

### INTERNATIONAL DAY OF THE OLDER PERSON 2023

Every year on 1 October we celebrate International Day of Older Persons.

International Day of Older Persons (IDOP) is a time to celebrate the value of older people and a chance to acknowledge their contributions to our communities; in the work place, as volunteers, as caregivers and as whole people, with dreams, aspirations, wisdom and experience.

Mentoring, volunteering, looking out for the neighbourhood, 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.

The theme of the 2023 commemoration of International Older Persons Day is **“Resilience of Older Persons in a Changing World”**.

Digitalization has revolutionized our living criteria. Older persons are far behind in the usage of these modern digital technologies. The UN theme of this special day sparks light on the issue of older persons who are not fully beneficiaries of these technologies. It is time to train them about the usage of mobile phones, the internet and computer according to their needs, hobbies and interests. Policymakers should also keep in mind the threats of these technologies to older persons to keep them healthy and safe.

## SPRING FEST

### CELEBRATING INTERNATIONAL DAY OF OLDER PERSONS



Spring Fest is a community-led week of events that celebrates our older community - our parents, grandparents, friends and neighbours - who do so much for us and our city.

It's all kicking off on International Day of Older Persons on Sunday, 1 October.

Packed with performances, guest speakers, activities, and opportunities to find out more about what's on throughout the week when you collect your programme. Come along with family and friends for a memorable day out, and it's **FREE**.

**Date:** Sunday, 1 October

**Time:** 11am – 2pm

**Venue:** Queen Elizabeth Youth Centre,  
71 Eleventh Avenue, Tauranga



## KEEN TO BE PART OF A RESEARCH PROJECT?

**Exploring social frailty in Aotearoa New Zealand—  
For older people and future generations.**

Do you live in Auckland or Tauranga? We invite you to join us to explore how healthy ageing is influenced by social frailty and **intrinsic capacity** (our natural strengths and abilities) as we age.

If you are aged 65+ **or** if Māori/Pasifika aged 55+, contact us and your local Research Assistant will call you.

- 1 Freephone 0800 222 848  
(to leave a voicemail)
- 2 Email [socialfrailty@auckland.ac.nz](mailto:socialfrailty@auckland.ac.nz) (with contact details)

This study will involve being part of a focus group or spending time with the research team to answer a survey and complete some physical tests.

Contacting us will not enrol you into the study, it is a way for us to know that you are interested to hear more. Your details are kept confidential to the research team.

All participants will receive a  
'thank you' voucher.

**Ngā mihi nui / Thank you**  
**We look forward to getting in touch**

Approved by the Health and Disability Ethics Committee (REF 2023 EXP 13974)



## DIGITAL DROP-IN

Learning at the library has never been easier!  
We offer 20 minutes of free one-on-one digital assistance with one of our tech experts in your local library every week.

Bring in your own device for help using library apps, accessing online memberships and applications, installing software, or setting up a new device. This is a first-in, first-served, drop-in service. No booking required.

Digital drop-in scheduled from Monday, 17 July

**Tauranga Library**—Tuesdays 1-3pm  
**Mt Maunganui Library**—Weds 9.30-11.30am  
**Greerton Library**—Wednesdays 1-3pm  
**Pāpāmoa Library**—Thursdays 1-3pm

## Daylight Saving Time Starts

Sunday, 24 September 2023, **2am** clocks are turned **forward** 1 hour to **3am**



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



## AGE CONCERN LIFE TUBES \$6



**A Life Tube can speak for you when you can't. This is a special tube which contains vital personal information for emergency services in case of accident or illness.**

A life tube is a small plastic cylinder containing a completed medical and information sheet. The information includes the name of the person's doctor, their health conditions, medication, emergency contact people, pharmacist and lawyer.

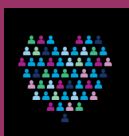
The Life Tube is to be kept in the household refrigerator and the provided red sticker should be placed on the outside of the refrigerator door. In the event of an emergency, the Police, Ambulance, Fire Services or Doctor attending can be alerted to the red sticker and know that there is vital information inside the Life Tube available inside the refrigerator. They provide an excellent emergency measure for older people and those with chronic health conditions.

If you would like a Life Tube for yourself or a friend/family member or to make a bulk order, please contact us.

## Welcome!

Welcome to all our new members that have joined over the last couple of months. We hope you enjoy reading our newsletter. We love hearing from our members so if you have any feedback regarding our services, feel free to contact our office on **578 2631**

**Thank you for supporting  
Age Concern Tauranga**



## GET TO KNOW ROGER GOODMAN



Welcome to the newest Member of Age Concern Tauranga's Board, Roger Goodman.

Roger has an extensive background as a Project Manager, Mentor and Trainer.

Roger loves working with people in a training and mentoring role. His approach is interactive and activity based. He says "The best way to learn about leadership and project management is by doing it with an instructor or mentor on hand to guide you through".

A previous member of Rotary International, Roger is a Paul Harris Fellow, and has been engaged in projects in Taveuni, the Varayame project, Habitat for Humanity and Emergency Response Kits. He is an active member of Sir Edmund Hillary's Himalayan Trust.

His interests include family, community projects, travel, flying, skydiving, E-mountain biking, tramping in the New Zealand bush, and trekking adventures in the Himalayas.

Roger will be a guest speaker at Age Concern Tauranga's March 2024 monthly meeting, speaking on his trip of 'Sir Ed and the Himalayas'.

**Welcome to Age Concern Tauranga's Board**

## What's on...

### *Wednesday Walking Group meet at 10am*

**6 September:**

Greerton Rugby Field, Oropi

**13 September:**

Briscoes, Chapel Street

**20 September:**

Sylvania Drive, Matua

**27 September:**

Lake View Bus Stop, The Lakes

**4 October:**

Briscoes, Chapel Street

**11 October:**

Memorial Park, 7<sup>th</sup> Avenue

**18 October:**

Mcfetridge Lane, Ohauti

### *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*

*Sept—Oct 2023*

**Venue:** Tauranga Citizens

Club, 13th Avenue, upstairs.

\$4pp, refreshments

provided.

### *Thursday 28 September 2023*

**Speaker:** Here To Help U—

Amanda Gabb

**Topic:** Here to Help U

Services

**Start:** 10am—11am

### *Thursday 26 October 2023*

**Speaker:** Baywide

Community Law, Denise

Forrester

**Topic:** Overview and criteria

to access the service

**Start:** 10am—11am

### *Coffee and Conversation*

*10.30am to 12pm*

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 – 1<sup>st</sup> Wednesday of each month*

**6 September/4 October**

St Stephen's Methodist

Church Hall, 9 Brookfield

Terrace, Brookfield \$3pp

### *Greerton – 2<sup>nd</sup> Thursday of each month*

**14 September/12 October**

Greerton Senior Citizens Hall,

33 Maitland Street, Greerton

\$3pp

### *Mt Maunganui – 3<sup>rd</sup>*

*Wednesday of each month*

**20 September/18 October**

Mt Maunganui RSA,

544 Maunganui Road,

Mt Maunganui. \$3pp

### *Te Puke – 2<sup>nd</sup> Tuesday of each month*

**12 September/10 October**

Citizens RSA Te Puke, 179

Jellicoe Street, Te Puke \$5pp

### *Mini Bus Adventure*

**Saturday 28 October 2023**

Lunch at Skippers Restaurant-  
Whakatane.

Cost \$25pp plus lunch at own  
cost.

Phone the office to reserve  
your seat. All pick up times  
are approximate.

Minibus trips are subject to  
the availability of a volunteer.

## Age Concern Tauranga Membership Form

Please forward your subscription with this form to: Age Concern Tauranga. 177a Fraser Street, 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 over \$5.00 are tax deductible.

Name: ..... Email: .....

Address: ..... Postcode: .....

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☐ New Member ☐ Existing Member ☐ Receive magazine by email

☐ Pakeha (NZ European) ☐ NZ Māori ☐ European (incl. British) ☐ Pacifica ☐ Other: .....

**Subscription per household \$25.00 (1st April 2023 to 31st March 2024)**

**Donation:** \$5 / \$10 / \$20 / \$50 / \$..... other **EFTPOS available. Sorry no credit card payments accepted.**

**Internet Banking: 03-0445-0172665-00 Westpac** (e.g. Particulars—Sub, Reference—Surname & Initial )

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

**The views expressed in this newsletter are not necessarily those of Age Concern Tauranga.  
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