

ISSUE 03, SPRING 2025



**AGE**  
**CONCERN**  
**TAURANGA**

He Manaakitanga  
Kaumātua Aotearoa

# Age Concern Tauranga

*Keeping You Connected*



[www.ageconcerntauranga.org.nz](http://www.ageconcerntauranga.org.nz)



Contact Information

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8.30am - 3.00pm Monday to Friday

Age Concern Tauranga Board

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Visiting Service Coordinator: Ali Hill  
Staying Safe Facilitator: Jackie Ruebe  
Total Mobility Assessor: Judi Steel  
Social Connection Coordinator: Nikki Moloney  
Social Activities Coordinators:  
Lesley Tong (Brookfield), Doreen Prime (Te Puke), Mary Mullany (Greerton)

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

We are grateful to all our funders:



Community Support:

Our team has a wide knowledge of government and community services and are able to respond to enquiries on a number of subjects.

Age Concern Visiting Service:

Our Visitor Service provides companionship to people over 65 who are lonely/ socially isolated and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests.  
If you're feeling lonely/ socially isolated or if you know someone who would like a visitor, phone our office to speak to our Visiting Service Coordinator.

Staying Safe Refresher Course for Older Drivers:

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with NZ Transport Agency Waka Kotahi. The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile. Please call the office for upcoming course dates.

Total Mobility Scheme:

We are an assessing agency for the Bay of Plenty Regional Council to access subsidised taxi fares. An assessment fee applies.

Steady As You Go Exercise Classes:

Steady As You Go exercise classes are designed to improve strength and balance and help prevent a fall. Classes consist of a combination of sitting, standing, and walking exercises. Small fee applies. Please call the office for available classes in your area.

Ageing Well:

We deliver 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.

What's on..

Wednesday Walking Group  
- Key Dates meet at 10am unless advised

- 3 September 2025: McFetridge Lane, Ohauiti
- 10 September 2025 Lakeview Bus Stop (The Lakes), Pyes Pa
- 17 September 2025 Carlton Street Reserve (off Ngatai Road)
- 24 September 2025 Papamoa Plaza, Gravatt Road (by the bus stop)
- 1 October 2025 BMX Track (off Cambridge Road)
- 8 October 2025 Kulim Park, Bureta
- 15 October 2025 Wylie Street (bottom of street), Greerton
- 22 October 2025 Carmichael Reserve (off Carmichael Road)
- 29 October 2025 Pacific Avenue (by the toilets), Mount Maunganui
- 5 November 2025 End of Sterling Gate Drive, Bethlehem
- 12 November 2025 Sunny Bay Road, Matua
- 19 November 2025 Yatton Park, Greerton (meet in the carpark)
- 26 November 2025 Maungatapu Shops, Maungatapu

500 Card Group - Mondays except public holidays

Come along and learn with a friendly group from 9.30am to 11.30am, held at our office. Gold coin donation. Light refreshments provided. All welcome.

Monthly Meetings - September - November 2025

Thursday 25 September 2025

Venue: Tauranga Citizens Club, 13th Avenue, upstairs. \$4pp, refreshments provided.  
Start: 10am - 11am

Speaker: Katrina Dalley - Essity

Topic: Incontinence Products for Men and Woman

Thursday 30 October 2025

Venue: Tauranga Citizens Club, 13th Avenue, upstairs. \$4pp, refreshments provided.

Start: 10am - 11am

Speaker: Phil Walters

Topic: A Detective in London

Thursday 27 November 2025

Venue: Tauranga Citizens Club, 13th Avenue, upstairs. \$4pp, refreshments provided.

Start: 10am - 11am

Speaker: Sheerley Fischer - Bay Financial Mentors

Topic: Navigating Financial Change

Coffee and Conversation

Do you like 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.

Brookfield - 1st Wednesday of each month, 10.30am to 12pm

Wednesday 3 September, 1 October and 5 November. St Stephen's Methodist Church Hall, 9 Brookfield Terrace, Brookfield \$3pp

Greerton - 2nd Thursday of each month, 10.30am to 12pm

Thursday 11 September, 9 October and 13 November. Greerton Senior Citizens Hall, 33 Maitland Street, Greerton \$3pp

Te Puke - 2nd Tuesday of each month, 10am - 11.30am

Tuesday 9 September, 14 October and 11 November. Citizens RSA Te Puke, 179 Jellicoe Street, Te Puke \$5pp

Mini Bus Adventure

Saturday 18 October 2025

Debrief Café, Katikati  
Koha \$20 - lunch at own cost.  
Phone the office to reserve your seat.

Saturday 22 November 2025

Cobb & Co. Rotorua  
Koha \$25 - lunch at own cost.  
Phone the office to reserve your seat.

Friday 12 December 2025

Transport to Christmas Lunch \$5 - Oaktree Restaurant  
Phone the office to reserve your seat.

# Gardening benefits - and getting help when you need it

**Gardening is beneficial for older people because it:**

- is often an enjoyable form of exercise.
- increases levels of physical activity and helps mobility and flexibility.
- encourages use of all motor skills.
- improves endurance and strength.
- helps prevent diseases like osteoporosis.
- reduces stress levels and promotes relaxation.



- perhaps offering part of your garden to a local community garden project.

**Getting help or changing the garden**

If you are eligible for or already receive a Disability Allowance you may be able to use some of that funding to hire a gardener.

Alternatively, you can make your own arrangements to pay for help with garden and lawns.

Or, a family member or friend might be happy to help with your garden work.

Getting help in the garden doesn't mean that you have to stop gardening. You can always get help with strenuous jobs, such as tree and shrub trimming or mowing the lawns, and continue to do some of the gardening yourself. You can use a gardener as much or as little as you like. As mentioned above, maintaining a garden has important health benefits, including improving coordination and flexibility, increasing exercise, reducing stress, increasing exposure to vitamin D and improving the immune system.

Source: Eldernet

**Older people often list the worry of maintaining lawns and gardens as a major reason for wanting to move house.**

This is often an issue of priorities. Priorities are important as they help you determine what adds to your wellbeing and what is less important. Do not undervalue the value of setting priorities - if your garden gives you joy, then make sure others understand this.

If your garden is not especially important to you; you may choose to move. If however you want to stay where you are, options include:

- getting help.
- perhaps changing your expectations - deciding what things about your 'less than perfect' garden you can live with, and what you can't.
- changing your garden to make it easier to manage.

# We care for sight and hearing at Specsavers Tauranga

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\*If further testing is required, a fee may apply.

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**Specsavers Tauranga**

Tauranga CBD 58A Devonport Rd  
(Next to Med Café) Tel 571 1902

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(Opposite EB Games) Tel 543 5570





# Supporting Senior Drivers

## Start talking before you're worried

People are living longer and driving longer than ever before. Better medical care and technology is part of this. It's very possible for senior drivers to drive safely for many years.

If possible, it's best to have a chat with your senior friend or relative before you have any concerns about their driving. Everyone's body and mind changes as we age. Being prepared gives you time to adjust. Talking about it ahead of time will make sure you all know what to look out for, and what options you have to make changes.

## Tips for preparing for the conversation

- Always remember that this can be a scary topic for people. Stay positive and respectful, and try to imagine how they might be feeling.
- It might be best to have one person talk to your friend or relative first. A one-on-one conversation with someone they trust may be more likely to result in positive change.
- Ask first. For example, 'I'd like us to have a chat about driving, and how you're feeling about it. Would that be ok? When would be good for you?'
- Pick a calm and quiet time and place. Even if someone has seen something concerning, don't start a big discussion without thinking about it first. Don't start the conversation while driving.
- Know what you want to say. Focus specifically on what you're worried about, and try to describe it without judgement.



- Do some research into options. You may want to look into safe driving courses in your area, or public transport services.

Support Senior Drivers – A guide for whanau and friends of senior drivers.

<https://www.nzta.govt.nz/assets/resources/supporting-senior-drivers/supporting-senior-drivers.pdf>

Source: NZ Transport Agency Waka Kotahi

**Daylight Saving Time Starts**

Sunday, 28 September 2025, **2am** clocks are turned **forward 1 hour to 3am**



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# Financial Elder Abuse - know the signs

While financial abuse can happen to anyone, it is a particular problem for our older generation. Around half the cases of elder abuse that Age Concern work with include financial abuse, and at Public Trust we are dedicated to keeping vulnerable community members safe.

## Misuse of enduring powers of attorney

Would you be able to spot misuse of enduring powers of attorney?

Sadly, this kind of abuse is often carried out by close family and friends as the older person who has appointed them to be their enduring power of attorney trusting that they would act honourably. It pays to wise up to the different forms that this kind of abuse takes.

- Embezzlement - this is when the person who has the legal rights and access to the accounts (the attorney), uses the anticipated likelihood of receiving an inheritance as an excuse to steal money or assets. Often claims are made of 'borrowing' with the thoughts such as: 'Oh, Dad wouldn't mind if he was all there.'
- A display of entitlement to someone's belongings - unless someone has explicitly stated they are happy to share their belongings, this could be seen as theft.
- Denying someone's access to care services like a rest home, in order to maximise the size of the estate that will be left behind for the attorney to eventually benefit from.
- Conversely, the situation of an attorney or an EPA placing someone prematurely in care to suit their own agenda.
- Selling a home without the knowledge or permission of the rightful owner(s).



## Adults not paying their own way

It can be hard to pick up on the subtleties that are weaved into any type of abuse as it really does come in all shapes and sizes. With financial elder abuse, the abusers are often closely connected and have some kind of bond with their victim.

Hanny Naus, Elder Abuse National Educator for Age Concern New Zealand, suggests to be aware of the following:

- Any adult using someone's home and assets without contributing to the costs.
- Trust your gut – as well as uncovering evidence that someone is being taken advantage of, you'll also be relying on instinct to determine whether someone is in a bad situation.
- Remember that older people try to support adults they care about so they might not fight back or realise they are a victim putting themselves in a vulnerable situation.
- Seek advice from an independent agency with experience like Age Concern about

how to approach a situation you have queries about. Approaching a potential abuser directly can increase harm for an older person.

## Scam relationships

Unfortunately, financial and psychological abuse aren't mutually exclusive and are weaponised by people wanting to exploit vulnerable people for financial gain. Such scams can be fronted to the victim as friendship, companionship or often as a romantic relationship.



Things to watch out for are:

- A person or persons previously unknown to a victim suddenly becoming a part of their day to day life
- A possible victim becoming withdrawn from friends and family
- An unlikely suitor claiming a legitimate romantic connection
- Romance scams are often run via phone or internet, so any new relationship that is not face to face is another red flag.

## Strange transactions

Unpaid bills, lack of spending money and unusual looking withdrawals from accounts are tell-tale signs that something isn't quite right. If you suspect a loved one is being exploited, you must let their bank know.

## Where to get help and make it stop

- **Call 111** if you think someone is in immediate danger and needs urgent help or 105 for non-emergency support
- **Age Concern - 0800 652 105** – please call for free and confidential advice. Even if you are unsure we prefer you call and talk about your concerns earlier rather than later.
- **Elder Abuse Response Service** is a confidential 24 hour, free phone, helpline - **0800 32 668 65**

Source: Public Trust



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# Free Staying Safe refresher course for older drivers



The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns.

During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in, 07 578 2631. Alternatively, if you have already put your name down for the course.

*We will be in contact soon!*

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**Help us secure the future of our charity**

We've teamed up with the **Acorn Foundation** to create a perpetual Endowment fund so that we can have a bigger impact in our community.

The investment returns generated by this fund will provide an annual income stream for Age Concern Tauranga — **forever!**

You can help us grow our Acorn Fund by leaving us a gift in your will, or donate to our fund today at:

**[acornfoundation.org.nz/give/donate](http://acornfoundation.org.nz/give/donate)**

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**To discuss your retirement options contact Deborah at Peria House.**



# Adjusting to life without a car

*Age Concern Chief Executive Karen Billings-Jensen shares practical tips and local transport options to help older adults stay independent and active when reducing or stopping driving.*

As we get older, we may choose to drive less.

The idea of life without a car can be a significant life change, especially if it comes about suddenly after many years of independence behind the wheel.

Age Concern’s Life Without a Car booklet provides useful insights for anyone considering driving less, or who has stopped already. It has helpful insights into alternative transport options, and advice on how to manage everyday tasks —like getting to medical appointments, shopping, and how to keep socially active—without a personal vehicle.

If you recently stopped driving, options to stay mobile include:

- public transport (free off-peak with your SuperGold card),
- walking, using an e-bike or mobility scooter, or
- carpooling with neighbours, family and friends.

Getting around will probably take some planning, and the booklet guides you through options, some may even find yourself saving money.


Remember, if you have a long-term impairment, the Total Mobility scheme subsidises travel through public transport and some taxi services, for people to meet

their daily needs and participate in their community.


Reducing or stopping driving does not need to limit our lifestyles and choices. We encourage people to plan ahead and talk with their family and friends about their ideas.

The Life Without a Car booklet is available at our office.

Source: Office for Seniors




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## Life without a Car

Transport options for Seniors



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Age Concern Tauranga

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## AGE CONCERN TAURANGA Christmas LUNCH

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AFTER 28 NOVEMBER 2025

RSVP  
AGE CONCERN OFFICE 578 2631  
BY FRIDAY 28 NOVEMBER 2025



# September is Wills Month

## Have you ever considered leaving a bequest to Age Concern Tauranga?

We know it’s hard to ask for help, regardless Age Concern Tauranga is a registered charity and relies on the generosity of our community to raise funding required to deliver some of our essential services, education and support. Any bequest left to us, no matter how small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help. A bequest to Age Concern Tauranga allows you to leave a legacy long after you have gone. It is the ultimate act of kindness and care you can show towards your community.



Leaving a bequest is easy. After taking care of your loved ones, the simple way to leave a gift to Age Concern Tauranga in your Will is to speak with your solicitor, who can ensure that your estate is distributed in a way that honours your wishes. You have the option of leaving a specific amount, an item or a percentage of your estate to Age Concern Tauranga. We recommend the wording:

“I give Age Concern Tauranga Incorporated the sum of \$ XXX (of the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Tauranga will be sufficient receipt and discharge for my trustees”.

If you would like to leave us a bequest in your Will, these are the official details you will need:

**Legal Charity Name:** Age Concern Tauranga Incorporated.

**Registration Number:** CC25758

We would love to hear from you, or your lawyer, if you are thinking about leaving a gift in your Will to Age Concern Tauranga and answer any questions you may have.

Please email us at: [ageconcerntga@xtra.co.nz](mailto:ageconcerntga@xtra.co.nz) or call us on (07) 578 2631.



## INTERNATIONAL DAY OF OLDER PEOPLE 1 October 2025

The International Day of Older Persons is a global observance designated by the United Nations to honor the role of older people in society. It aims to raise awareness about the opportunities and challenges of aging populations and advocates for policies that improve the well-being and inclusion of older individuals.

### 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”.



### 2025 / 2026 Subscription

Age Concern Tauranga’s Membership period is from 1st April 2025 to 31st March 2026.

To renew your membership or join as a new member, complete the Membership Application, and post to the address provided, email the form or call into the office.

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

## 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.

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

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