

ISSUE 01, 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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Staying Safe Facilitator: Ian Lee

Total Mobility Assessor: Judi Steel

Walking Group Coordinator: Renee Hill

Social Activities Coordinators:

Lesley Tong (Brookfield), Margaret Edge (Te Puke), Roland Edwards (Greerton), 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.

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 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.

How to get the best from your GP

It's a sad fact of life, right now, but securing a GP appointment (especially a non-urgent one) is becoming more and more difficult. That's why, once you have your foot in the door, it pays to be prepared so you can make the most of the time you do have with your doctor, and help them to help you. Here's how to go about it:

Doubles

Gone are the days where your doctor has unlimited time to spend with you. If you are seeing your GP about more than one matter, check with the receptionist, before you book, to see if you need to make a double appointment. You will pay more for it, but you will be seen in a less hurried manner than if you tried to squeeze too many requests into a single consultation.

List it!

Before you attend your appointment, list the health concerns you want to bring to your doctor's attention (even the most confident patient can forget these when in a pressured situation). Your list should note your concerns in order of importance. That way, if your appointment time runs out before you have worked your way through your concerns, those most important to you will have been dealt with first. Take your list to your appointment, and don't feel bashful about bringing it out. Your GP will be relieved you are helping them save time by being prepared.

Medications

Before you leave for your appointment, pop medications (in their original containers) into

a carry bag, and take them with you. You may not see the GP you are hoping to, and having these medications on hand may save a doctor time. Having the medications with you will also allow you and your GP to instantly see how much of each prescription you have remaining, and the expiry date on each.

Think ahead

Before you leave for your appointment, think ahead to any situations in the near future when you will require extra medication, so you can request a prescription without having to make another appointment. Some patients, for example, require extra medications in different seasons, or when travelling abroad or going away from home in their own country for an extended period of time.

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Age Concern Tauranga

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GoGenerosity and Age Concern

The 65+ proportion of our population is rapidly growing - 1 in 6 Kiwis fits that age group - but the assistance isn't. That's why groups like Age Concern are so incredibly important, to help those who have already spent so much of their lives supporting others.

Age Concern is a not-for-profit organisation that works for the rights and well-being of the

older members of our community. Volunteers come together to help in a variety of ways, like home visits, social connection groups, and delivering meat packs, which is where Bethlehem Butchery came in.

Generous local butchers, Bethlehem Butchery, recently paid-forward \$440 worth of meat to Age Concern in Tauranga. This is provided to local Bay of Plenty elderly as meat packs, giving them a way to boost their meals.

This hugely generous pay-it-forward goes a long way in ensuring that our elderly are getting access to the nutrition they need even as the food costs rise.

To help support Age Concern and those they look after, add a little extra to your bill next time you're in seeing Ben and his friendly crew at Bethlehem Butchery (235 SH2 in Bethlehem).

Silver Service IT

Keeping technology running seamlessly

Old school computer support - 7 days
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Onsite visits | Personal Service | Phone Support

Home Support

- Windows or MAC - any combination
- Windows 10 configuring advice - bring back the good old days
- Pimp your slow computer - upgrade to solid-state disk (SSD)
- E-mail and domain hosting - email@yourname.co.nz
- See all your photos and videos - on TV any time

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Know your bones

Did you know one third of women and one fifth of men over the age of 50 years will suffer a fracture from a fall or trip from a standing height?

The most common parts of the body to sustain fractures from falls like these are the hip, wrist, upper arm, pelvis, or spine. The good news is treatment for these types of fractures will reduce the likelihood of a patient refracturing by 30 to 70 percent.

Fracture Liaison Services (FLS) operate across New Zealand and aim to make the first fracture the last. Funded by the ACC, FLS are teams of clinical nurse specialists who

identify patients over the age of 50 years who have sustained a fracture and work with them to start treatment as soon as possible.

"We want to help people live healthier lives by improving their bone health. Once you've had one fracture, you are much more likely to have another, so we put steps in place to help prevent that from happening," says FLS Canterbury clinical nurse specialist Cushla Parker.

Once a patient has been identified, a bone

health assessment is made, and the team liaises with GPs on treatment. Patients are contacted via telephone at 16- and 52-weeks post fracture to see how they are managing.

Other interventions include ordering bone density scans, referring patients to the Falls Prevention programme and strength and balance classes, and providing nurse-led clinics and education sessions to people over the age of 50 years in the community.

"These fractures can be really debilitating so the work we do creates a huge positive impact for people, helping them to remain active.

If you've recently fallen or tripped from a standing height and think you would benefit from visiting a FLS, ask your GP or search to see if there is one in your area.

Good bone health begins with knowing your bones. Go to www.knowyourbones.org.nz and complete a free, online self-assessment test called 'Know your Bones'.



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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!



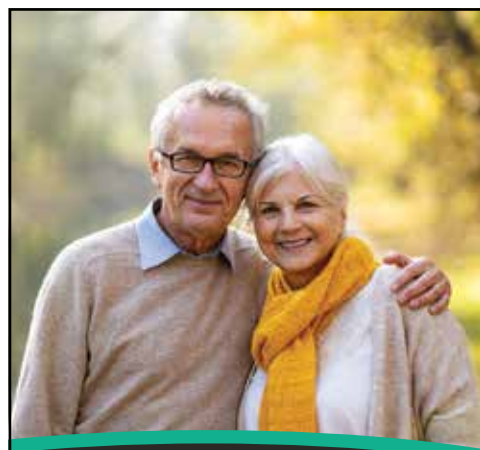
The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns.

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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Disability Allowance – medical alarm service changes

On 1 December 2022, the Ministry of Social Development (MSD) introduced 'anywhere' medical alarm services. Until then, only 'in-home' medical alarm costs were included in the Disability Allowance.

The Disability Allowance is a financial support that's available at a weekly rate of up to \$70.04 a week. It's paid to eligible clients to help with ongoing health and disability-related costs. You can read more about the Disability Allowance including whether you are eligible.

If you currently get or need a medical alarm, you may have the option to get a medical

alarm that works outside of the home as well as in-home. MSD may be able to cover the costs as part of your Disability Allowance.

You'll need to apply if you want to include an in-home or an anywhere medical alarm service in your Disability Allowance. This process includes seeing a medical practitioner and contacting one of our accredited medical alarm suppliers.

Find out more about the changes by visiting the Medical alarms page on the Work and Income website <https://www.workandincome.govt.nz/products/a-z-benefits/disability-allowance.html>

Elder Abuse Helpline

The Elder Abuse Helpline now includes a text number and an email address, to make it even easier for people to access help.

That is in addition to the existing free hotline:

0800 EA NOT OK

As many as one in ten older people in New Zealand will experience some kind of elder abuse, and the majority of cases go unreported.

The new email and text number will improve the accessibility of support services for older people, and also give us a better understanding of elder abuse in New Zealand.

Contact via Text: 5032 or

Email: support@elderabuse.nz find out more about elder abuse and where to go to for help on the SuperSeniors website: www.superseniors.msd.govt.nz

Avoid being scammed

The best way to protect yourself from scams is to be aware of the most common ones. These are some examples of the most common scams and the warning signs to watch out for.

Six common scams to look out for

1. Suspicious phone calls

- Unexpected calls claiming to be from a trusted business such as your bank
The call could come from a blocked or foreign number, but scammers can also disguise the number to look local
- They may pressure you to provide information or make a decision quickly, otherwise face negative consequences
- They may tell you there's a problem with your computer and that they can help fix it.



2. Email phishing scams

Emails that look genuine but may contain a suspicious link or attachment



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- The email may contain a logo of a legitimate company, bad grammar or spelling mistakes
- There may be inconsistencies between the sender's email address and the company they're claiming to be from
- Scam emails may prompt you to click a link, then provide your login credentials, payment information or sensitive data

3. WhatsApp & text scams

Pretending to be from a friend or family member
Message will claim to be from someone you know, who is in difficulty and in

need of money

- They might claim they've lost their phone and this is their replacement or temporary number
- Messages may start friendly but will quickly move to ask for money or personal details.

4. Investment scams

Websites, advertisements and/or communication from scammers pretending to be from a reputable investment company

- Little or no information about the investment is available in writing
- You may be requested to pay for the fake investment via wire services, credit cards, cryptocurrency or into an overseas bank with a name different to their company
- You may be told you've already made a profit despite not yet paying them any money.

5. Online dating scams

Scammers who pretend to be interested in a relationship

- The scammer may confess their love or strong feelings very quickly

- They may ask for financial help or travel money in the guise of visiting you
- They may ask you to open a new bank account or use an existing one to receive funds into. Then, you may be asked to transfer funds electronically, take it out in cash or buy virtual currency like Bitcoin – this is likely an attempt to launder money through you as a money mule.

6. Text scams

Pretending to be from a reputable business

- The text may claim to be from a courier wanting to deliver a parcel or bank asking you to authorise a payment
- It might urge you to take immediate action because your sensitive details have been exposed
- It could contain a suspicious link asking you to input personal information or download a software
- Stay alert with these simple tips
- Never transfer money on behalf of another person

- Beware of anyone asking for urgent help or money
- Don't click on links from suspicious emails or messages
- Don't feel pressured to provide any information
- Be wary of texts or calls from strangers
- Never allow remote access to your personal devices.

EXAMPLE

Hello, my name's John, I'm calling from XXXbank's fraud team. There's been fraudulent activity detected in your account so I'll need some information from you first to verify your identity. What! Is my money safe? Only if you act quickly. Please can you confirm your account number and password?

Tip: Stop! This scam can take people by surprise and seem legitimate. Don't rush into disclosing anything, even if you think it's genuine.

*NP: If you do experience an online security incident report it to CERT NZ
www.cert.org.nz*

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Coffee and Cake with Death and Dying Chat

BY REBECCA MAUGER, BOP Times

When Gaylene Delaney's great-grandmother died, she wasn't allowed to go to the funeral. "I was told 'children don't go to funerals' and I really struggled with that," the Tauranga local says.

This was possibly the start of her interest in death and dying.

Gaylene is starting up a new death cafe in Katikati, with Robyn Wilson. They've had their first meeting and she hopes to draw more people in for the next one.

She calls herself an end-of-life doula: a non-medical person who supports someone who is dying (or their family) and looks after them holistically.

"We help people get through the process and the actual dying phase as well as grieving, or for their family. It complements what hospice already provides."



Katikati has a new death cafe with Gaylene Delaney.
Photo / Rebecca Mauger

It's a natural career progression for the registered nurse who has spent years as a hospice community nurse and in mental health nursing.

But the new cafe is different. "It's a place for anyone to come and sit, drink coffee, eat cake and talk about death and dying."

The idea is to improve people's death literacy. It is not a bereavement group nor is counselling offered.

"We want to take death and dying out from



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behind closed doors and normalise it. I don't see death and dying as a medical event, I see it as normal natural thing that happens to all of us," Gaylene says.

"By taking that fear away by looking at it, we are living in the here-and-now because we are looking at our mortality which makes us appreciate our lives more."

Even though we're talking about death and dying, we are talking about living as well.

Many topics are covered at death cafes. Often people attend death cafes interested in the afterlife and what, if anything, happens when a person dies.

Gaylene has her own beliefs.

"I believe there's a better place that we go to. I don't know what it's called but through my experience working with hospice and after my own experiences with family dying, there's a lot of instances where you witness someone who is responding to something which is not there, that no one else can see. Often it's put down to, 'they're hallucinating, they're delirious.'"

But Gaylene has also seen hallucinations from

her work in mental health and it's different, she says.

When her mother was near death, she wanted to go into the garden with Gaylene, where they had a moment of appreciation of all around them.

"She was looking at the sky and smiling and she says 'coming, dear' which she used to say to my stepfather when he called her."

Gaylene says her dad also sends her messages, such as turning the TV back on after she's left the room.

*Gaylene and Robyn will hold the cafes every two months. They are also run in Tauranga.
The next Katikati date is yet to be decided.*

Contact info@embracelife.co.nz if you're interested in joining.

*The details:
What: Katikati Death Cafe
When: Bi-monthly, to be decided
Where: Chrome Café*

Change to residence criteria for NZ Super and Veteran's Pension

The residence criteria for NZ Super and Veteran's Pension will change in July 2024. The minimum number of years you must have been resident and present in New Zealand will be gradually increasing from 10 years to 20 years.

If you have family or friends living overseas or planning to move abroad, it's important they understand the changes.

For New Zealanders living abroad, this could mean changing their plans to make sure

they're eligible for NZ Super or Veterans Pension when they turn 65.

While not coming into effect immediately, we want to raise awareness early to help people plan for their future - if they wish to receive NZ Super or Veteran's Pension when they turn 65.

For more information on these changes, visit www.workandincome.govt.nz/eligibility/seniors/nz-super-and-veterans-pension-residency-changes-2024.html

COVID Antiviral medicines

You can get COVID-19 antiviral medicines direct from many pharmacies without a prescription. Antiviral medicines reduce the amount of COVID-19 virus in your body to reduce the chance you get sick enough that you need hospital treatment. To be effective, they must be started within 5 days of becoming ill.

The medicines are free if you're aged 65 or older, Māori or Pacific aged 50 or older, or you have a severely weakened immune system or certain medical conditions. You can find out if you're eligible for free antivirals by

visiting COVID19.health.nz or by talking to a pharmacist. Healthpoint.co.nz provides listings of pharmacies that offer antivirals, so you can find one near you.



If you test positive for COVID-19, or live with someone who's got COVID-19 and you start to feel sick, call the pharmacy rather than going in. The pharmacist can arrange a phone appointment to talk to you about whether

antivirals are right for you and how to take them safely. You can have friends or whānau collect the medicine for you, or the pharmacy can have it delivered.



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Athenree Life is your calming rest home by the sea, located at the water's edge of scenic Shelly Bay Estuary. We personalise your care plan and put your choices at the heart of what we do. We design activities that keep you physically active and connected to loved ones. Our nurses, caregivers and support staff are all qualified, highly trained, and share a true passion for caring.



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A message from Prime Minister Chris Hipkins



When I took on the job of Prime Minister, I made a commitment to focus on the bread and butter issues that matter most to New Zealanders. That's why, in my first few weeks in the role, we put in place extra cost of living support and raised wages.

The steps we've taken to help smaller budgets stretch further, like extending the fuel tax cut, are already making a difference for many. However, at a time when global factors like inflation are pushing up prices here at home, we need to do more to support New Zealanders.

As part of this work, I recently announced that recipients of Superannuation will receive an inflation increase of 7.22% from 1 April. This will see a couple who are both aged over 65 receive \$102.84 more in total a fortnight and a single person living alone receive an extra \$66.86 each payment. This builds on the increases that we've made to Superannuation since taking office in 2017.

While this boost to Superannuation alone won't solve everything, it will ease some pressure - and right now, I know every bit helps.

On top of this, our Winter Energy Payment will help older New Zealanders heat their homes over winter. This annual support restarts from 1 May, helping with power bills through the colder months so people can stay warm and healthy, with less financial stress. A single person will receive more than \$80 a month and couples will receive more than \$125 per month.



Measures like these sit alongside a range of programmes that support older New Zealanders. For example, we've made doctors' visits cheaper for hundreds of thousands of people, and we've taken steps to improve the health system and cancer care, including through record investments in Pharmac's medicines budget.

Right now, we also need to make sure people feel safe and supported as we continue to respond to some of the most significant weather events in our history.

My back to basics approach means a greater focus on the issues that matter most to New Zealanders, here and now. As I've signalled, the cost of living and cyclone recovery will continue to be our top priorities, and you will see this reflected in our upcoming Budget.

*Authorised by Rt Hon Chris Hipkins MP,
Parliament Buildings, Wellington*

What's on...

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

5 April (9.30am Start):

Katikati Bird Gardens
(carpool – meet at
Bethlehem Road carpark)

12 April:

Sunny Bay Road, Matua
(off Levers Road)

19 April:

Countdown Greerton

26 April:

St Stephens Church,
Brookfield
(off Brookfield Terrace)

3 May:

Kmart, Bethlehem

10 May:

Briscoes (fish and chip day)

17 May:

Lakeview Bus Stop
(The Lakes), Pyes Pa

24 May:

End of Sterling Gate Drive
(Beaumaris Boulevard
roundabout), Bethlehem

31 May:

Fergusson Park, Matua
(off Tilby Drive)



Mondays – except public holidays

500 Card Group.

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 – April to May 2023

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

Start 10.00am to 11.00am. All
welcome.

Thursday 27 April 2023

Speaker: City Waters
Tauranga City Council,
Shannon Pawhau

Topic: Water supply, where it
comes from, how it is treated,
ways to conserve water and
the importance that we follow
the water watchers plan.

Thursday 25 May 2023

Speaker: The Coffin Club
– John Russell and Roger
Gardiner. Topic: Makers of
fine, affordable
underground
furniture.



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 5 April and 3
May St Stephen's Methodist
Church Hall, 9 Brookfield

Terrace, Brookfield \$3.00pp

Greerton – 2nd Thursday of each month

Thursday 13 April and 11 May
Greerton Senior Citizens Hall.
33 Maitland Street, Greerton.
\$3.00pp

Mt Maunganui – 3rd Wednesday of each month

Wednesday 19 April and 17
May Mt Maunganui RSA. 544
Maunganui Road,
Mt Maunganui. \$3.00pp

Te Puke – 2nd Tuesday of each month

Tuesday 11 April and 9 May
Citizens RSA Te Puke. 179
Jellicoe Street, Te Puke.
\$5.00pp

Minibus Adventures

Saturday 6 May
Lunch at The Trading Post –
French Bistro, Paengaroa.
Cost \$25pp 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.



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Tauranga Village Radio Museum, Tauranga's only Community Radio Station operates from studios within the Historic Village. We broadcast on the AM frequency on 1368 KHZ.

Programmes and nostalgic music, from the 1930's to the 1980's, are broadcast each day, from 8am until 5pm.

Community notices for non-profit organisations and individuals are broadcast at 11am each weekday. Listeners can ring the station on 571 3710 for requests to be played.

For further information visit our comprehensive website
WWW.VILLAGERADIO.CO.NZ



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".

Welcome

New Members

Welcome to all our new members that have joined over the last couple of months. We hope you have enjoyed reading our magazine. We love hearing from our members so if you have any feedback regarding our services, please do not hesitate to contact our office on **578 2631**.

HELP US TO CONTINUE TO HELP OTHERS

Did you know we are building an enduring **Age Concern Tauranga Fund** through the Acorn Foundation?

This endowment fund will allow us to have an even greater impact in our community, now and in the future.

Through your generosity, you can contribute to the growth of our fund by leaving a gift in your will, or donating during your lifetime.

Donate online now: acornfoundation.org.nz/funding/community_group_funds.

Contact us on 07 578 2631
or call the Acorn Foundation
on 07 579 9839 for
more information.



2 April 2023 – Daylight Saving Time Ends

Sunday, 2 April 2023 3am clocks are turned backward 1 hour to Sunday 2 April 2023 2am standard time.

Sunrise and sunset will be about 1 hour earlier on 2 April 2023 than the day before.

There will be more light in the morning. Also called Fall Back and Winter Time.



AGE CONCERN TAURANGA
He Manaakitanga
Kaumātua Aotearoa

2023 / 2024 Subscription

Age Concern Tauranga's
Membership period is from
1st April 2023 to 31st March 2024.

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.

Eftpos is available. Sorry no Credit Card payments accepted. If you would like to pay online, our account details are:

Age Concern Tauranga Inc | **03 0445 0172665 00**

Please use your initial and surname as reference.

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

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\$..... other **EFTPOS available. Sorry no credit cards payments accepted.**

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

Thank you for your support