September is World Alzheimers Awareness Month

An international campaign to raise awareness and challenge the stigma that surrounds dementia. More than 60,000 New Zealanders have dementia and this number is growing rapidly with our aging population.

The most common symptoms of dementia include changes in memory, thinking, behavior, personality and emotion. Alzheimers Tauranga provide specialised support for people with all types of dementia. Contact them if you, or anyone you care about, needs support.

Local Events for World Alzheimers Month:

High Tea & Art Auction: September 3rd, Te Puna Quarry Park 1pm - 4pm. Contact the office for more information and tickets on 577 6344.

Memory Walk: September 23rd at Coronation Park. Register at www.eventbrite.co.nz or at the Alzheimers Tauranga office - only $5 for individuals and $20 for families and everyone registered gets a free t-shirt.

Annual Appeal: 28, 29, 30 September across the Western BOP - please email or call Faye if you can help us collect: volunteers.tauranga@alzheimers.org.nz or phone 577 6344 ext.3.

Age Concern Seminar Series 2017

Decision Making in Senior Years

Medicines from the Hive - medical uses of honey and bee venom

- World’s largest clinical research programme
- Medical honey
- Bee venom

Presenter: Dr Shaun Holt
Where: Tauranga RSA, Hinton Lounge, 1237 Cameron Rd, Tauranga
When: Tuesday 12th September
Time: 10.30am to 12.00pm
Cost: $3 per person
Numbers are limited please phone to reserve your seat.
Phone 578 2631 for registration.
Home Maintenance and Safety

The Home Maintenance and Safety programme aims to help older people stay in their own homes longer by keeping on top of house maintenance and repairs. Often this work is put off because it feels like it is too hard or could cost too much.

There is an online checklist for inside and outside the house, which gives information on priority and who might do the repairs. You can download this tool from Age Concern’s website: www.ageconcerntauranga.org.nz

A printed copy is available from our office at a small cost.

If you would prefer to have your home assessed by a professional company, Age Concern will refer you to Total Home Inspection Services, who have agreed to do the inspection for us at an agreed price. They will provide a report with photographs and give an indication of priority work. Age Concern will provide follow up assistance.

Give us a call if you would like more information on 578 2631.
My Future Care Plan

This plan is for you, to use to write down what you would like your friends, family/whanau, and health professionals caring for you to know.

You can add to this as often as you like, and change your decisions at any time. This is YOUR plan.

You can write down your wishes and preferences. You can share this with anyone who is involved in looking after you.

You do not have to complete this document all at once.

If you would like help completing this document please speak to someone you trust e.g. your GP, health professional, family/friend.

You can obtain a copy at our office, via our website, www.ageconcerntauranga.org.nz or from the DHB website, www.bophb.govt.nz

Do You Have A LIFE TUBE?

The Life Tube is a plastic container which, once completed, will contain information about you, your next of kin, who has your Enduring Power of Attorney, who your doctor is, your medical conditions and your medication. In the event of any emergency this tube can save your life. Place the RED sticker on the fridge door and the Life Tube inside your fridge door.

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

Legacy’s new venue available for varied use

Legacy’s new venue, Papamoa Gardens, is a community asset, available for public use. And so it was, that Papamoa Gardens was the venue for a delightful chamber music concert late in August. The concert was the first community event held at the new venue, which Legacy director Kevin Wearne describes as an asset for the community to enjoy.

“We are delighted to be able to not only use Legacy profits for the good of the community, but also to invest in infrastructure, such as this, for the good of the community too,” he says.

Papamoa Gardens features a large chapel/auditorium (seats 200), kitchen, catering lounge and meeting rooms, as well as scenic surrounds.

Call (07) 543 4780 to find out more, or call in at Papamoa Gardens on the corner of Ashley Place and Te Okuroa Drive.

Funding for Insulation

EECA’s Warm Up New Zealand: Healthy Homes programme offers grants for insulation retrofits to make homes warmer, drier and healthier. Insulation grants for home owners and landlords Grants of 50% of the cost of insulation are now available for low-income home owners and landlords with low-income tenants. These Warm Up New Zealand: Healthy Homes grants are limited and will finish by the end of June 2018.

Are you eligible for a grant?

You may qualify for a grant if:
• the house was built before the year 2000,
• you own the home and have a Community Services Card, or
• your named tenant has a Community Services Card.

Grants are also available for low-income households and tenancies with high health needs if:
• your income is just above Community Services Card level and you have high health needs related to cold, damp housing, or
• you are referred by the Ministry of Health’s Healthy Homes programme.

Properties owned by a Government agency do not qualify for the programme.

How to apply

Contact a service provider to confirm if you are eligible. Be aware that funding is limited, and projects may not cover all regions, or all areas within a region. Please check with the listed service providers to find out if they are operating in your area.

Not sure how to pay off the rest of the cost of insulation? Your council may let you add the cost to your rates and pay it off for about $10 a week over a number of years - talk to a service provider.

Insulation service providers for the Bay of Plenty:
Smart Energy Solutions
Ph: 0800 888 766
Email: info@smartenergysolutions.co.nz
www.smartenergysolutions.co.nz

WANTED

30 PEOPLE WITH HEARING LOSS

We are looking for 30 people to trial the world’s most advanced hearing aid technology, the first hearing aid shown to make it easier on the brain.

Featuring groundbreaking technology which processes sounds 50 times faster, it gives your brain a more complete soundscape, and puts you, not your hearing aid, in charge of which sounds you focus on.

We need people with hearing loss to trial these remarkable new digital hearing aids.

All candidates will receive a FREE* hearing check to establish if they are suitable to join the trial. Candidates are being selected now. So, don’t miss out. book your FREE* hearing check today.

Call now to book a FREE* hearing check and reserve your 7-Day FREE trial.*
Trial period ends 13 October 2017.

Smart Energy Solutions
Insulation service providers for the Bay of Plenty:
Smart Energy Solutions
Ph: 0800 888 766
Email: info@smartenergysolutions.co.nz
www.smartenergysolutions.co.nz

In a recent survey of the same devices, 96% of participants heard better - much better. While 81% understood more with less effort. This innovative and discreet technology enables you to enjoy clear, 360° surround sound, even in noisy environments, and follow rapidly changing conversations.

Call now to book a FREE* hearing check and reserve your 7-Day FREE trial.*
Trial period ends 13 October 2017.

Call 0800 002 205 or visit hearinglife.co.nz/wanted
CHT creates a sense of home in the Bay of Plenty

CHT is a leading provider of residential aged care with a proud history of taking great care of older people in rest homes and hospitals across Auckland, the Waikato and in three key locations in the Bay of Plenty.

CHT was established in 1962, then known as Christian Healthcare Trust, and changed to CHT in 2012 to reflect the diversity of residents and staff. With no other demands on funds, CHT continually reinvests all surpluses back into facilities and services and holds an enviable reputation as having innovative, high quality locations.

Located in Omokoroa, CHT Acacia Park Home & Hospital offers excellent care in a relaxed atmosphere surrounded by gardens and beautiful views of the Kaimai Ranges and Tauranga harbour.

Close to local shops, churches and beaches, CHT Bernadette Home & Hospital residents can enjoy an outing or relax in the sunny outdoor spaces in this Mt Maunganui facility.

CHT Glynnavon Home & Hospital is set in the restful, rural surroundings of Te Puke where residents can make the most of spacious lounge and dining areas, cozy nooks and gardens.

A dedication to creating a sense of home ensures residents enjoy their day-to-day life. Delicious and nutritious meals are freshly prepared on-site and a wide range of social and recreational activities are always on offer. Carefully-tended outdoor areas encourage movement while nurses, healthcare assistants and expert therapists work alongside visiting doctors to provide friendly, safe and compassionate care.

To learn more about CHT in the Bay of Plenty, visit www.cht.co.nz

International Day of Older Persons (IDOP)

The International Day of Older Persons is on the 1st October 2017 - an opportunity to highlight the important contributions that older people make to society and raise awareness of the issues and challenges of ageing in today’s world.

Last year, the theme was Ageism - the negative attitudes and discrimination based on age - and the detrimental impact it has on older people.

For older people, ageism is an everyday challenge. Overlooked for employment, restricted from social services and stereotyped in the media, ageism marginalizes and excludes older people in their communities.

Older people who feel they are a burden may also perceive their lives to be less valuable, putting them at risk of depression and social isolation. Research by Levy et al shows that older adults with negative attitudes about ageing may live 7.5 years less than those with positive attitudes.

Ageing is not for sissies warns Dame Kate

“When I think about it, I’d sooner not be young again,” says Dame Kate Harcourt, DNZM.

“I think of the painful moments - the disappointments, pain and the failures. I am glad not to have to go through these at this time when things seem so much harder than they were in my day.

“Then I remember the delights, the triumphs, the passion in the past and I am deeply contented with the present.”

Dame Kate, who has graced the stage for many years and appeared on our screens in various television shows and films, has recently been appointed a SuperSeniors Champion.

The actor, who continues to work, is one of a handful of New Zealanders recognised as outstanding advocates for positive ageing.

“Ageing is not for sissies” she says but there are many advantages.

“There’re no more oughts! ‘One ‘ought’ to do this, that or the other thing. There is hardly ever any reason for getting out of bed early unless, as in my case, one’s grandson needs a lift to school. There is rarely any reason to buy expensive new clothes. Just take a look at your bulging wardrobe and choose something you haven’t worn for years. I find that really rewarding. It provides a very satisfactory feeling of economy.”

Her advice is to stay involved with many people and participate in what you love, which for the actor, singer and former teacher, is the arts.

“I’ve got the script for a film but they haven’t got the clearance for it yet so I’m waiting. I used to be very bad at learning lines and as I got older I got better - don’t know why. I think it’s so much practise. I’ve just been made patron of the Sheila Winn Shakespeare outfit and that’s going to involve me in quite a lot of stuff.”

It’s been a busy life for Dame Kate who first started working as a kindergarten teacher and over the course of many years, has had a wide variety of jobs.

“I was a singer, then I went to London and was a governess, a receptionist; came back to New Zealand and was a teacher. I presented ‘Listen to Mother’ for seven years, then I was a publicist at Downstage, I was the fashion co-ordinator at Kircaldies for some time, did all their fashion shows. I ran a coffee shop for a year and then became an actor really.”

While the different types of work have been interesting, it’s not been easy.

“Peter my husband and I were freelance - we always said we invented the word, and we never knew where we were financially. It was always a struggle but it was worth it in the end.”

Dame Kate lives downstairs from daughter Miranda and her family, which both love for keeping the family connected.

She will often drive her grandson Peter to school when he comes knocking on her door early in the morning, and will take Thomas in to her piano lessons or read stories to Davida who loves listening to her grandmother.

Her advice about positive ageing is to keep busy in all
aspects of life.
As well as helping out with family and working, Dame Kate attends a book club, is a member of the University of the Third Age, and catches up with friends on a weekly basis. “I go to a regular Monday lunch, just turn up when you want - that’s good contact, and keep up with your friends.” Inevitably, her circle of old friends has grown smaller but Dame Kate is open to connecting to new people. “Making new friends is important, and staying involved in life.”

“When I Am An Old Woman I Shall Wear Purple” by Jenny Joseph

When I am an old woman I shall wear purple
With a red hat which doesn’t go,
And satin sandals, and say we’ve no money for butter.
And brandy and summer gloves
With a red hat which doesn’t go,
When I am an old woman I shall go out in my slippers in the rain
And pick the flowers in other people’s gardens
And learn to spit
You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beer mats and things in boxes
But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children
We must have friends to dinner and read the papers
But maybe I ought to practise a little now?
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple

Buying a Mobility Scooter?
If you are 65 years or older and purchasing a mobility scooter for the first time, you are invited to take part in a research study.

How does purchasing a mobility scooter impact on an individual’s physical activity, health and mobility in the community?

The study involves 3 telephone interviews of around 15-20 minutes each.

Your mobility scooter vendor or a member of the research team will provide you with an Information Sheet and Consent form.

To find out more about participating in the study contact:

Mobility Scooter Survey
David Jackson (Research Assistant)
School of Physiotherapy
University of Otago
Ph: (03) 479 8822
Email: david.jackson@otago.ac.nz

Computer trouble?
Let’s fix it!
We were asked this week if we could provide a solution before the coming Monday. Our customer who is nearly 90, has an operation and will be laid up for a minimum of 2 weeks, and didn’t want to miss out on his favourite Fox News TV program.

Overnight, we have arranged a splendid A4 size iPad with unlimited internet, headphones, chargers and a blue tooth speaker (if he prefers to keep in his hearing aids). He will be watching YouTube TV and Netflix to his heart’s content while he recovers.

Give us a call to solve any technology problem on (07) 262 3000.

Care at home a preferred choice
Sometimes we need a little more support than family or friends can offer. Whether it’s post-operative convalescence, palliative or general care at home, deciding what support is needed and where to find it can be challenging. The staff at New Zealand’s longest running private homecare provider, Miranda Smith Homecare, know how difficult these decisions can be.

Owner, Miranda Smith says: “People may be in crisis when they contact us, or they may require our services to assist with and plan their recovery from illness or injury. Whatever the reason, we believe choosing the right support is critical. Peace of mind comes with knowing the correct care is in place, in the familiar surroundings of home with family and friends nearby. This dramatically impacts recovery and helps to maintain independence”.

Miranda Smith Homecare offers a highly professional, caring and above all else, trustworthy service. Staff have the experience to ensure the stress of requiring in-home assistance doesn’t become a burden for those needing such support. When at-home care is your preferred choice, contact Miranda Smith Homecare, New Zealand’s most experienced private homecare provider.

Phone 0800 600 026 | www.mshomecare.co.nz

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Indoors and outdoors or fold it to travel

“Freedom Chair”
A LIFE CHANGING EXPERIENCE
Call Paul on 0800 466 626
Email: paul@montec.nz
www.freedom-chair.nz

Come and celebrate International Day of Older Persons with us at our monthly gathering on Thursday 28th September at Tauranga RSA, 1237 Cameron Road, Gate Pa. Deck yourself out in Red and Purple!

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Phone 0800 600 026 | www.mshomecare.co.nz
For those of you who are on the internet, this website is a mine of information! The information available is extensive and includes the following services.

**Support at Home**
Sometimes a little extra support is all you need to remain living healthily and independently in your own home.

There are many providers that offer support services, all across New Zealand and many of these have detailed information about their services on the Eldernet site.

**The types of services on offer range widely from:**
- equipment
- services
- care
- housework or your personal care etc.

There are also some agencies who will deliver ‘funded’ services (generally under contract to agencies such as ACC or the DHB). Many of these now have a focus on helping you retain skills and even restore them where possible e.g. ‘getting back on your feet’ following an illness or surgery. Eligibility to these services is determined by an assessment which is undertaken by specialist teams known as NASC/Care Coordination.

Use the Eldernet site to help you discover some of the services that may be available.

**Retirement Villages**
Eldernet shows every Retirement (or Lifestyle) Village (RV) in New Zealand. You’ll also find listings for other housing options such as ‘village like’ complexes operating under different ownership and governance structures and houses designed specifically for older people. Many of the listings have detailed information showing what services and facilities they can offer you.

There are lots of reasons for considering a move into a Retirement or Lifestyle Village and village living is really taking off in New Zealand. It’s likely that if this type of living appeals to you, you do your research well and consider all your options you may find it suits you too.

**Residential Care**
It can be difficult to know where to start when you’re considering a move into a rest home, hospital or dementia care home (also known as ‘Aged Residential Care’ facilities).

This part of the site provides information on all aspects of the process and lists all the providers of this type of care in New Zealand. Most providers display a wide range of information for you to consider.

In many regions they provide a list of vacancies, so, if your need is urgent you can see where the current options are. This report can also be accessed from the Eldernet home page.

Access to Aged Residential Care is by way of a formal assessment which is provided by specialised assessment teams which can be contacted via NASC/Care Coordination.

There is no such thing as ‘the best rest home’ as what suits one person is not going to suit another. The advice is to shortlist a number of homes and if possible visit at least three, before making a choice that suits you.

**Products and Services**
Staying connected to your community is the goal for many older people and with the right support this is usually possible.

In this section of the website you will find products, services and operators that have the older person in mind. You won’t have to sift through information looking for services that are relevant; every listing here has relevance. Here you will find: travel and tours, special ‘gadgets’ and items to help with everyday life, driving services, professional services and those who can help you around the house and garden to name just a few.

The Community section is a place to find groups, both big and small, that are in your community. Some of these are formal and others less so.

So take a look at this great website, there are interesting articles to read, a blog with news and what’s in the media plus you can look at residential vacancies and even book for respite care – [www.eldernet.co.nz](http://www.eldernet.co.nz).

**Move Management**
Over & Above Moving provides a service to relocate, declutter, downsize or prepare a property for sale. We can help whether you are faced with the challenge of downsizing, the transition of a family member to rest home living, deceased estate dispersal or need help clearing a home for sale or rent.

Call us on 0800 22 88 24 027 517 4999 or visit www.oamoving.co.nz

**Z Blokes Day Out**
Hi Red here, The Blokes and I stayed local in July and went to see the McFalls Fuel Museum in the Mount. Maurice has a wonderful collection of cars, tractors and engines in tip top working order and can spin a good yarn about all of them.

Of course we started at the Z Palm Beach for coffee and treats. The team there are fantastic and looked after the blokes very well.

After the trip we went for a very lovely lunch at the Mount RSA. This month we are off to visit the Te Awamutu Museum.

See you there, Red

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**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.”
What’s On...

**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 (expect Public Holidays) held at 177a Fraser Street to play 500. Light refreshments provided $2 donation
All are welcome

**Minibus Adventures**
**Thursday 7 September**
**Morning Tea at Nourish Café, Te Puna**
Cost: $10pp morning tea at own cost.

**Friday 8 September**
**2 Blokes Day Out – Visit Te Awamutu Museum and lunch**
Cost: $25pp lunch at own cost.

**Thursday 14 September**
**Rialto Cinema – Victoria & Abdul**
The true story of an unexpected friendship in the later years of Queen Victoria.
Cost: $20pp includes entry

**Thursday 21 September**
**Transport to Coffee & Cake**
Cost: $5pp

**Thursday 28 September**
**Transport to Monthly Meeting**
Cost: $5pp

**Saturday 7 October**
**Buffet lunch at Nautilus Restaurant, Sulphur Point**
Cost: $25pp includes buffet

**Please Note:**
• 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 & Cake (and Conversation) Group**
Do you miss having someone to chat with over a relaxing cuppa? Then come and join the Coffee and Cake Group to meet others who are friendly and like-minded.
For catering purposes, please register your interest by phoning 578 2631 and talk to one of our wonderful volunteer reception staff.

**Please remember to phone the office on 578 2631 to register for the 21st September meeting.**

**When:** Thursday 21 September
**Time:** 10.30am to 12.00noon
**Where:** Tauranga RSA, Greerton
**Cost:** $3pp

**Monthly Meeting**
When: Thursday 28 September
Where: Tauranga RSA, 1237 Cameron Road
Time: 10am to 11.30am
Cost: $3pp - light refreshments provided
Theme: Deck yourself out in Red and Purple! Celebrate International Day of the Older Person.
Members and non-members are very welcome.

**Wednesday Walking Group**
All walks start at **10.00am** unless stated otherwise.

**Wednesday 6 September:** Meet at the bus stop in Lakes Crescent, The Lakes.

**Wednesday 13 September:** Meet at Mitre 10, Cameron Rd, Gate Pa.

**Wednesday 20 September:** Meet at Copper Crest, end of Condor Drive, Pyes Pa.

**Wednesday 27 September:** Meet at Te Puna Quarry Park and bring lunch.

**Wednesday 4 October:** Meet at Greerton Countdown, Cameron Rd, Greerton.

**Wednesday 11 October:** Meet at Matua shops, Tisbury Drive, Matua.

**Liberty Healthcare**
Liberty Healthcare is a New Zealand company delivering high quality healthcare and mobility equipment and solutions.

We also supply a quality range of disability equipment including, mobility scooters, lift and recline chairs, stair lifts, daily and bathroom aids and specialised adjustable work stations.

**Contact Us**
Phone 0800 233 769
www.libertyhealthcare.co.nz
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: ....................................................

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

Donation: $5 / $10 / $15 / $20 / $50 / $.................... other

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

Age Concern Tauranga Incorporated
177a Fraser Street, Tauranga 3112
Phone: (07) 578 2631
Email: ageconcerntga@xtra.co.nz
www.ageconcerntauranga.org.nz

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