "we see that need just climbing, we're currently getting at least two to three enquiries about rentals a week."

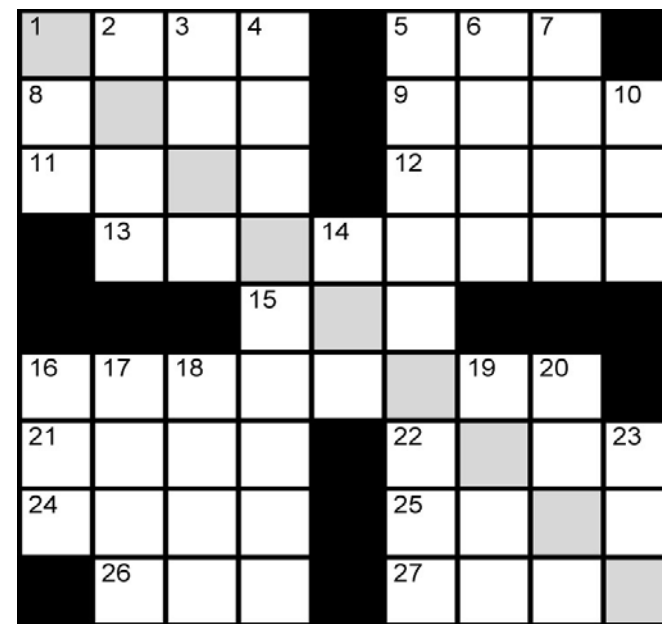
These are usually from people who have been in a stable rental situation that changes, for example, they may have rented a granny flat long-term, but then the house is sold to a developer who wants them out. Bonnie notes that it's hard to assess the positive impact for residents who secure a unit in HBH's rental village: "Residents don't want to talk about money, but once they settle in you can see their health and wellbeing improving as the stress and worry disappear."

Bonnie predicts, as does Warick, that there will be an ongoing increase in the number of retirees who have no savings or resources other than national superannuation at retirement. Bonnie also expects the number who have very little margin, perhaps because of divorce, or unemployment late in life, will also increase.

The last word on affordability of retirement village living and its positive impacts goes to Ken, who moved into HBH's retirement village earlier this year after his wife died. He tells me, "I looked at all the local villages, and this felt like the best value. I saw the advert, and I had that amount of money. Compared to paying rates and maintaining a house, here it's all incorporated and cheaper. I definitely have lower outgoings here. I enjoy the company. Here, you can get a meal if you want or need one, even though you're independent. And the price I paid meant I had extra money for other activities like travel."

Editorial supplied by Retirement Villages Association

Lovers, Painters & Writers



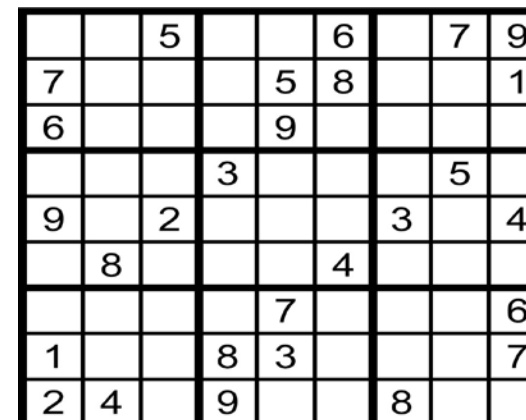
Across

- 1. Actress Perlman
- 5. More, in Madrid
- 8. D.C. bigwigs
- 9. Acknowledge
- 11. Some PTA members

Down

- 12. "Naked Maja" painter
- 13. Winter Palace residents
- 15. Officeholders
- 16. Hero worship

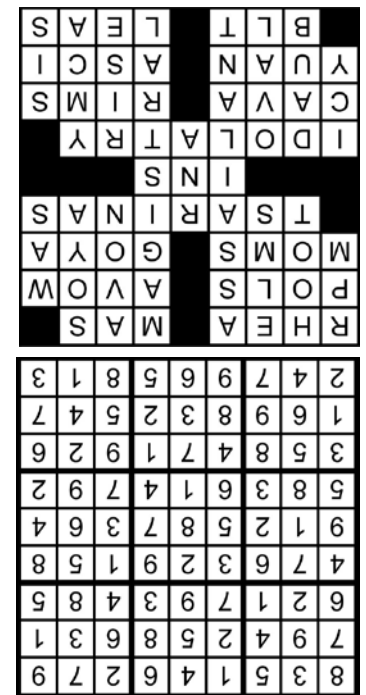
- PACKS
- PEARL
- PLAIT
- PRICE
- PAINT
- PEARS
- PLANE
- PRIME
- PAIRS
- PEDAL
- PLANK
- PRINT
- PALMS
- PEELS
- PLANS
- PRISM
- PAPER
- PEEPS
- PLOWS
- PROOF
- PARKS
- PENCE
- PLUCK
- PROUD
- PARTS
- PENNY
- PLUMP
- PROVE
- PASTE
- PHASE
- POLAR
- PULSE
- PATCH
- PIANO
- POLES
- PUMPS
- PAUSE
- PICKS
- PORCH
- PUPIL
- PAVED
- PIECE
- PORTS
- PUPPY
- PEACE
- PILLS
- POURS
- PURSE
- PEAKS
- PIPES
- PRESS



- 21. Spanish sparkling wine
- 22. Hoop edges
- 24. Chinese dollar
- 25. Fungal spore sacs
- 26. Deli sandwich
- 27. Grazing sites

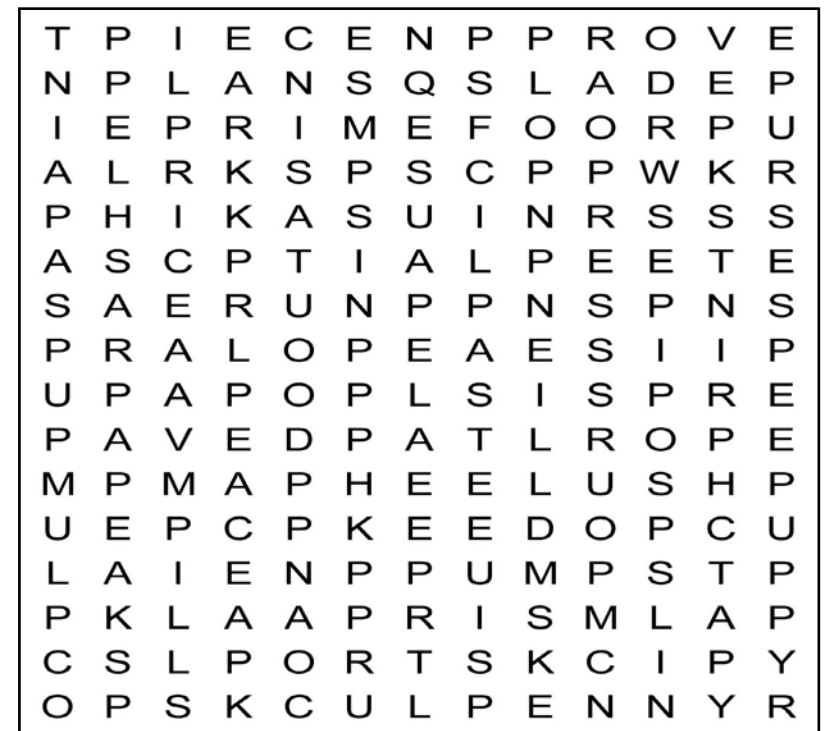
Down

- 1. Dashboard abbr.
- 2. Owl's call
- 3. "Desire Under the ____"
- 4. Attacker
- 5. Authoritative
- 6. Shakespeare, the Bard of ____
- 7. Bean used to make miso
- 10. Used to be
- 14. Genetic material
- 16. Slick
- 17. Slap on
- 18. Track shape
- 19. Get up
- 20. Village People hit
- 23. Bro's sibling



The crossword headline is a clue to the answer in the shaded diagonal

PLENTY OF Ps



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

What's On...

Walking Group

Meet at 10am unless advised.

Wednesday

3 August

Sulphur Point
(off Mirrielees Road),
Tauranga

Wednesday

10th August

Wylie Street
Greerton

Wednesday

17th August

Te Puke Bus Trip to View the Daffodils (9.30am at Bayfair, Farmers Street Bus Depo, Bus 20)

Wednesday 24th August

Sylvania Drive (off Levers Road), Matua

Wednesday 31st August

Briscoes, Chapel Street

Wednesday 7th September

Chester Street (off Cambridge Road)

Wednesday 14th September

End of Sterling Gate Drive (off Beaumaris Blvd)

Wednesday 21st September

Pyes Pa Shopping Centre

Wednesday 28th September

Pacific Avenue, Mount Maunganui



Coffee and Conversation Groups

Do you miss having someone to chat with over a relaxing cuppa?

Then come and join our Coffee and Conversation Group to meet others who are friendly and like-minded. **For catering**

purposes, please register your interest by phoning Age Concern 578 2631.



Brookfield Group - 1st Wednesday of each month

When: Wednesday 3 August & Wednesday 7 September

Time: 10.30am to 12pm

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

Cost: \$3.00pp

Te Puke Group - 2nd Tuesday of each month

When: Tuesday 9 August & Tuesday 13 September

Time: 10.30am to 12pm

Where: Citizens RSA Te Puke. 179 Jellicoe Street

Cost: \$5.00pp

Greerton Group - 2nd Thursday of each month

When: Thursday 11 August & Thursday 8 September

Time: 10.30am to 12pm

Where: Greerton Senior Citizens Hall 33 Maitland Street, Greerton

Cost: \$3.00pp

Mt Maunganui Group -

3rd Wednesday of each month

When: Wednesday 17 August & Wednesday 21 September

Time: 10.30am to 12pm

Where: Mt Maunganui RSA. 544 Maunganui Raod Mt Maunganui

Cost: \$3.00pp

500 Card Group

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

Light refreshments provided.

\$2 donation - All are welcome



Support your local community radio station - Tauranga Village Radio

Tauranga Village Radio Museum, Tauranga's only Community Radio Station operates from studios within the Historic Village. We broadcast on the AM frequency on 1368 KHZ.

Programmes and nostalgic music, from the 1930's to the 1980's, are broadcast each day, from 8am until 5pm.

Community notices for non-profit organisations and individuals are broadcast at 11am each weekday.

Listeners can ring the station on 571 3710 for requests to be played.



For further information visit our comprehensive website

www.villageradio.co.nz

FORM OF BEQUEST

Take or send to your Legal Advisor for incorporation in your Will.

"I give and bequeath the sum of

\$_____ (or)

_____ % of my estate, (or) residue of my estate, (or) property or assets as follows:

free of all charges, to Age Concern Tauranga. The official receipt of the General Manager or other authorised officer of the Board shall be a sufficient discharge to my executors".



New Members

Welcome to all our new members that have joined over the last couple of months. We hope you have enjoyed reading our magazine. We love hearing from our members so if you have any feedback regarding our services, please do not hesitate to contact our office on 578 2631.

HELP US TO CONTINUE TO HELP OTHERS

Did you know we are building an enduring **Age Concern Tauranga Fund** through the Acorn Foundation?

This endowment fund will allow us to have an even greater impact in our community, now and in the future.

Through your generosity, you can contribute to the growth of our fund by leaving a gift in your will, or donating during your lifetime.

Donate online now: acornfoundation.org.nz/funding/community_group_funds.

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



After doing some DIY projects around the house, I have a new motto: Do your best to do things right the first few times.

AGE CONCERN TAURANGA Monthly Meeting

When: Thursday 25 August 2022

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

Time: 10am to 11am

Cost: \$4.00pp tea/coffee provided

Guest Speaker: Isaac Orchard, Advisor-Community Resilience, Civil Defence and Emergency Management Team at the Tauranga City Council - Be Ready/Be Prepared

Everyone Welcome

- Wills*
- Enduring Powers of Attorney*
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- Trusts
- Property / Subdivisions
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Please forward your subscription with this form to: Age Concern Tauranga, 177a Fraser St, Tauranga 3112. Age Concern Tauranga is a registered charitable entity (CC25758) and appreciates the generosity of the community by way of subscriptions, donations and legacies. Donations are tax deductible over \$5.00.

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