



### 1st October 2021

It's a time for everyone, families and organisations to acknowledge and say thank you for the huge contribution older people make to communities throughout New Zealand.

Mentoring, volunteering, looking out for the neighbourhoods, caring for children, sharing wisdom and experience and of course, being in paid work and leading businesses are some of the many ways senior New Zealanders aged 65 and older contribute.

Across the world the number of seniors is expected to more than double to over 2 billion in 2050, and in around thirty years time it's expected that there will be more older people than children - the first time in our history.

Here in New Zealand we will have 1.2 million New Zealanders aged over 65 years in just twenty years.

This demographic change makes it important to plan for how and where we live.

We need to look at creating a more enabling and inclusive environment that is supportive and inclusive to people of all ages, including older people. This includes access to affordable, reliable, safe and physically accessible transportation, which is one of the cornerstones of older persons' participation, independence and social inclusion.

All of this is a benefit to the entire community, because what's good for older people is almost always good for everyone else – for example, those in wheelchairs as well as parents with young

children, or anyone with limited mobility.

Keep an eye on the Super Seniors events page for more about what's going on to celebrate the day, and look at information on Community Connects to learn more about how to help create your own age friendly community. Source: <https://www.superseniors.msd.govt.nz/news-events/international-days/international-day-of-older-persons.html>

[www.superseniors.msd.govt.nz/news-events/international-days/international-day-of-older-persons.html](https://www.superseniors.msd.govt.nz/news-events/international-days/international-day-of-older-persons.html)

### Requiem to a Cheque Book

In 1952 I went out to work  
48-hour week no time to shirk  
Two pounds 5 shillings weekly  
I was paid in cash, one couldn't be rash  
IRD was paid once a year  
March 31st we all did fear  
My next job was at the P and T (Post and Telegraph)

With shift work the pay was mighty  
Here we were offered a cheque book  
To pay our wages into and look  
I treasured that book

Then I met the man of my dreams  
By now I was a woman of means  
Had four babies with smiling faces  
The cheque book paid for holidays  
in new places

Next came a job on a farm  
A second cheque book would do no harm  
For year after year this book stayed in the red  
Causing sleepless night as I tossed in bed  
Later, and widowed I moved into town  
One day the IRD wrote and I read with a frown  
No NZ cheques accepted after May 31st  
I almost thought my brain would burst  
I need my cheque book more than my purse  
For 63 years its been my friend  
Oh what a bugger it all must end. E.R

### A DONATION THANK YOU

We would like to acknowledge Z Gillies for their generous donation to Age Concern Tauranga

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

## Licence Renewal

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

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

### When do you have to renew

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

### How to renew your licence

You must renew your driver licence on or before its expiry date if you wish to continue driving – but you cannot renew it more than six months in advance. We’ll send you a driver licence renewal pack about eight weeks before your licence is due to expire. Haven’t received your pack? You can download the driver licence application form (DL1), or get this form from any driver licensing agent. To apply to renew your licence you need to visit a driver licensing agent in person.

### Getting a medical certificate

To renew your licence past your 75th birthday you

need to visit your doctor to get a *Medical certificate for driver licence*. Tell your doctor the certificate is for your driver licence. You will have to pay for the appointment yourself.

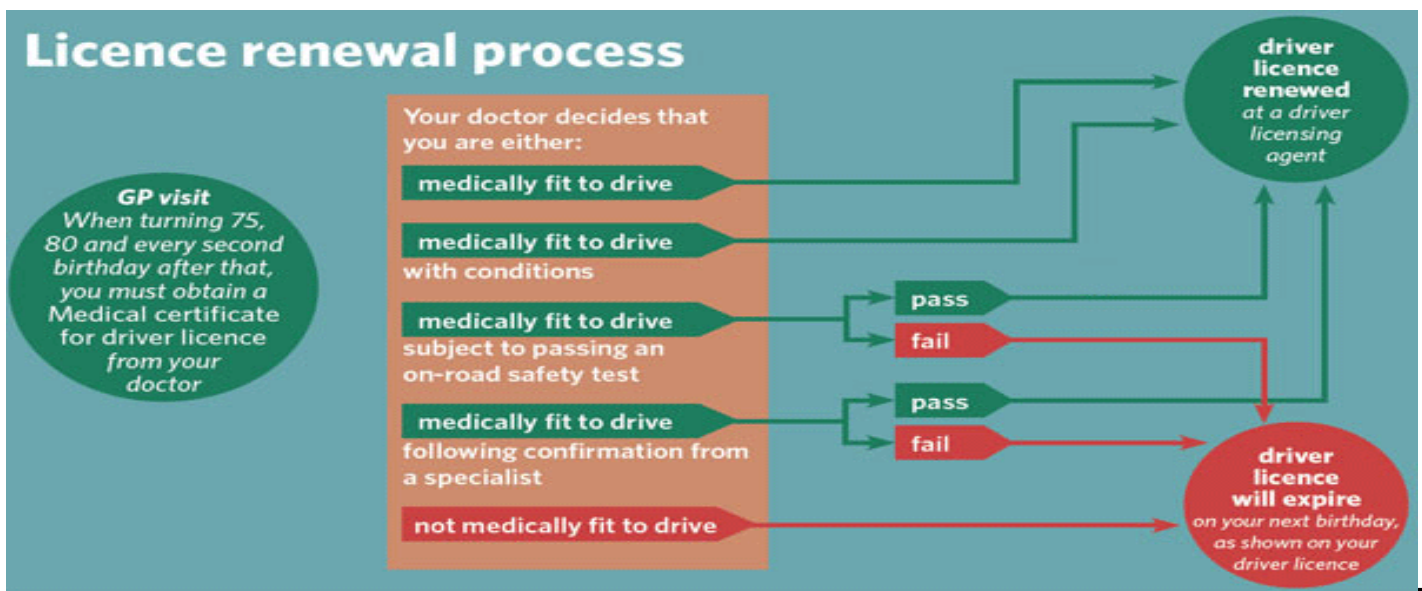
During your appointment your doctor will discuss your present state of health with you and test your eyesight. They will then recommend whether you are:

- medically fit to drive
- medically fit to drive with conditions (eg correcting lenses, time-of-day restriction, distance restriction)
- medically fit to drive subject to an on-road safety test
- to be referred to a specialist (eg optometrist or occupational therapist driving assessor – your doctor will advise you of the results)
- not medically fit to drive.

Your doctor must advise the NZ Transport Agency and your licence will expire on your birthday.

If your doctor decides you are medically fit to drive, he or she will provide you with a *Medical certificate for driver licence*.

Source: <https://www.nzta.govt.nz/driver-licences/renewing-replacing-and-updating/renewing-for-seniors/>





### Lucy's Luscious Lemon Loaf

110grams butter                      2 eggs  
250grams castor sugar              ½ cup milk  
190 grams self-raising flour

#### Method

Melt butter and add sugar – mix well  
Add eggs into mixture – mix well  
Sift flour, alternating with milk into mixture  
Grate lemon rind into mixture  
Bake at 180 degrees until golden brown and firm (approx. 30 minutes)  
Squeeze 2 to 3 lemons (1/3 to ½ cup lemon juice)  
Add sugar for sweetness  
Dissolve sugar thoroughly into lemon juice by heating slowly  
Once cake has come out of the oven, pierce the cake with several holes and pour the lemon juice over – make sure this is done whilst the cake is hot for better absorption  
Dust with icing sugar and place a couple of lemon leaves on for decoration

*(The Age Concern team alongside our board members can vouch for this luscious loaf)*

### Getting in touch with Age Concern Tauranga



Please leave us a message on the answer phone with your name and contact phone number. We will return your call as soon as we are available.

### Difficulty Hearing?

- Having to regularly ask people to repeat?
- Does everyone seem to mumble?
- Difficulty hearing people on the TV or Telephone

**Don't just put up with it.**

Phone us for **FREE**, Independent advice and information.

**Telephone: 07 578 6476**



### A penny for your thoughts as collated by the Old Guy (aka Roland Edwards)

Since we changed to metric and decimal currency, many of our sayings have become quite meaningless

To Gamble "In for a penny, in for a pound"

Of little value "I wouldn't give you tuppence for it"

Of vehicles or machinery "It can turn on a sixpence"

Something useless "As much use as a two-bob watch"

At a distance "Miles away"

Someone suffering hard times "Being put through the wringer"

What happened to?

An ounce beer glass      A baker's dozen

A yardstick      A pint of milk

Some things will not change!

- A dozen eggs

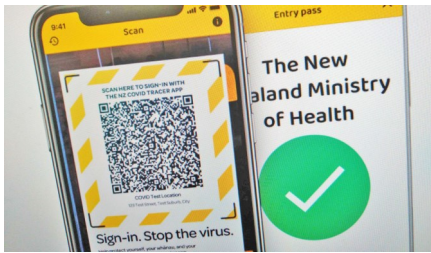
- Shakespeare's, the Merchant of Venice. Shylock would not ask for 2.2 kilograms of flesh

- South of Te Kuiti, where the Taumaranui highway leaves the New Plymouth highway, the area is known as, "The Eight Mile Junction", it will never be known as the "the Thirteenth Kilometer Junction"



## What's coming up

**Please note all upcoming events and meetings are on hold until further notice**



**QR Scanning or manual signing in is compulsory at all alert levels**

**We are here to help—what do you need support in? Let us know**

### Kai | Food

If you're struggling to afford food, get in touch with one of these social sector organisations.

#### **Tauranga Community Foodbank**

Supports families and people in need in the Tauranga area, in the form of food parcels.

Hours: Monday to Friday, 9:30am–2pm

Location: 4G Brook St, Parkvale

**Phone: 07 578 9888**

Email: [tgafoodbank@xtra.co.nz](mailto:tgafoodbank@xtra.co.nz)

#### **Salvation Army**

Provides a range of services to those in need including food parcels.

Hours: Drop in Mondays, Wednesdays and Fridays 9am–12noon

Location: 375 Cameron Road

**Phone: 07 578 4264**

Email: [tauranga\\_cm@nzf.salvationarmy.org](mailto:tauranga_cm@nzf.salvationarmy.org)

### **Kaumātua | Over 65s**

Although you may receive a call from your local council or the Ministry for Social Development, they will never ask for payment or for your card details, including for a test. If you have received a call from any organisation requesting your card details that you did not expect or request, please report this by calling the Tauranga City Council contact centre on 07 577 7000.

Stay up-to-date by keeping an eye on the news for updates and advice or visit [www.covid19.govt.nz](http://www.covid19.govt.nz)

Source: <https://www.tauranga.govt.nz/community/civil-defence/covid-19/covid-19-help-and-support>

## Key telephone numbers

Age Concern Tauranga: 07 578 2631

Healthline: 0800 611 116

NZ Police: 111 (emergency) 105 (non emergency)

Elder Abuse helpline: 0800 32 668 65

MSD Senior Services: 0800 552 002

Free government helpline: 0800 779 997

Citizens Advice Bureau: 0800 367 222

Alzheimer's Tauranga/WBOP: 07 577 6344

Seniorline: 0800 725 463

St Vincent de Paul: 07 578 3814

Freedom Companion Drivers: 07 575 6324



At Alert Level 4, face coverings are mandatory for all people at all businesses and services that involve customer contact

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
COVID-19

- 1 Wash your hands with soap and water before you put on the mask and after removing your mask.
- 2 If your mask has ties, secure the upper ties first around your head. Then pull the mask by the lower ties over your mouth and chin and secure it around the nape of your neck. If your mask has ear loops, then hold the mask from the ear loops while putting on or taking off.
- 3 When removing: start removing the mask from behind (do not touch the front of the mask)
- 4 Avoid touching your mask when using it and assume there could be virus on both sides of the mask. If you do touch it, wash your hands immediately afterwards.
- 5 Wash your re-usable mask every time you remove it (60°C in the washing machine) or put the mask somewhere isolated until it can be washed.
- 6 Make sure you wear a clean mask each time you need to put one on.  
Source: [www.covid19.govt.nz](http://www.covid19.govt.nz)