

ISSUE 04, 2023



**AGE
CONCERN
TAURANGA**

He Manaakitanga
Kaumātua Aotearoa

Age Concern Tauranga

Keeping You Connected



www.ageconcerntauranga.org.nz

Contact Information

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Office Hours:

8.30am -3.00pm Monday to Friday

Age Concern Tauranga Board

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Vice-Chair: Eddie Jackson

Treasurer: Eddie Jackson

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Receptionist/ Administrator: Deb Nash

Visiting Service Coordinator: Ali Hill

Staying Safe Facilitator: Ian Lee

Total Mobility Assessor: Judi Steel

Social Connection Coordinator:

Nikki Moloney

Social Activities Coordinators:

Lesley Tong (Brookfield),

Margaret Edge (Te Puke),

Pam Voermanek (Mt Maunganui)

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

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 Driving Courses:

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with Waka Kotahi (NZTA). 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 07 578 2631 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.

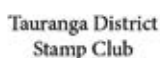
Steady As You Go Exercise Classes

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. Phone 07 578 2631 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.

We are grateful to all our funders:



Social Connection

Hi everyone, this is the first opportunity I have had to say how great it is to be back working with the amazing team at Age Concern in my role as Social Connection Coordinator.

This time round, I am working alongside Auckland Age Concern and CHT, conducting a research survey on 'what ageing well means to people over the age of 65, and how you can be provided with improved support to help you lead a happier, healthier and more socially connected life'. What it involves is, approximately 1 hour face-to face interview with me to conduct the survey. I can come to your home or if you prefer to come into the Age Concern office 177a Fraser Street.

Along with the survey, I am working with clients to find opportunities for them to connect within their community.

Connections range from volunteering with Goodneighbour in the Bethlehem community gardens to attending coffee catch ups and with groups they hadn't belonged to for years. Clients I have worked alongside have gained confidence to use new bus routes to get to places of interest.

Confidence after Covid was a big barrier for some people to overcome, feeling safe to attend activities in their community. Also finding old and new opportunities that were up and running again as many groups that involved over 10 people were not confident to host again.

Another barrier was not being able to drive any longer, so having to use public transport and understand the bus routes to get to various places or for grocery shopping became the new way of getting around. Clients have learnt to use the Total Mobility



card for the first time and found it convenient and easy to use.

There are so many opportunities in the Bay here. If you want to reconnect and would like support, you can contact me by email or phone. You may also know of someone who is needing a bit of encouragement to get out a bit more and try new experiences.

Warm regards
Nikki Moloney,
Social Connection Coordinator.
cc.ageconcerntga@xtra.co.nz
578 2856

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Age Concern Tauranga



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Are you safe to drive?

It's unsafe to drive if you take medication that impairs your driving ability. It's also illegal to drive when impaired, whatever the cause of the impairment (symptoms, illness, injury).

Keep yourself and others safe
Impaired driving is when your body or emotions have been affected (usually temporarily) in a way that makes it unsafe for you to drive.

Many prescribed medications (or those purchased over-the-counter) can impair your driving, as can illegal drugs and alcohol.

Safe drivers take responsibility

It's important you talk honestly with your doctor, pharmacist or nurse about your medication (and anything else you're taking) so they can help you stay safe on the road.

You need to talk to them about your situation and your medications, as not every medication will impair driving.

To avoid driving while impaired you may need to:

- avoid driving altogether when taking medication
- consider avoiding driving at first when taking medication
- not drink alcohol while taking medication.

Be a responsible driver when taking medication

- Always take medication according to the instructions.
- Don't stop taking medication because you want to be okay to drive.
- Check how you're feeling after you start a new medication. Talk to a doctor, pharmacist or nurse if you're concerned.



- Check whether you can drink alcohol when taking your medication.
- If your job involves driving or using machinery, tell a doctor, pharmacist or nurse and ask them what you need to tell your employer.
- Ask a doctor, pharmacist or nurse how long the effects last. Some medications taken at night may affect you the next morning. Talk about dosage levels and when you'll need to be careful.
- Talk about the options with your doctor, pharmacist or nurse, such as trying a different medication or dose, or taking your medication at a different time.
- Don't keep driving if you feel impaired. Call someone to pick you up – or take a bus or taxi.
- Talk to your doctor, pharmacist or nurse about all medication or drugs you're taking – prescription, over-the-counter and illegal.


Responsible drivers plan ahead

Talk to the people you live with about how your medications may impair your driving so they can share the driving whenever you need them to.

Think about the following scenarios:

- Have a plan for emergencies or unplanned trips. How will you get to an after hours clinic or the hospital?
- Have a plan for any change in routine. If you take sleeping tablets at night, what will you do differently if you need to pick up a friend at the airport at 6am or collect a family member after a late night in town? Or if you take your medication with dinner, what will you do differently if you're planning an after dinner trip to friends in the next suburb?
- Plan your alternatives to driving. Could you share a ride with neighbours or workmates, work from home, take the bus or get a lift with friends? Could you delay your trip to later that day or to another day?

Sourced: Waka Kotahi/NZ Transport Agency



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Improving media literacy



Manipulated, false or misleading information online can cause people to worry and be anxious for no real reason. The rise in misinformation has seen people reduce trust in institutions, the media, public acceptance of science and the integrity of government.

Improving digital inclusion helps us to access services and participate in society, but it is important that we recognise misinformation when they see it.

Media literacy provides a framework to access, analyse, evaluate, and participate with messages in a variety of forms — from print to video to the internet.

One of the most effective ways to help you evaluate information in the digital world is the SIFT method:

Stop

- Before you read or share an article or video, STOP!
- Be aware of your emotional response to the headline or information in the article.
- Headlines are often meant to get clicks and will do so by causing the reader to have a strong emotional response.

Investigate the source

- Take a moment to look up the author and source publishing the information.
- What can you find about the author?
- Do they have vested interests?
- Would their assessment be biased?
- Do they have authority in the area?

Find better coverage

- See if you can find other sources corroborating the same information or disputing it.
- What coverage is available on the topic?
- Keep track of trusted news sources.

Trace the original

- When an article references a quote from an expert, or results of a research study, it is good practice to attempt to locate the original source of the information. Click through the links to follow the claims to the original source of information

There are lots of free games and resources online that can help you learn more. Why not try one out yourself?

iReporter from the BBC which teaches media literacy skills can be found at www.bbc.co.uk/news/resources/

Bad News in which you make up your own disinformation to help you understand how quickly it can spread is at www.getbadnews.com/en#play

Source: Office for Seniors <https://mailchi.mp/communications/seniors-october-2023>



The Difference of a Visiting Volunteer

As different and unique we all are, so is it for the many relationships between our Age Concern Visiting Volunteers and the lonely and/or isolated people they visit every week.

No story is the same, every circumstance diverse, although ONE thing remains ~ the desire for a genuine and authentic relationship with another.

A trusted connection that embodies ~ Care, kindness, helping, companionship and friendship.

Grant and Phyllis.

I find my role as a visiting volunteer very rewarding. Phyllis is inspirational. We have lots in common. I like her as a person, and we relate well. We talk about travel, woodcraft, fishing, cooking/recipes, current affairs, farming life, a real cross section of topics.

I am so pleased that I chose Age Concern to give my time to.

Phyllis reports "Grants visits are the highlight of my week. I look forward to him coming and breaking up my week. The friendship is really nice, warm and brings me absolute joy. I am so grateful for him visiting me."



A good ole 'Fish & Chip' outing for Phyl and Grant Even braving the winter!

The team at Age Concern
Tauranga wish you all a very
Merry Christmas, and a bright
and cheery New Year

Our office closes on Thursday, 21st
December 2023 and will re-open on
Wednesday, 3rd January 2024



Where to begin

This information is designed to support people considering residential care options. If residential care is suggested; you or someone you care about is likely to have poor physical and / or cognitive health, and no longer able to live safely at home. The decision to seek residential care can be difficult for all members of the family / whanau.

Residential care is the care provided in a rest home, private hospital or dementia facility. To potentially be eligible for public funding, entry to permanent residential care must be through the District Health Board (DHB). People can enter residential care without going through the DHB, but as a consequence they are personally liable for the full cost of their care.

Residential care can seem overwhelmingly complex. This information is intended to help you navigate the move into long term care. Needs assessment is the first step, followed by visits to care facilities and understanding the costs of care, including fees not covered by public funding.

It can be a great relief for everyone when appropriate residential care is found. Carers can still choose to be involved as much or little as they wish, knowing a loved one is looked after.

Please note that retirement village living and residential care are different.

If you are considering moving to a rest home or hospital, it is a good idea to arm yourself with as much information as possible.



These are the steps to take:

1. Organise GP or self-referral for a Needs Assessment
2. Needs Assessment by NASC (interRAI) confirms need for indefinite care
3. Level of residential care assessment i.e. rest home, dementia, hospital or specialist hospital care
4. Discuss options and plan of action with needs assessor
5. Family / whanau / support person visit a number of rest homes / hospitals
6. Establish if premium room fees apply, and if so, can you afford to privately fund them?
7. Choose a rest home / hospital
8. Request a copy of the Admission Agreement and take it away to read
9. Negotiate and sign Admission Agreement
10. Apply for a Residential Care Subsidy or Loan if appropriate, or pay privately

All of this information is in the Moving into Residential Care booklet available at our office or online version <https://www.seniorline.org.nz/assets/Seniorline/National-Documents/Moving-A4-HIGH-RES.pdf>

Free staying safe refresher course for older drivers

- Has it been years since you have had a driving refresher course?
- Have some rules changed that you may not be aware of?
- Are you now taking new medication that may or may not affect your driving?
- Do you want to keep your driving skills for as long as possible?
- If you answered yes to any of these things, then you should come along to our FREE driving refresher course for seniors!



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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What's on..

Wednesday Walking Group

*– Key Dates meet at 10am unless advised
Break for Christmas/New Year*

7 February: Briscoes, Chapel Street

14 February: Carmichael Reserve (off Carmichael Road)

21 February: Kulim Park, Bureta

28 February: Pacific Avenue, Mount Maunganui

6 March: New World, Brookfield

13 March: Burger King, Fraser Cove

20 March: Sunny Bay Road, Matua (off Levers Road)

27 March: Countdown, Greerton

3 April: St Stephens Church, Brookfield

10 April: Kmart, Bethlehem

17 April: Briscoes, Chapel Street

24 April: Lakeview Bus Stop (The Lakes), Pyes Pa

1 May: End of Sterling Gate Drive, Bethlehem

8 May: Fergusson Park, Matua

15 May: Sulphur Point (carpark by Yacht Club)

22 May: Chester Street, Judea

29 May: McLaren's Falls (carpool – meet at Greerton Rugby Field, Oropi)

500 Card Group – Mondays except public holidays

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

Monthly Meeting -

February – April 2024

Wednesday 7 February 2024

Venue: Tohora Room. Papamoa Community Centre – at the library, 15 Gravatt Road, Papamoa. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Age Concern Tauranga, Tanya Smith, Manager

Topic: Overview of Services

Thursday 29 February 2024

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

Start: 10am – 11am

Speaker: Envirohub, Cathy Donnelly, Community Coordinator

Topic: Recycling and the Predator Free Programme

Wednesday 6 March 2024

Venue: Tohora Room. Papamoa Community Centre – at the library, 15 Gravatt Road, Papamoa. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Geoff Brunsdon, NZ Bumblebee Conservation Trust

Topic: Without bumblebees where would we be

Thursday 28 March 2024

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

Start: 10am – 11am

Speaker: Geoff Brunsdon, NZ Bumblebee Conservation Trust

Topic: Without bumblebees where would we be

Wednesday 3 April 2024

Venue: Tohora Room. Papamoa Community Centre – at the library, 15 Gravatt Road, Papamoa. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Envirohub, Cathy Donnelly, Community Coordinator

Topic: Recycling and the Predator Free Programme

Thursday 25 April 2024- Anzac Day (no presentation)

Coffee and Conversation 10.30am to 12.00pm

Do you have 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

Wednesday 7 February, 6 March and 3 April. St Stephen's Methodist Church Hall, 9 Brookfield Terrace, Brookfield \$3pp

Greerton – 2nd Thursday of each month

Thursday 8 February, 14 March and 11 April. Greerton Senior Citizens Hall, 33 Maitland Street, Greerton \$3pp

Arataki – 3rd Tuesday of each month

Tuesday 16 January, 20 February, 19 March and 16 April. Sandpiper Room, Arataki Community Centre, 1 Zambuk Way, Mt Maunganui \$3pp

Papamoa – 4th Wednesday of each month

Wednesday 28 February, 27 March, and 24 April. Moko Room, Papamoa Community Centre – at the library, 15 Gravatt Road, Papamoa \$4pp

Te Puke – 2nd Tuesday of each month

Tuesday 13 February, 12 March and 9 April. Citizens RSA Te Puke, 179 Jellicoe Street, Te Puke \$5pp

Minibus Adventures

Saturday 16 March 2024

Café Nineteen Katikati

Fairview Estate

\$20 plus lunch at own cost.

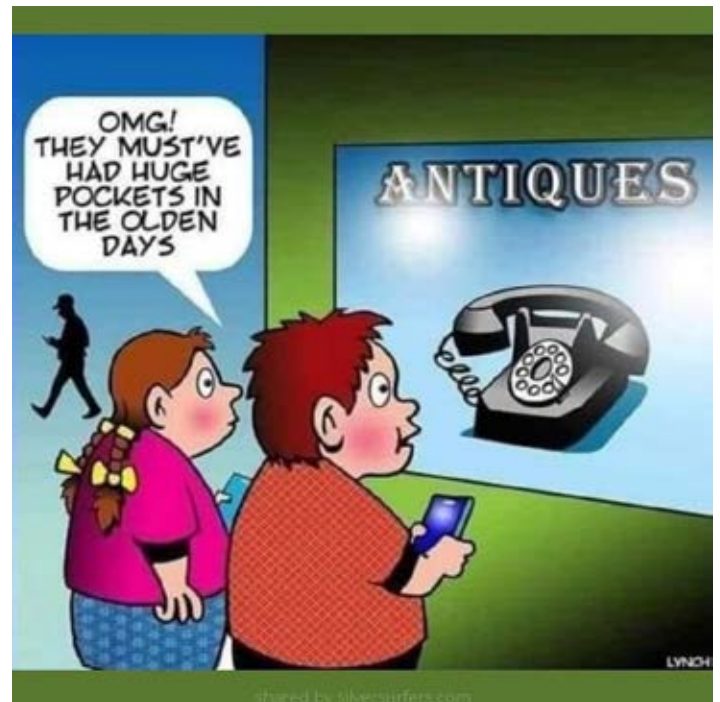
Phone the office to reserve your seat.

Please note:

- Keep hydrated – take a bottle of water and medications.
- Make it easier for the driver; please wait outside by your letterbox.

All pickup times are approximate.

Minibus trips are subject to the availability of a volunteer driver and assistant.



SUDOKU

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Four-Ingredient Christmas Cake

This cake is super moist, super easy and very yummy! You could use any juice in place of the orange juice.

Ingredients

- 1 kg dried mixed fruit
- 2 cups orange juice
- 2 cups self-raising flour
- 1 teaspoon ground cinnamon

Method

- Place fruit into a large glass or ceramic mixing bowl. Pour over the orange juice and stir to combine. Cover with plastic wrap and place into the fridge to soak overnight.



- Preheat oven to 150°C (130°C fan forced). Line the base of a 20cm round cake pan with 2 layers of baking paper and spray sides with cooking spray. Remove fruit from fridge and add the flour and cinnamon, mixing until well combined. Spoon into pan and smooth the surface.
- Bake for 1 hr 30 min until cooked when tested with a skewer. Remove and cool completely in the tin. Spread with apricot jam, top with toasted almonds and dust with icing sugar if desired.

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acornfoundation.org.nz/give/donate

✂

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,
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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".



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