

NEWSLETTER

Helping you stay connected

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



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Rotorua**

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Find us on 

<https://www.ageconcernrotorua.org.nz/>

Kia ora! Welcome to our first newsletter from Age Concern Rotorua for 2025! At Age Concern Rotorua, we're committed to providing support, advocacy, and connection for older adults in our community.

Our Services....

Accredited Visiting Service: *We match clients with trained volunteers to foster friendships and social connection.*

Out and Abouters: *Join us on weekly trips around Rotorua and beyond!*

Shopping Service: *We pair clients with trained volunteers for weekly or fortnightly grocery shopping.*

Total Mobility: *We're agents for Total Mobility, offering subsidised taxi fares for those with permanent mobility impairment.*

Upcoming Events and Classes....

Steady as you Go Balance Class: *Free exercise classes to prevent falls, improve balance, fitness, and wellbeing. Classes run on Tuesdays and Wednesdays.*

Walkers with Walkers: *Easy walking group with other members. Bring your walker or walking stick and join us for a light walk. Various destinations around Rotorua. Register your interest with Katrece.*

Staying Safe Driving Refresher Course: *Free half-day-class based course to refresh your driving skills and road rules, open to all seniors within Rotorua. Register with Karyn at our office. Next Course Feb 27th 9:30am at St Johns Church.*

Just Cook for Healthy Ageing - *Details to follow further in this newsletter.*

Volunteer Opportunities

We rely on volunteers to help with shopping assistance, companionship, and other services. If you're interested in volunteering, please contact us.

Other News - Talking Tech on Tuesdays: *Held next door at Parksyde. Dates to be confirmed.*

For Activity and Event information Follow us on Facebook and check out further on in our newsletter for more information.

Updates from Katreece - Out & Abouters

Having a few weeks off over the Christmas break has given me a sneak peak of what it must be like to be retired – and I personally can't wait. Over the break my alarm clock was silenced, replaced by my body clock - that decided 10am was a good getting up time; causing breakfast time to clash with lunchtime which morphed into 'a hot cooked brunch' to which I have now become very accustomed. As long as I was out of my nighty by mid afternoon or before anyone caught me, I was living the life of Riley – talking to myself and my kitties, drinking copious hot drinks, mucking around in the garden, being ultra-super caught up on my laundry and housework – like so many retired ladies I call in upon in. I knew I could do it (given all day!)

But – having learned from the best, I knew that continuously hanging around the house all day is not good for mental wellbeing, so I grabbed a buddy and forced myself out. I revelled in my 'temporary retirement' eating Fish n Chips in the glorious Matata sunshine, indulging in berry ice creams at Whakatane, feeding the ducks at Ngatea water gardens, getting sunburnt in Raglan, cafeing in Cambridge and the Coromandel and I earned way more brownie points than my brothers and sister by going to visit my Mum in Auckland several times – as well as providing my daughter 'school holiday relief' by hanging out with my lovely grandson who is under the illusion that I am way cooler than his Mum.

It's been a whirlwind 'retirement' alright - but now it's back to the old grindstone – of doing the very same thing! -getting out and about and enjoying our lovely region - with my Age Concern buddies (but probably with a much messier house!)

OUT AND ABOUTERS

As you might be aware Age Concern Rotorua has received funding to facilitate some new programmes but with the same number of staff we have had to re-think and re-jig our working week to accommodate these new programmes. As a result, Out and Abouters can now only take place on Thursdays. We used to alternate between Wednesdays and Thursdays to accommodate our members other activities in the community – but now out of necessity we have locked in Thursdays as our dedicated 'outing day'. All are welcome. We tailor our outings for various degrees of physical fitness and mobility. We go near and we go far. To help our charity cover road vehicle user charges and fuel costs we ask a \$5 koha/donation. Another necessary change to Out and Abouters is that we will be visiting each location twice in consecutive weeks. This is to allow more of an opportunity for members to get onboard by 'creating more seats' to each destination which we hope will minimise the disappointment of missing out. We still have dreams of a double decker bus but until then we hope this increases our members' chances of coming on some of our more popular trips. You will find the list of trips further into our newsletter.

Just Cook 4 Healthy Ageing

We are also trialling a new programme called Just Cook 4 Healthy Ageing. The JUST COOK 4 Healthy Ageing programme is aimed at the often-overlooked older people caring for themselves in the community, who have lost motivation and/or the ability to cook well for themselves, and who, with today's high prices for fresh produce, may no longer have access to the foods they used to cook and eat. The programme builds cooking skills, motivation, and confidence to cook, increases nutrition knowledge and builds social connection.

The 6 session programme (3 hours each week) has proven hugely beneficial for older people who;
Do not have practical cooking skills (perhaps because their partner always cooked).

Have lost their motivation to cook through illness, the loss of a partner, or tiredness.

Need a boost of confidence to cook for themselves and/or to cook with different foods.

Are suffering health consequences because of not cooking or eating enough.

We have invited a few people from our membership; who fit this criteria to come on our first course – we'll bring you photos and recipes and feedback from this course in our next newsletter and open the course up to others who think they may benefit from the know-how and social connection around the chopping board and dining table.

Walkers with Walkers

This is a new social connection group for people with impaired mobility who want to get and out and about and do a wee bit of moderate exercise with like-minded folks in similar circumstances. The idea is to form a walking group for people who use mobility walkers. We can chat, walk and enjoy each other's company at a pace that suits those in the group. Stop, starting as we please, staggering and wandering with no intention whatsoever of winning gold medals. The benefits of staying active through walking for older folk are many; including improved cardiovascular health, strengthened bones, better balance, reduced risk of falls, weight management, improved mood, enhanced cognitive function and better sleep quality, not to mention getting out of the house and just taking in nature's elixir of fresh air and sunshine. This will be an ongoing group that meets Tuesday's at 12pm at various 'walker suitable locations' around Rotorua – and you are welcome to tag in and tag out of the group as suits. We anticipate ambling at our own collective pace for an hour or so, perhaps finishing off with a cuppa somewhere. As this is a new group we are trialling, we will work in conjunction with our members to tailor the group to the current needs of the people in it - devising a 'location schedule for the coming months'. Our first 'Walkers with Walkers' group meeting will be at the St Michaels carpark at the Rotorua Lake Front at 12pm on the 18th of February – watch out for our sign written van! (If you are not driving - use your taxi card to come and meet up with us, if you don't have a taxi card – talk to us – you qualify!) There is no cost to come along to 'Walkers with Walkers' – but let us know you'll be joining us – so we don't wander off without you!



You're invited to Join our WALKERS WITH WALKERS GROUP

Beginner Gentle Walking

Improve Health

Gain Strength & Mobility

Social Connections

Conversations

Build Confidence

Stimulation

Tuesdays at 12:00pm

Meet at various locations easy walking with plenty of stops along the way. Register by calling 07 347-1539





Out & Abouters Destinations Feb - April 2025

good
trip

THURSDAY	DESTINATION
9.30am 20th February 9.30am 27th February	Monty's Café – Pukehina Take a trip to Monty's Café located on the sunny Pukehina Parade opposite Motunau Park and Beach. Sip on a beer, wine or cider, take in the sea air -try the modern, interesting menu which includes the full Monty (Menu is online)
10am 6th March 10am 13th March	Trout Hatchery – Ngongotaha Enjoy the beautiful setting of our local hatchery, with ponds, streams and short nature trails with trout galore. There are open spaces for a bit of a picnic so bring along a snack/sandwich and a flask of coffee. Also, we have the option to walk through the facility and listen to an informative talk about the work of Ngongotaha Trout Hatchery for \$5 per person.
10am 20th March 10am 27th March	Rain or Shine Fish n Chips- Maketu Come to Maketu and enjoy some friendly company, a good natter and some lovely fresh fish and chips at the Maketu café – looking out of the water, it's a great day out no matter the weather.
10am 3rd April 10am 10th April	Te Waihou/Blue Springs – Putaruru The Blue Springs has reopened. We will take the Leslie Rd Entrance which is a shorter walk – just half an hour there and back to the Spring which is mostly flat and accessible but does have a few tricky spots. We'll pop into the Wooden Farmer afterwards for a coffee or other necessary sustenance. I <i>could</i> also be persuaded to pop into 'Over the Moon' while we in Putaruru to buy some artisan cheese (wink, wink)
10am 17th April 10am 24th April	Awakeri Thermal Hot Pools – Awakeri A drive out through the lakes district to Relax and unwind at Awakeri Hot Springs – the thermal mineral pools heated to between 37 and 39 degrees Celsius. The beautifully soft water comes direct from geothermal bores. There is no café onsite so bring a packed lunch. Admission to the pools is \$10

Rory O'Rourke

Manager Age Concern Rotorua

Welcome back to another year in the life of Age Concern Rotorua and although we have finally got tenants in our Tiny Homes, this year is going to be a much harder year to attract sufficient funding to maintain our present staff and programmes. Most funders are also struggling, and applications are almost 50% of what is applied for so Charities, like us, will have to continually seek funding from a variety of sources.

Programmes on offer this year include:

Visiting Service which sees volunteers make weekly visits to people who are identified as lonely or Socially Isolated.

Staying Safe is an adult driving refresher course for elderly drivers and involves going through the Road Code, which for many is the first time they have looked at it since they got their licence.

Steady as You go which is an Age Concern balance programme this is well researched and has considerable success for the participants.

Just Cook4 Healthy Ageing is a cooking programme designed to assist elderly who are not used to cooking, to be able to cook cost effective, nutritious meals, for one or two.

The Seminar Series is a series of 10 seminars, on topics relevant to the elderly, and they are held in partnership with Parksyde and those delivering the seminars. An example of the type of seminars includes Enduring Power of Attorney and Wills, Arranging a Funeral, Keeping Safe at Home, Moving to a Rest Home or Retirement Village, Reverse Mortgages to name a few.

Out and Abouters which is a weekly excursion in our van and is designed to reduce Social Isolation and loneliness.

Talking Tech on Tuesday is a series of technology seminars in partnership with Seniornet and Parksyde.

Walkers with Walkers is a weekly programme designed to get less mobile people out and about to increase their Social Connection.

Coffee Club is a weekly visit to a different Café for Coffee and a chat which once again increases Social Connection.

Mangers Funding permitting, we hope to reinstate our Handyman Maintenance Service, which has our Handyman doing odd maintenance jobs for members in their own home, and the pay \$25 an hour, no matter what the job, and we top it up to a reasonable hourly rate.

Karyn Rogers who oversees the Visiting Service, Volunteers, Staying Safe, Steady as you go.

Katreece Lewis who oversees Out and Abouters, Walkers with Walkers, Coffee club, Just Cook4 Healthy Ageing.

Diana Walker who oversees Wellness and visits our members to assess their physical and mental wellbeing.

Julie East our accounts person you will see in our office once a week for all accounting and book keeping.

Kirsten Harman who oversees admin, newsletter, Maintenance Handyman.

And of course, me, the Manager, who this year will be spending a lot of time applying for funding.

On a personal note I am still on the hunt for vinyl records and CDs, so if you have some you want to get rid of just give me a ring 0275609956.

Here's a friendly reminder for Existing Members!

Don't forget that your Age Concern membership is due for renewal in June 2025! We value your ongoing support and connection with our community.

Renewing your membership will ensure you continue to receive our newsletter, invitations to events, and access to our services and discounts.

We'll send out reminders closer to the time, but mark June 2025 in your calendar to ensure you stay connected with us! If you have any questions or would like to renew early, please don't hesitate to contact us.

Membership is Due for Existing Members in June 2025

Membership Pricing

Single \$20.00

Couple \$25.00

Postage \$20.00 (Covers 4 issues)

We encourage you to receive our newsletters via email, these copies are free!

To access our services, trips and events you must have a current membership.

Newsletter Edition One: February, March, April

Newsletter Edition Two: May, June, July

Newsletter Edition Three: August, September, October

Newsletter Edition Four: November, December

See Membership form at the back of our newsletter



Garage Sale Fundraiser

Saturday, 15th February
Starts 8:00 am
Hindu Heritage Hall
225 Malfroy Road,
Rotorua

FIND SOME TREASURES!
Clothing, furniture, household items,
and more!

COME AND SUPPORT A GREAT CAUSE!
All proceeds go towards supporting older
adults in our community.

SEE YOU THERE!

Contact us for more information:
07 347-1539



DONATIONS WELCOME!

Please drop off your
items to:

Hindu Hall, Friday before
the sale
Age Concern Rotorua
office, during business
hours



End of Year Celebration

We had a magical time celebrating the end of the year with our wonderful volunteers, clients, and members at The Story Book Nook! This enchanting garden setting was the perfect backdrop for our Fairy Tale themed celebration. The team worked tirelessly to set up the venue, and we were thrilled that the weather held up beautifully. A huge thank you to everyone who attended and made the day so special! We were delighted to present a special award to Marion Roe, our Volunteer of the Year. Congratulations, Marion! We'd also like to extend our heartfelt thanks to some extra special helpers: - Justin Rogers who provided invaluable manpower to help us pack up at the end of the day. - Mark Harman, who kindly assisted with setting up the gazebos for us. - Love Soup for your kind donations, Bunnings Warehouse and Sulphur City Soapery for your kind donations. Kat Huggins, one of our amazing volunteers, who helped with setup, music, and cleanup. And of course, the kind monetary donations from VIP Plumbing.

We're so grateful for your support and kindness. Thank you all again for making our end-of-year celebration such a memorable occasion!



Age Concern giving out Christmas cheer thanks to love Soup

A Heartfelt Thank You! We're overflowing with gratitude for the incredible generosity of Karyn and Love Soup! Their kindness has provided us with an abundance of donations, which we're delighted to share with our seniors. It's heartwarming to see our community come together to support those in need. Thank you, Karyn and Love Soup, for your compassion and commitment to making a difference in the lives of our seniors. We're truly lucky to have you as part of our community!



Safety Warning lithium batteries



For more information on lithium-ion batteries, go to www.fireandemergency.nz/lithium-ion-battery-safety/

This is what can happen when lithium-ion batteries aren't used safely

Earlier this month, a crew from Mount Maunganui was called to a car fire. The crew found the cause of this fire was an iPad left in the parked car and exposed to direct sunlight.

The iPad was sitting on a blanket, which caught alight when the battery exploded, starting a fire inside the car.

When lithium-ion battery powered devices are exposed to sunlight, they heat up and can cause fires like this one. Never leave your devices or batteries in direct sunlight, or where they can be exposed to heat or moisture.

Thankfully nobody was hurt in this fire, however we have attended calls where that hasn't been the case. Please use your devices safely

Hon Todd McClay MP for Rotorua

Delivering for Rotorua
If we can help, please give me a call: 07 348 5871

1301 Amohau Street
rotorua.mp@parliament.govt.nz



Authorised by Todd McClay, Parliament Buildings, Wellington



Donate your car to Age Concern Charity
Are you no longer driving?
Perhaps you have a little run around vehicle that you no longer need?
Have you thought about donating this to Age Concern Rotorua?
We need a tidy and reliable car/van for our staff so we can visit and connect with elderly members within our community.



Staying Safe
A refresher course for older drivers



Do you or someone you know suffer from a Brain Injury?
Make contact with Brain Injury Waikato to find out more information



admin@braininjurywaikato.org.nz
(07) 839 1191
Working together to better lives

Next FREE "Staying Safe Driving Course" Feb 27th 9.30 at St John Church. Call 07 3471539 ask for Karyn.



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Richard on 027 423 6867(Handy Man, Lawns & Maintenance)

STEADY AS YOU GO



Join our exercise class to help prevent falls

Steady as you go can improve

- Balance
- Fitness and Wellbeing
- Flexibility
- Meet new people

Free to Attend
Hindu Heritage Centre
225 Malfroy Road
Tuesdays 10.30am



**AGE
CONCERN
ROTORUA**
He Manaakitanga
Kaumātua Aotearoa

Contact Karyn to book your spot 07 347 1539

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Age Concern Rotorua
5 Tarewa Place
Rotorua



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Charitable Trust
ROTORUA
Kiwi Kawhena Karapu Whakawhirinaki Kaitiaki

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Phone: 07 349 5494

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Wed 8-1 Club Day

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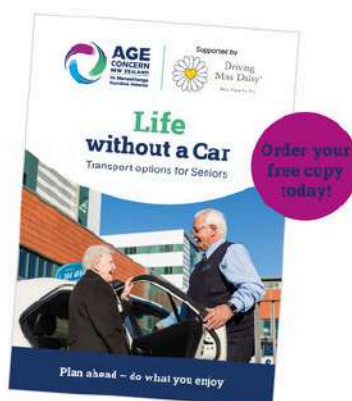
www.facebook.com/KiwiCoffinClub

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

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



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

Collect your free copy from Age Concern
Rotorua

Cookbooks Still Available! Don't miss out on the opportunity to purchase our delicious cookbook! We still have copies available for sale, and they'll also be at our upcoming Garage Sale fundraiser on: Saturday, 15th February Hindu Hall, 225 Malfroy Road Come and grab a bargain, and don't forget to pick up your cookbook! See the Garage Sale flyer in this newsletter for more details.

Age Concern Coffee Group

Join our coffee groups

Tuesdays in around Rotorua.

Thursdays - Skyline Skyrides Cafe.

Register your interest with our office.

Dinner Group

'Would you like to join a casual dinner group? Last Wednesday of each month at 6:00pm. Different venues. Not affiliated to any particular organisation - just people who enjoy dining out but don't enjoy dining out solo. Email lynrasmussen@xtra.co.nz or txt Lyn 027 644 5201 for more info.'

Shopping around could save you thousands

When you're quoted on hearing aids, it pays to compare your pair. At Specsavers Audiology, you'll have a range of options to choose from, including top tech, all at our famously everyday low and transparent prices. Now doesn't that sound good?

View our range and prices at specsavers.co.nz/hearing

Specsavers Rotorua
1211 Eruera Street Tel 07 349 2020



A huge thank you to all our sponsors/ funders



Meet the Team



Julie East
ACCOUNTANT

Diana Walker
WELLNESS COORDINATOR

Karyn Rogers
VISITING COORDINATOR

Rory O'Rourke
ROTORUA MANAGER

Kirsten Harman
ADMINISTRATION

Katreece Lewis
SHOPPING COORDINATOR

And a little bit of fun

The saying “laughter is the best medicine” is no longer just an adage; there is a science to it. In 1964, Dr. William Fry highlighted how laughter helps people as they age. As a result of the many—albeit humorous—experiments, evidence shows that laughter has the ability to reduce stress, ease pain, relax muscles, and even strengthen the cognitive and immune systems.

It Turns Out That Jokes Are No Joke

Laughter is a natural response to situations that bring us joy, and it has many more benefits than just making us feel better at the moment. In fact, ongoing laughter can have positive effects on our long-term health and well-being. Madan Kataria, a doctor in India, recommended what he calls “laughter yoga.” Developed in 1995, Kataria first subjected strangers along the streets of Mumbai in a series of humorous lines. He then submitted volunteers to do fake laughter, discovering that even this act could lead to genuine humor and could offer many benefits to the mind and body.

Kataria, a doctor in India, recommended what he calls “laughter yoga.” Developed in 1995, Kataria first subjected strangers along the streets of Mumbai in a series of humorous lines. He then submitted volunteers to do fake laughter, discovering that even this act could lead to genuine humor and could offer many benefits to the mind and body.

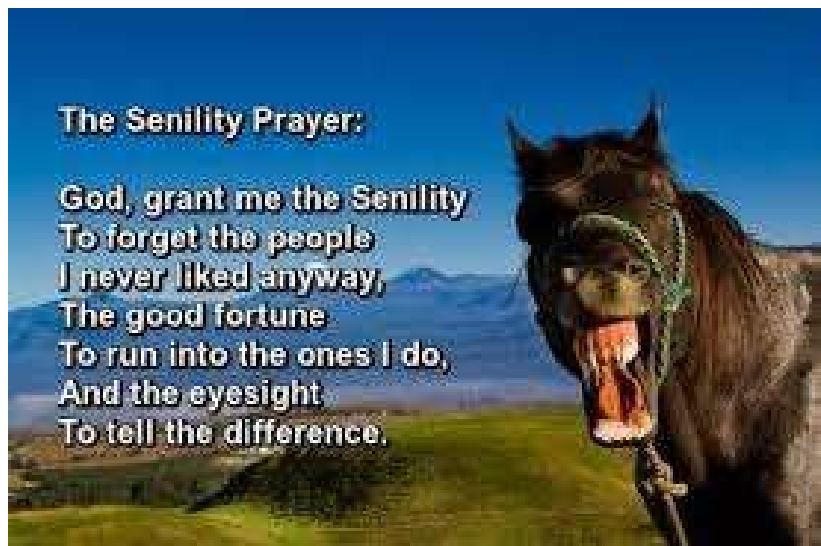
How? Laughter is known to boost the immune system by helping to release neuropeptides. These neuropeptides protect us from stress and potentially serious illnesses, leaving us feeling healthier for longer.

Additionally, laughing regularly helps reduce negative thoughts, which can create chemicals in the body that cause increased stress levels and decreased immunity.

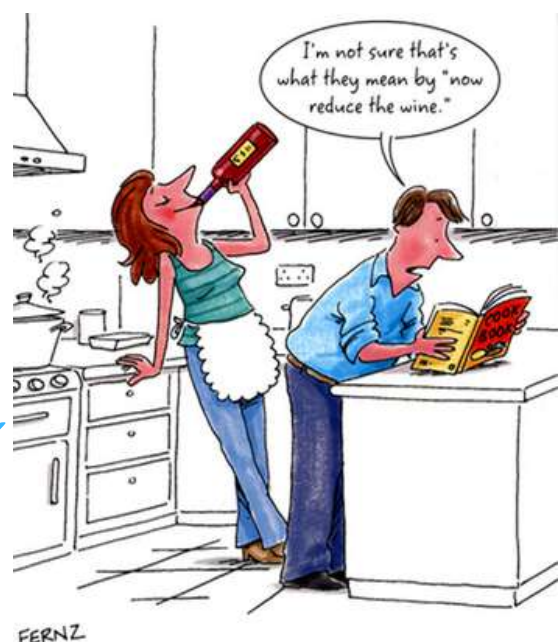
Laughter encourages positive thinking and optimizes our overall body functioning, and this, in return, benefits us with improved physical and mental health down the line.

So next time you're looking to improve your well-being, take some time out for a good laugh!

For more information check out <http://meadowlakesonline.org>



live
laugh
love





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

\$20 Single

\$25 Couple

New Membership

Renewing Membership

*Choose how you would like to receive our quarterly newsletters

Post \$20.00

Email

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

Become a Volunteer

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

CASH, EFTPOS & CREDIT CARDS WELCOME -SORRY NO PAYWAVE

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.

By filling this form you are giving Age Concern consent to add personal information onto our data base. This private 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.

Office Open: Tue-Thur
9am - 2pm

Age Concern Rotorua: Parksyde House, 5 Tarewa Place(next to Parksyde)
PO Box 1605, Rotorua 3040 Ph: 07 3471539 admin@acrotorua.nz