

NEWSLETTER

Helping you stay connected

Office Hours
Tuesday - Thursday
9am - 2pm
Phone 07-347 1539



**5 Tarewa Place,
Rotorua**

Manager
Rory O'Rourke
manager@acrotorua.nz

Administration
**Handy-Man Maintenance
service Coordinator**
Kirsten Harman
admin@acrotorua.nz

Wellness Coordinator
Diana Walker
wellness@acrotorua.nz

Visiting Service
Staying Safe Coordinator
Karyn Rogers
visiting@acrotorua.nz

Shopping Service
**Social Connections
Coordinator**
Katrece Lewis
coordinator@acrotorua.nz

<https://www.ageconcernrotorua.org.nz/>
Phone: 07 3471539

Thanks to all who attended our garden party.

Garden Party



What's on with Age Concern..

Coffee Groups.

First Tuesday of each month

Next one is 7th May Meet at Hello Stranger in Pukuatua 11am

Phone in and register for the June / July coffee groups.

Every Second Thursday of Each Month - Meet at the Gondola up the top at 1pm.

Dates are: 9th May, 13th May, 11th July

Phone the office to register your interest.

Staying Safe Course with Karyn

Next course is in July - Date to be confirmed. Your welcome to put your name down for interest.

Media Discussions Group

This group is member hosted, a friendly discussion and something different.

Venue may be variable please phone our office to register your interest.

Thursdays 10:30am - 12noon

Senior Net -Drop in Tech Thursdays.

Held on Thursdays in the morning at our Age Concern Office from 10am (these may not be every week so please let us know if you would like to drop by so we can confirm with you when Senior Net will be here.

Drop into Age Concern office for advice on your mobile phone, laptop and device. Bring this with you.

Koha appreciated for to support this service.

TALKING TECH ON TUESDAYS - Series 3: 2 April - 20 August (Held at Parksye Next door to us)

This series has been running since April you can attend as many classes as you like.

7 May: "SCAMS AND SECURITY"

How to identify and avoid telephone and online scams and frauds, how to use passwords etc.

21 May: "PERSONAL SERVICES ONLINE"

Online services to help with your daily life, such as banking, medical centre apps, Google Calendar, making appointments, (e.g. dentist), fitness apps, online forms, digital wallet, parking app, etc.

4 June: "THE INTERNET AS YOUR NEW REFERENCE TOOL"

Browsers, search engines, AI, Google Maps, Google Earth, dictionaries, navigation, medical information, weather, TV guides, etc.

18 June: "ENTERTAINMENT ONLINE"

Online e-books and audio books, YouTube, music apps, news etc.

2 July: "SHOPPING ONLINE"

Trademe, Temu, Facebook Marketplace, supermarket delivery services, clothing, technology, etc.

16 July: "PHOTOGRAPHY"

Taking phone photos and videos, initial editing, transfer and sharing, managing and editing on PC, photobooks, etc.

6 August: "STREAMING, THE NEW WAY TO WATCH"

How to access a huge range of films, TV programmes and documentaries using Smart TVs, Chromecast, streaming from devices, streaming services etc.

20 August: "TIME TO REVIEW AND RECAP"

A chance to review and ask questions about what we have covered before.

Pink Ribbon High Tea

Join us to support the Breast Cancer Foundation. Enjoy a High Tea with other members of Age Concern. Come dressed in pink!

You must register for this event for catering purposes. Please call into the office to purchase your ticket/s.

Your welcome to bring a friend or support person along with you.

Our office is open Tuesday-Thursday 9-2pm (5 Tarewa Place) Rotorua Ph 07 347-1539

Cost is \$25 per person.

Date: 30th May 2024

Time 11:00am

Venue: St Johns Church, Victoria Street, Rotorua.

Seminars for Healthy Ageing - Held at Parksyde (right next door to us)

Monday 20th May	Grief & Loss
Monday 17th June	All you want to know about Funerals
Monday 15th July	Enduring Power of Attorney
Monday 29th July	Elder Abuse
Monday 19th August	Health & Disability Advocacy
Monday 16th September	Keeping yourself safe at home
Monday 18th November	Dementia Awareness

Parksyde Community Centre, 9 Tarewa Place, Rotorua.

Phone or email Parksyde to register - ph 07 348 9892 office@parksyde.co.nz



Elder Abuse

hits close to home

Elder Abuse Awareness 15 - 22 June

World Elder Abuse Awareness Day

Awareness for elder abuse around the world is held every year on the 15th of June. Age Concern Branches throughout New Zealand wants to raise awareness for elder abuse during this week.

Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

How prevalent is elder abuse?

The New Zealand Longitudinal Study of Ageing has shown that 10% of over 65s living in our community experience abuse. It is estimated that only 1 in 14 abuse incidences are brought to the attention of a service agency that can intervene and help stop abuse.

If you would like to know more about elder abuse you can check out <https://www.ageconcern.org.nz> If you recognize someone going through this you can contact Elder Abuse Centre by calling 0800 3266 865



Rory O'Rourke

Manager Age Concern Rotorua

A Word from the Manager.

It is hard to believe that we are already into the fourth month of 2024, and I am into my sixth year as Manager of this excellent charity. I have always loved this job since I supposedly retired from my principal's position in 2016.

The continuing saga of the establishment of the tiny homes, which was a noble gesture to help our struggling members who were finding it difficult to make ends meet, and provide them with a warm, secure rental for as long as they like, has proven to be more of a nightmare than a pleasurable experience. I know that many of you are following the progress of the Tiny Homes and I have been amazed at the speed the social housing has gone up while we have been back and forth for over 18 months and are still not there. My heart goes out to the three prospective tenants who have had to endure the waiting while we are made to deal with one set back after another. As a result, one of our tenants has reluctantly withdrawn from the offer quoting a variety of reasons. You would think that we are building mansions the number of RLC regulations we have had to adhere to.

We finally have the houses on site, but it does not end there as we have yet another variation to go through council regarding the fixing of the houses to their piles and the repositioning of the decks which differ from the Building Consent we applied for. The decks are finished, installation of the stoves is completed, califonts will be installed closer to moving in, heat pumps are ready to go, flatpack furniture is assembled, electricity on, plumbing done, and area cleared for the parking and paths concreting. All need to be completed before the grand opening, which is still probably a few weeks, or more, off.

We have partnered with Parksde to present a series of Seminars, once a month for 9 sessions:

Scamming, Coping with Dementia, Enduring Power of Attorney, All you need to know about Funerals, Keeping your Independence, Health and Disability Advocacy, Keeping Yourself and your home safe, Grief and Loss, and Elder Abuse. Experts from the various organisations will be invited to present.

Age Concern New Zealand raises awareness of elder abuse during our Elder Abuse Awareness Week (15-22 June) kicking off with World Elder Abuse Awareness Day on 15 June every year.

We bring attention to the exploitation of older people by running a public awareness campaign and events to talk about how harmful elder abuse is, and how older people are hurt most often by those they know and trust.

Unfortunately, elder abuse is prevalent in New Zealand but often not reported. But we can all play our part in speaking up, so older Kiwis can be free from the fear, mental anguish, emotional pain, and distress the elder abuse causes.

The impact of elder abuse is profound for older people, but also avoidable if they get help and intervention services early. Elder Abuse can take many forms and can be physical, mental, financial and exclusion.

This year we want people to get the message to "Break the Silence"

It is a myth to think that elder abuse is not family violence - it is! And like any family violence, we all need to step up and call it out and report it when we see or suspect it.

FACT: 84% of alleged abusers are family members.

FACT: 58% of the alleged abusers are adult children or grandchildren

word from the manager continues....

Are you suffering any form of elder abuse? Come into our office and have a chat and we will do what we can to help or refer you on to Family Focus who hold the Elder Abuse contract for Rotorua..

Thanks to those of you who have got in touch with me about your vinyl records and CDs. I have been fortunate to find several of them that are of my genre. Thanks again. If you have any that you no longer play and you are happy to sell, just phone or email me.

Stay Safe

Can you take part in our Age Concern Intergenerational Cook Book?

We are looking for members to contribute to our cookbook project.

Can you please help us? See details below.

- *Memorable dishes or meals from the past - dishes you recreate for your own self or whanau
- *Dishes you hated from the past and would never eat again (tripe does it for me)
- *Economical dishes that feed the tribe (maybe something you've created yourself)
- *Quick meal hacks when you can't be bothered cooking or don't have time
- *Tips or dishes when cooking for one or two
- *Tips for saving waste and/or money
- *Dishes the grandkids/whanau love
- *A utensil or appliance you wouldn't be without
- *Ethnic dishes
- *A memory around food/meals/special occasions - something that might not happen in today's world. (I remember a sack full of crayfish being poured onto the lawn at my grandparents' one Christmas, neighbours who'd leave a kerosene till full of whitebait on the doorstep, chowing down on pig trotters!).
- *Crockery/cutlery/utensils/appliances/tableware you inherited and perhaps still use or display
- *Best kitchen/cookery advice you've ever been given
- *A treat for yourself



Do you have old car manuals or magazines?

Does anyone have any old car manuals or car magazines that you would like to donate to a Car Museum. If so they would be gratefully accepted by

Graham Parker(curator)

Phone 027 953 1434



Kirsten Harman

Administration Maintenance Service Coordinator

Mornings and evenings are getting darker and cooler as we hit the last month of Autumn. It feels like time goes so fast, perhaps I'm at the stage of my life with work and a busy 4-year-old I forget too sometimes slow down. Maybe you are feeling that these days (most likely not with a toddler but in other ways) 😊 Perhaps you are on the flip side of this and feeling time is dragging on.

One thing I know we must keep telling ourselves is to be happy in the simple moments throughout the day. Do you have a routine you follow each day? Coming into the cooler months perhaps you need to alter this slightly. Maybe you do your grocery shopping later in the day to avoid the cold mornings or perhaps you take advantage of online shopping. Whatever it maybe it's great to have some form of routine, not to say this is set in concrete, if you get invited out to an event then snap this up when you can. Sometimes we hibernate when it gets cold but it's also good to layer on some clothing and get fresh air, you will be amazed at how this helps you sleep at night, increasing melatonin from the day helps you to rest better at night.

Minimizing disruptions to your sleep

Even though it's normal to have some nocturnal awakenings, you can take steps to minimize their frequency and impact, as well as to help yourself drift back to sleep more easily. For starters, you can reduce your chances of being awakened during the night by ensuring that your bedroom is quiet, comfortable, and dark. Once you've made sure you have a relaxed sleeping environment, try maintaining a consistent sleep schedule from one day to the next (yes, on the weekends, too); that way, your body and mind will know when it's time to sleep and when it's time to be awake. Another tip is to keep your nighttime noshing to a minimum and avoid consuming alcohol before bedtime. While having a glass (or two or three) of wine or beer, this can make you sleepy initially, alcohol disrupts your journey into deep sleep, making you more susceptible to disruptions. Older people are also more likely to report getting up in the middle of the night to use the bathroom, so minimizing liquids in the hour before bedtime can be helpful. Try to avoid watching arousing or upsetting TV shows or having heated discussions before bedtime. Anything that revs up your body or mind may not interfere with your ability to fall asleep, but it could interfere with your ability to stay asleep. Give yourself ample time to process your thoughts and emotions during the day and carve out time to relax before bedtime. Before turning the lights out, spend a few minutes focusing on positive thoughts or writing in a gratitude journal, and you'll increase your chances of snoozing longer and more peacefully throughout the night.

Total Mobility Scheme

Total Mobility Scheme – this assistance is provided in the form of subsidised door-to-door transportation services for eligible people with long-term impairments to assist community participation. The Total Mobility Scheme is managed and operated by regional councils and Auckland Transport. You can obtain a card or vouchers to reduce your fare by 75% up to the subsidy maximum. The maximum subsidy does differ between regions so for more detailed information contact your local Age Concern office or regional council.



Diana Walker **Wellness Coordinator**

This quarter my Newsletter focus is on Social Connection.

As Autumn and Winter roll around it is nice to stay at home and keep warm and it would be too easy to find yourself cuddled up with a book or watching a Movie.

I would like to encourage you all to go out at least once a week and join in with other Members and meet new people. It's great for your health and wellbeing! And we love to see you having fun and laughter.

Please look over the opportunities available over May, June and July 2024 hopefully there is something that takes your fancy.

There is a weekly trip with Out & Abouters A monthly Coffee Group at a different café each month, a monthly meet up at Skyline to ride the Gondola up to the café to meet new friends and have a conversation with other members and special events such as the Pink High Tea fundraiser event.

We have Senior Net here at our office regularly to help and support you with technology hints and how to use your phone or iPad - there is always something you want to ask- right? Please drop in on Thursday Morning, bring along your device and update your skills.

Next door to us we have the wonderful facility for over 55's Parksyde Community Centre, and there are a variety of different groups and activities to join over there. There is something for everybody, plenty of parking, and if you don't drive you may be eligible, and we can assess you for a discounted Taxi travel Card so you can easily attend regularly.

Parksyde, Debbie and Diana would like to invite anyone who would like to join us on three selected Wednesdays over May, June and July to meet us in the café where you can purchase a delightful array of scrumptious food and have a coffee and a chat with us about what activities you are keen to be involved with at Parksyde, and then Debbie will take us around on a a guided tour of the facilities.

You may not know about everything Parksyde has to offer so why not telephone me and make a time to look around.

22 May Wednesday 10:00am

19 June Wednesday 10:00am

24 July Wednesday morning 10:00am

Please telephone us here 07 347 1539 and book in to any one of those days.

I look forward to this and thank you Debbie for your offer to introduce all the activities and services.

Social connection is one of the most important things to have in your life, make each day a happy one, getting out, having a reason for each day, doing new things and meeting new friends.

Life is a great big canvas, and you should throw all the paint on it you can. ...



Karyn Rogers
Staying Safe & Volunteer Coordinator

Staying safe

Over 100 people have taken advantage of our Staying Safe driving course, and its nice to know there are a lot more of us safer on the roads. Please if you haven't come along to one of our courses, please put your name down for the next one.

This course is well worth giving up your morning and comes free with morning tea and lunch. Give me a call at the office if you would like to improve your safety on the road.



Photo - Staying Safe Lunch



Staying Safe A REFRESHER COURSE FOR OLDER DRIVERS

- Had your licence for decades but never refreshed your Road Code knowledge?
- Feeling unsettled because you have a medical coming up to renew your licence?
- Curious about what all these changes to road layout and signs mean?

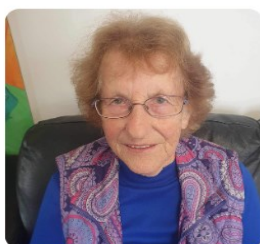
Come to our FREE classroom –based driving refresher. It's less than an hour for every decade you have held your licence. We promise it is engaging and not boring!

Light lunch included for free. Date yet to be confirmed, however phone us with your interest.

Become a Visitor Volunteer with Age Concern

Winters coming up and if you get stuck at home and would like to help others by visiting someone that is house bound, please pop into the office and we will help sign you up so you can be one of our Angels that visit others. We still have too many Elderly sitting at home by themselves. Or if you would like someone to visit you please reach out and we will match you with one of our amazing volunteers.

Meet Betty, she is one of our amazing volunteers...here's what she has to say about her experience with Age Concern and our visiting service.



Betty Gaudie

“I have been visiting clients since 2022, I enjoy helping people that is the way I am. Its nice to visit people who are feeling isolated and lonely”

Games/Puzzles

We have a collection of Puzzles/Games you can borrow from the office to play with clients or your friends. If you have any games/puzzles you no longer use we would be grateful for any donations

Rotorua - Places to go for extra Kai.

Monday

11.30am - 1pm - Rotorua Baptist Church, Malfoy Road - @courses meals for \$8.00 Main/ Desert

5.30pm - Feeding Rotorua - Grand Treasurer - Monday to Friday - Hot food and take away.

Salvation Army 10 to 12pm 1 to 3pm

Tuesday

5.30pm - Grand Treasurer - Monday to Friday - Hot food and take away.

Salvation Army 10 to 12pm 1 to 3pm

Wednesday

10am St Johns Presbyterian church-276 Fenton st the building Ridges Hotel - Food parcels and morning tea.

5.30pm - Grand Treasurer - Monday to Friday - Hot food and take away.

Salvation Army 1 to 3pm

Thursday

5.30pm - Grand Treasurer - Monday to Friday - Hot food and take away.

Salvation Army 10 to 12pm 1 to 3pm

St Vincent out Ngongotaha has kai parcels.

Friday

5.30pm - Grand Treasurer - Monday to Friday - Hot food and take away.

Salvation Army 10 to 12pm 1 to 3pm

Saturday

Rotorua Whakaora Central free store 57 depot street. Check face-book page for times and days.



Katreece
Shopping Service & Out & Abouters Coordinator

*Join me and other Age Concern Members for these fun
"Out and Abouters" trips.*

*Choose your top 2 destinations (one being a back up)
**\$5 Koha per trip is appreciated to help cover our
costs.***

Out & Abouters

They must call it the Bay of Plenty because there are plenty of things for

retirees to get out and see and do. In recent times the 'Out and Abouters' have Fish n Chip picnicked at Matata - where we laughably found one broken butterfly and a dog poo during our 'nature' reserve walk. We took a trip down memory lane at the NZ Timber Museum where some of our members found photos of their family members and delightfully discovered they had childhoods in common. We Devonshire Tea'd and Blueberry muffined and welcomed new members in Mamaku. We went on a sculpture garden hunt in Te Puna, gazed upon lions, petted deer and wallabies, and fed the ducks at Paradise Valley. We admired quirky art in Taupo – drank our way through tasting paddles at the Cider Factorie and op shopped the heck of Greerton coming home with antiques and bargains (and things we probably didn't need). With Rotorua being so central – it's easy to escape the city limits and spend the day with a nice bunch of people doing something a bit different. Check out our upcoming schedule – hopefully there is something on there that will tempt you to come out and about with us.

Social connection and community

Keeping active during Winter also means keeping connected. Social activities are just as important as physical activities. Many community organisations provide free or low-cost transport. Contact your local Age Concern office and Information Centre (iSite) for knowledge on clubs and events available in your area.

Enjoy a Coffee – invite a friend over for coffee or lunch. Go to the movies.

Swimming & Aquatic Exercises – enjoy the warmth of your community pool.

Singing – join a choir with like-minded vocalists.

RSA or Cossie Club – become a member. Enjoy playing pool, darts, bingo, line dancing and membership meals. Extra Clothing – remember when you are out and about make sure you take some extra layers, even if you don't need them immediately – the temperature can drop significantly when the sun goes down.

Out & Abouters Trips with Katreece

**9.30am Wednesday
15th May 2024**

Brunch with us at the Cabbage Tree Café in Tirau
Peruse of Tirau's quirky
corrugated shops, boutiques, designer outlet stores

**9am Thursday
23rd May 2024
Mt Manganui**

Visit to the Aviation Museum – Mt Manganui.
View Classic aircraft, antique engines and aviation
memorabilia. \$7.50 Admission. Burger and Beer café
onsite.

**11am Thursday
30 May 2024
Rotorua**

A dress up pink High Tea with prizes and raffles at St
Johns Church to raise funds for Breast Cancer Research
\$25 per ticket through our office

**10am Wednesday
5th June 2024
Taupo**

A belated nod to King's Birthday with Lunch at the
Ploughman's -Taupo's Old English Style Tudor Pub, Res-
taurant and Garden bar. Menu available online.

**10am Thursday
13th June 2024
Maketu**

NEW MEMBERS ONLY -Rain or Shine Fish and Chips at
Maketu Beachside Cafe. A chance for new members to
secure a seat, trial the comfortability of the van and our
outings. (They are offering a Fish, Chip and Salad special
to us for \$21)

**10am Wednesday
19th June 2024
Wairakei**

Wairakei Thermal Terraces – Hot Pool. Pack a lunch and
come and join us for a soak in the healing and curative
properties of the silica rich mineral hot pools. Admission
is \$17. (We will stay in 'til we are wrinkly!) You can also do
the self-guided geothermal terrace walk for an additional
\$8

**10am Thursday
27th June 2024
Te Puna**

A leisurely drive out to Te Puna for an extended lunch at
the Cider Factorie, partaking in (laughs after) the gener-
ous tasting paddles (See photo) Sober driver included

Out & Abouters Trips with Katrece continues...

10am Wednesday
3 July 2024
Rotorua

Basement Cinema. Movie yet to be confirmed. (Independent cinema with comfy seats, hot food and drinks brought to your seat)
Admission \$11.50

10am Thursday
11 July 2024
Okere Falls

Come and brunch with us on delicious food at the Okere Falls Café followed by a wee bush-walk along an easy access track that is suitable for walking frames.

9.30am Wednesday
17 July 2024
Greerton

Greerton – Op shop capital of the NZ! With more charity shops than you can shake a walking stick at – we are going to op shop until we...stop and need coffee.

10am Thursday
25th July 2024
Putaruru

Over the Moon Cheesemakers in Putaruru. Come and check out the range of locally sourced, handcrafted Cheese. Take part in a special informative presentation, sample a tasting of 4 cheeses. Admission is \$8 per person. (Please note there is a steep staircase to get to the tasting room) We will pop across to the cow café afterwards.

10am Wednesday
31st July 2024
Whakatane

Come and partake in Fish and Chips and other culinary delights at Skippers Restaurant on the water, with views out to the Whakatane heads.



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

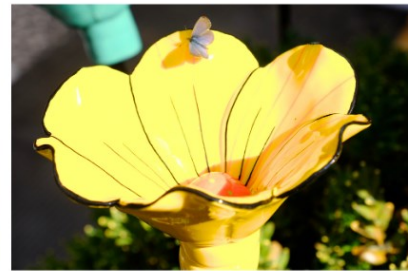


PERCIVAL
"The trouble with today's generation is that they can't stand on their own two feet."

Out & Abouters



“Perhaps the secret of living well is not in having all the answers but in pursuing unanswerable questions in good company.” -Rachel Naomi Remen



Coffee Groups

Thank you Faye for arranging these coffee catch up groups. If you would like to join please register your interest with us. Phone Age Concern 07 -3471539



Are you feeling that you spend too much time on your own?

Do you have time for older people?

Regular visits can make a real difference to an older person's health and happiness, and our volunteers tell us that they really enjoy and benefit from, their role. If you would like to spend time with an older person, and have an hour or so a week to spare, we want to hear from you.

Would you like more company?

If you are feeling lonely, or would just like more social contact, it's important to do something about it, and Age Concern can help. Our Accredited Visiting Service is a befriending service that provides regular visits to older people who would like more company. Our visitors are volunteers who are keen to spend time with an older person for about an hour each week to enjoy conversation and shared interests and activities.

What can you do?

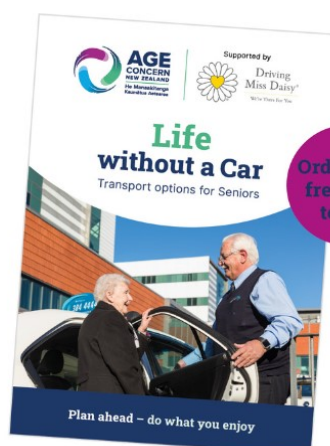
Make a donation to Age Concern Rotorua to help us train and support more volunteer visitors.
For more information call 07 347 1539 or call in and see us.

Plan ahead

Keep doing what you enjoy when you no longer drive.

Age Concern has a new booklet full of great ways to help you stay connected in your community.

Collect your free copy from Age Concern Rotorua



Order your free copy today!

Call 0800 65 2 105 | www.ageconcern.org.nz



AGE CONCERN MAINTENANCE SERVICE

We are pleased to announce that we have a “jack of all trades” on board with Age Concern.

What this means for you as a member?

You will only pay \$20 an hour for our maintenance services and Age Concern will absorb the remaining of the cost.

How to qualify?

Own your own home

Are a current member with Age Concern

How to book?

Give our Age Concern Maintenance Service Coordinator a call on 07 347 1539.

We will take your contact details, address and what type of maintenance is required.

From there our maintenance man will be advised of the job details and make contact with you directly.

Please note this service does not cover gardening, or any form of cosmetic work as our main aim is to keep people in their home as long as

DROP-IN TECH ASSISTANCE

SeniorNet Rotorua will be running drop-in sessions at our Age Concern office. This is your chance to seek one-to-one help on any problems you are having using your phone, tablet, or laptop. Friendly SeniorNet experts will be there to work with you. Bring your devices with you fully charged and make sure that you have any necessary passwords. These sessions will run on Thursdays, please phone and let us know you are attending as some dates for this service may be variable.

We look forward to seeing you.

Rotorua Croquet Club Inc



You can play Golf Croquet in social or competitive games.

Croquet is fun and strategic - gets the mind working.

Excellent exercise in the open air in Government Gardens.

Rotorua residents can have three-free visits

We play Wednesday & Saturday mornings

Want to know more?

Call Carolyn 0211490689

Are you a keen lawn mover or know of someone who does lawns at a good rate? Many of our members and clients are in need for this service at affordable pricing. Maybe you can recommend someone that is good and reliable to look after our members? Please call the office and talk with Kirsten
Phone: 07 347 1539 or email
admin@acrotorua.nz



Gifted Pre-Loved
Curtains to Families

Curtainbank

Charitable Trust

Arawa Park Racecourse
curtainbankrotorua@gmail.com

A huge thank you to all our sponsors/ funders

Aotearoa Trust Charity House Te Rakau Tu Pakari
Lakes Disability Support Department Internal Affairs Grassroots Trust

Age Concern Membership Pricing



Annual – June to June
\$15 Single
\$20 Couple



Email – Free
Paper/Posted \$20 per annum.
*Pays for printing of newsletter 4x Postage

Newsletter Edition One: February, March, April
Newsletter Edition Two: May, June, July
Newsletter Edition Three: August, September, October
Newsletter Edition Four: November, December

**Current as of February 2024

When you donate your pre-loved curtains to the Curtainbank they will be sorted, sized and gifted to families in need, giving their homes thermal protection. As a result of your very generous donation, the families will have healthier, happier homes. Financial contributions towards the cost of maintaining the Curtainbank are also welcome.

HE ARA WHAKAMUA

Where from here

Essential information for older people

Mid North Island 2024

Get your free copy from Age Concern

SEMINARS FOR HEALTHY AGING



For 2024 Age Concern and the Parksyde Trust have teamed up to deliver FREE seminars for the over 55s, designed to inform and assist healthy aging.



2024 Seminars

When?

Monday 15 April Scam Awareness
Monday 20 May Grief and Loss
Monday 17 June All you want to know about Funerals
Monday 15 July Enduring Power of Attorney
Monday 29 July Elder Abuse
Monday 19 Aug Health and Disability Advocacy
Monday 16 Sept Keeping yourself safe at home
Monday 18 Nov Dementia Awareness

Where?

Parksyde Community Centre 9 Tarewa Place

Registration?

Email office@parksyde.co.nz
or phone Parksyde between 9am and 3pm
weekdays on 348 9892

SEMINARS FOR HEALTHY AGING



For 2024 Age Concern and The Parksyde Trust have teamed up to deliver FREE seminars for the over 55's, designed to inform and assist healthy aging.



SEMINAR 2

What?

GRIEF AND LOSS

- *What and why we grieve*
- *How we react to grief*
- *Factors that influence our reactions*
- *What can we do for ourselves and others*



When?

Monday 20 May
10:00am to 11:30am

Where?

Parksyde - 9 Tarewa Pl

Registration?

Drop in or phone Parksyde
between 9am and 3pm
weekdays phone 348 9892

2024 ACCESS CENTRE Rotorua



WE CAN PROVIDE:

- Opportunity to have a chat and to meet other Deaf people.
- Free information and support services
- Advice
- Translation support (e.g. support with reading letters and forms etc.)
- New ideas for ACE workshops
- Information about Deaf Aotearoa services
- Information about assistive equipment for Deaf/hard of hearing.
- presenters from government agencies, service providers etc.



Friday once a month
15th March
12th April
17th May
14th June
12th July



10:30 AM - 2:30 PM



Rotorua Library,
1127 Haupapa Street,
Rotorua 3010

Text Belinda 021 471 672
Email belinda.sperling@deaf.org.nz



Chocolate Raspberry Mug Cake

Ingredients:

- 1/4 cup rolled oats (use brown rice flakes if GF)
- 2 tbsp flour (use buckwheat flour if GF)
- 1/2 banana, mashed
- 2 tbsp dark chocolate, roughly chopped
- 2 tbsp cacao powder
- 1 tbsp maple syrup
- 1 tsp vanilla bean paste or essence
- 3/4 tsp baking soda
- 1/4 cup plant-based or dairy milk
- 1/2 cup raspberries, fresh or frozen
- 1/2 tsp of sea salt

To serve:

- 2 scoops of plant based or dairy ice cream

Method:

- 1 **Preheat** oven to 180°C.
- 2 **Add** all of the ingredients to an oven proof mug and mix until well combined. Place in the oven and cook for 20-25 minutes.
- 3 **Serve** straight out of the oven with a scoop of ice cream for dessert!

Age Concern is the charity in your neighbourhood supporting older people, their friends and whānau.

Dignity, wellbeing, equity, and respect for older people are our guiding lights. We are the place to go if you need to know anything about getting older and what that looks like in Aotearoa New Zealand.



The place to go when you need to know

Since the early days, we have come a long way and have helped countless older people and their whānau.

People trust us to deliver results in our communities. We're connected and have become the go-to place for anything related to ageing. If we can't help, we know someone who can.

The makeup of our population has changed too—we're getting older,

living longer, and we're more diverse than ever before.

Age Concern is a network of dedicated, caring professionals. We believe in personalised services because we know that every community is unique—there's no "one-size fits all" solution.

Our goal is to ensure older Kiwis get the very best advice and support no matter where they live in Aotearoa.



Dignity



Wellbeing



Equity



Respect



HERITAGE LIFECARE *A Better Everyday*

What is a Care Suite?

A Care Suite at Rotorua's Cantabria Lifecare & Village gives you the best of both worlds – it's your own private, modern living space, complete with integrated rest home care. You'll have access to the healthcare assistance you need; with the flexibility and privacy you're used to.

If you need rest home care, but aren't ready to move into a traditional rest home environment, a Care Suite could be perfect for you.

Our friendly healthcare team is here to support you 24 hours a day, taking care of daily tasks like showering and getting ready for the day, or help with medication administration. Meanwhile, with your own space for visitors and a large communal lounge overlooking the Rotorua Golf Course, you'll be able to enjoy the company of friends and family whenever you like.

Our Care Suites offer you the convenience of a kitchenette, ensuite bathroom and generous living area so all you need to do is add your own special touches, to really make it feel like home.

Let us handle the details, so you can focus on enjoying 'A Better Everyday'.

We'd love to show you how suite life can be in a Care Suite at Cantabria Lifecare & Village.



To arrange a private viewing, contact Vincent on 027 297 4057 or email vincent.john@hll.org.nz | 369 Old Taupo Road, Springfield, Rotorua www.heritage.co.nz



EAR HEALTH
PROFESSIONAL EAR CARE

The Business Hub
1209 Hinemaru Street
ROTORUA

We are opposite the Government Gardens and behind the Council building.

We provide professional, personalised ear care.

Services offered: Gold Card \$55

- Micro-suction of ear wax and debris.
- Management of ear infections.
- Removal of foreign objects from the ear canal.
- ACC and War Pension approved.
- Rest Home and home visits available.



5 Ti Street, Rotorua, 3010
Phone: 07 349 5494
Mobile: 027 5494 260

Volunteer your time,

Make coffins that cost less.

Customise your coffin your way.

Ready made coffins available.

Storage available.

Opening Hours

Mon 10-12

Wed 8-1 Club Day

Fri 10-12

or by arrangement.

office@kiwicoffinclub.co.nz

www.kiwicoffinclub.co.nz

www.facebook.com/KiwiCoffinClub

Want to make a difference. Join our friendly team at The Kiwi Coffin Club.

GARDENING Service

We have an Age Concern Member keen to offer Gardening Services

Negotiable Rates

More information :
Phone: Jennie Woods 0274358670

Hallam Jones

Hallam Jones Insurance and Superannuation Ltd

1384 Hinemoa St, PO Box 1100 Rotorua 3040

Tel 07 348 3161 Freephone 0800 404 202

Email info@hallamjones.co.nz Web www.hallamjones.co.nz



I am Michael Dent a Financial Adviser at Hallam Jones. I work with a variety of banking institutions, KiwiSaver providers and Life & Health Insurance providers.

I have recently become accredited with Heartland Bank and as such am available to talk with, at any time, regarding Reverse Mortgages or Refinancing of your home to allow you access to the money that is locked up in your house.

Hallam Jones is available to give advice on Investing, Pension Transfers and Financial Planning support.

Give me a call and we'll organise a time to chat, your house or my office, for free and I'll see if I can help.



Talking Tech on Tuesdays



Are you having problems with technology?
Are you tearing your hair out trying to use your laptop, PC, mobile phone, tablet or smart TV?
Are you not confident using the Internet?

Talking Tech workshops run by SeniorNet Rotorua are aimed at older people who need help to easily use technology. Each workshop will open with an informative talk on a topic of interest. Later, the floor will be open for questions on any issue or problem. SeniorNet experts will be there to answer questions or to give individual help.

Where: Parkside Meeting Room 1
When: 10 am until noon on the first and third Tuesday of each month, starting on 5 April.
Who: Everyone is welcome, and you can join in at any time during a session.



Cost: Free, thanks to support from ASB through Age Concern.



Pink Ribbon High Tea

Age Concern Rotorua Invites you to our Pink Ribbon High Tea

Date: Thursday 30th May
Time: 11:00am
Venue: St Johns Church
 44 Victoria Street, Rotorua

Cost: 25pp
Come dressed in pink!

Please RSVP by 23rd May
Call 07-347 1539 to purchase your ticket

All profits go to Breast Cancer Foundation






Gifting Pre-Loved Curtains to Families

Curtainbank

Charitable Trust

Arawa Park Racecourse
 curtainbankrotorua@gmail.com

Rotorua Croquet Club Inc



You can play Golf Croquet in social or competitive games.
Croquet is fun and strategic - gets the mind working.
Excellent exercise in the open air in Government Gardens.
Rotorua residents can have three-free visits
We play Wednesday & Saturday mornings

Want to know more?

Where from here

HE ARA WHAKAMUA
 Essential information for older people



2024
 Mid North Island
FREE Take me & share me

- Know your options
- Learn your rights
- Take control
- Rules on eligibility
- Live your life well

Published by **the eldernet GROUP**

Thank you A huge thank you to all our sponsors/ funders





MEMBERSHIP FORM

AGE CONCERN ROTORUA

Charities Commission Number CC2693

Date: / /

PERSONAL INFORMATION

Full Name/s

Mr / Mrs D.O.B / /

Mr / Mrs D.O.B / /

Address

City Post Code:

Email

Phone Number Landline: Mobile:

Emergency Contact Name: Relationship:

Emergency Contact Phone:

TYPE OF MEMBERSHIP

*Choose your type of membership

\$15 Single \$20 Couple New Membership Renewing Membership

*Choose how you would like to receive our quarterly newsletters

Post \$20.00 per annum or \$5 per copy Email - No Extra Charge

I would like to donate \$_____to support Age Concern services in Rotorua TOTAL _____

*Please select any services that may be of interest

Wellness Visit Total Mobility Social Connection Staying Safe Driving

Van Trips (Out & Abouters) Free Seminars Other (please specify) _____

If you wish to pay via internet banking, our account details are: 38-9012-0590627-00

Please use your surname and initials as a reference and email your contact details or form to admin@acrotorua.nz

We can only accept cash payments at our office - Sorry no eftpos or credit card available.

Terms & Conditions

Our membership runs June to June. You must be a current paid member with Age Concern Rotorua to access our services within our region.

Your personal information will not be shared with anyone outside our organisation with out your prior consent.

Receipts are issued and donations over \$5.00 are tax deductible.