

NOW delivers great service,
fast broadband and better value.

JOIN NOW AND GET

\$50 off + **5%** of your monthly bill will be
your first months bill credited to Age Concern Rotorua

Simply go to **www.nownz.co.nz** or call
0800 GET NOW and use promo code **S73**

1. NOW will give 5% of your total monthly NOW broadband and calling bill, for the first 12 months to a not-for-profit organisation of your choice in the form of a rebate on their NOW account. 2. Available only on NOW 'At Home' plans. Business plans are not eligible to nominate a not-for-profit organisation for a rebate. 3. Not available in conjunction with any other offers. 4. NOW's standard, fibre and specific unlimited terms and conditions may apply. 5. Subject to service coverage and availability, and credit criteria. 6. For the purposes of this promotion only, your name will be supplied to the organisation of choice.

0800 GET NOW

NOW



**1333 Eruera Street
ROTORUA
Phone 07 3471539**

Manager
Rory O'Rourke
manager@acrotorua.nz

**Accredited Visiting
Services (AVS)
Coordinator**
Sue White
sue@acrotorua.nz

**Shopping Service
Coordinator**
Jody Langdon
shop@acrotorua.nz

Administration
Lyn Rasmussen
admin@acrotorua.nz

Office Hours
Tuesday to Thursday from
9.00am to 2.00pm

**Age Concern
Rotorua** aims to
promote the rights and
wellbeing of
older people and those
who care for them.
We have the vision of
an inclusive society,
where people of all ag-
es and cultures, as they
grow older, have the
opportunity to make
choices which lead to
quality of life and per-
sonal fulfilment.



Feb 2019
Newsletter

Welcome to 2019!

Welcome to 2019! Your Age Concern Team are back on deck and looking forward to another busy and productive year. A special welcome to new members who have joined the Age Concern family in Rotorua. Summer has been unusually hot, so please be extra mindful of your health and wellbeing. There are some tips on the next page to help you keep cool.

Positive Aging Expo

Arrangements are progressing nicely for the Positive Aging Expo on Sunday 14th April at the Events Centre. We have a great line-up of stall-holders from both non-profit and commercial organisations and we hope to see many of you there on the day. There's sure to be something to interest you. More details on p. 2

Act Your Age—Wanted, Actors, Singers, Dancers!

Please overcome your fears and come on board for this exciting project!

Act Your Age/Seniors Acting up—a seniors stage production scheduled for late June, with auditions planned for February, however to date we have no interest so may have to give the money back to the council and scrap the idea which would be a shame. This is an exciting project so please overcome your fears and come on board. More details on p.2.

Scamming Seminar—March 6th, Parkside, 11am

With new scams regularly surfacing, it's important to educate ourselves on the most common types of scams so that you can recognise what to look out for. We are holding another seminar focused on scamming with a speaker from the ANZ Bank. If you've already attended a seminar, please consider attending again, as scammers are constantly changing their approach and we all need to keep up to be aware of the latest risks. More details p.3.

Communicating with our Volunteers!

Wed 20 Feb, 2019 10am & 5pm

Your input is vital to help us to share important information and keep the communication lines open .

Venue: Age Concern, 1333 Eruera St
Times: 10am & 5pm
RSVP: Wed Feb 13th

We'd love to see you there, as communication with our volunteers is a **priority** for our **Age Concern Family!**

From the Manager's Desk



This year promises to be a very busy year for Age Concern Rotorua and we are all prepared to work towards making our organisation bigger and better. I have been Manager for almost a year now and I am still excited about what

lies ahead as we develop Age Concern as the go to place for all elderly in Rotorua.

The first major event for us is the **Positive Ageing Expo** being held at the Sports dome on the 14th April. We will have about 50 stalls with a mixture of Not for Profit and Commercial Businesses but all will have a focus on providing information for our elderly. This event is not to be missed so make sure you put it in your diary. Funding for the Expo has come from the Rotorua Charitable Trust. Our **Intergenerational Project** will begin again on February 21st and will see the students from Rotorua Intermediate visit Glenbrae Retirement Home to interview the elderly with the final product being a published book. Our elderly will bring along photographs and memorabilia to be put in the book with the narrative. Funding for this has come from Lakes Disability Trust. The third big event this half of the year is the Stage Production for the over 60's **Act Your Age/Seniors Acting up**. Funding for this has come from the Rotorua Lakes Council Matching Fund. We need at least 20 actors, singers, dancers to be in the show but to date we have no interest so may have to give the money back to the council and scrap the idea which would be a shame. Thought for the day:

One day a man sat and watched a cocoon and a small opening appeared. For several hours, he watched as a butterfly struggled to squeeze its body through a tiny hole until eventually it stopped. It could go no further. The man decided to help the butterfly and cut a larger opening. The butterfly emerged easily with swollen body and small shrivelled wings. The man expected the wings would enlarge but it didn't happen and the butterfly spent the rest of its life crawling around unable to fly. The butterfly needs to struggle to survive. The restricting cocoon forces fluid from the body to the wings. Without the struggle, it will never fly.

Shopping Service Coordinator, Jody Langdon



Hello everyone,

Thank You

I had a rather long break, gallivanting around NZ and am finally catching up. I have been completely amazed at the wonderful volunteers we have at Age

Concern Rotorua. Many of you not taking a break, putting your hand up to give extra help for our members over the Christmas holiday season. Thank you so much. You are appreciated xx

Downsizing

I am not sure if you have missed it, the world has gone crazy about Marie Kondo. She is a most delightful Japanese lady who declutters homes. She has many wonderful quotes along the lines of keeping only the things that speak to your heart. Charity shops brimming with donated goods. I visit many people who have a lifetime of treasures and it is incredibly daunting on how to start the downsizing process. I am like a deer in headlights even thinking about it.

I'd love to hear the story of your downsizing!

There are no guarantees that what gives us joy will have the same meaning for our families. Too often items that could be adored by others go directly to the tip because it is easier. I hope we can do better. I would really be interested if you have gone through this process and how you did it.

Have you something special you want to share? Come in and tell me a story we can share with others. I would like to share something that give me joy. I love all things vintage (which is why I really love to work with the team here...wink wink) I always enjoy looking through racks of dresses at Op shops. What I most



adore is New Zealand designed and made dresses, fashion labels long gone from our history. Here is one of my most favourite dresses and I seem to have worn it at some of my most happy events. Special to me but perhaps not for my daughters.

Age Concern Rotorua Council

Age Concern Rotorua Council meet at 5.30pm every 2nd Tuesday of the month at the Age Concern office, 1333 Eruera Street. These meetings are open to the public.

COUNCIL MEMBERS:

Glenys Searancke
Chairperson

Miranda Bell
Treasurer

Fiona Marett
Council member

Gail Edwards
Council member

Joanne Bryant
Council member

Annette McLeod
Council Member

Thank you so much to our Sponsors—we couldn't do it without you!

ACNZ

- Bay Trust
- Community Post
- Eric Hattaway Trust
- First Sovereign Trust
- Four Winds Foundation
- Geyser Community Foundation
- Grassroots Trust
- Tindall Foundation
- Infinity Foundation
- Lakes DHB
- Lakeland Disability Support Trust
- Lion Foundation
- Lotteries Commission
- MENZSHED
- Mercury Energy
- NZ Community Trust
- Pub Charities
- Rotorua Lakes Council
- Rotorua Energy Charitable Trust
- Rotorua Rotary
- Rotorua Rotary Sunrise
- SIGMA Consultants
- Southern Trust
- Tindall Foundation
- Working Together More Fund
- Toi Ohomai Charity House
- Ray White Real Estate
- St Barnabas Church
- Z Fenton



JOIN AGE CONCERN and enjoy these FREE GIFTS!

- Personal Alarm with torch—don't get caught out in the dark.
- Life Tube—Having a Life Tube on hand could save your life.
- Energy-Saving Light Bulbs—save electricity!

PLUS!

Join **NOW** for your telephone and Broadband and receive **\$50 off your first month's bill and 5% of your regular payments will be donated to Age Concern** in Rotorua. Check out the following page for more details.



Your Membership will help us provide valuable services to older people in our community

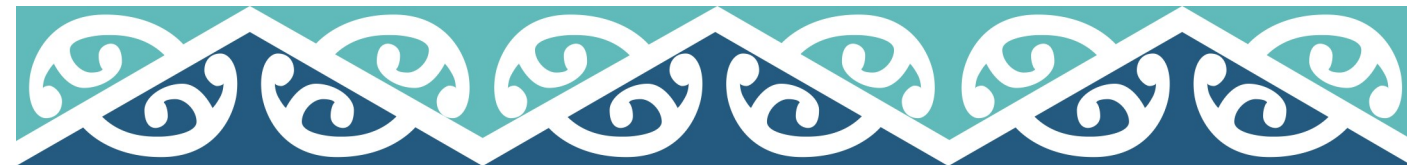
Membership ☐ \$15 single ☐ \$20 Couple ☐ I would like to donate \$.....

Name Ph.....

Address Email.....

To pay online: 38-9012-0590627-00. NB: If you pay online, we will still need your contact details. Please post this form to Age Concern, PO Box 1605, email admin@acrotorua.nz or drop it into 1333 Eruera St, Rotorua. With a note that you are paying by internet banking. Receipts are issued for every payment. Donations over \$5.00 are tax deductible. Our Charities Commission Number CC2693.

Age Concern: PO Box 1605 Rotorua 3040, 1333 Eruera Street, Rotorua.



26 February 2019
10:00 AM-1:00 PM
Linton Park Community
Centre
16 Kamahi Pl, Rotorua 3015

JUST COOK

4 Healthy Ageing



A fun, practical and FREE cooking and nutrition course for older people who have limited cooking skills and lost the confidence and motivation to cook. Three hour classes held over four consecutive weeks, including morning tea and lunch. Make new friends and have fun while you learn.

Classes focus on:

Healthy eating for older people, planning and cooking economical dinners for 1 or 2 people, shopping tips, label reading and time-saving cooking strategies.

Registrations are essential, so book early to avoid disappointment!

To find out more about the classes, or to register call Tatjana on (M) 0273911633 or email rotorua@nutritionfoundation.org.nz

Quotes from our past participants:

"I found that the best part for me was getting the motivation"

"Enjoyed the company and meeting new people"

"The course was well put together and encouraged me to get back into cooking and knowing what to shop for. Ideas from classmates appreciated too"



Volunteer Visitor Coordinator, Sue White



What a glorious start to 2019 we have had weather wise! I know that not everybody loves the heat but I do confess to being "solar-powered" and so have absolutely revelled in the sunny days and made the most of our glorious lakes.

In saying that, it is great to be back in the office with our fabulous team at Age Concern. We are looking forward to connecting with all our Volunteers on 20 February at meetings to be held here at our office, and we have a group of new Volunteers going through Orientation on Wednesday 13 February.

Towards the end of last year we hosted a very successful seminar about "Scamming" which provided some very sobering information regarding the lengths scammers will go to trick people into parting with their dollars. So we have decided to arrange another "SCAMMING SEMINAR" which will be held at PARKSYDE on 6 MARCH 2019 at 11 AM. I encourage you to make every effort to come along and bring your friends. We were given some very helpful tips on what to look out for as well as measures to put in place to protect ourselves from being scammed.

Wishing you a Healthy 2019! We are looking forward to growing our Volunteer Visitor Service so if you have a friend who would love to Volunteer or know of an Older person who is isolated and lonely, please get in touch!

Sue

Keep Cool in Soaring Temperatures

Seniors can be especially vulnerable to the heat we've been experiencing. Conditions such as heart disease can prevent blood circulating efficiently and dissipating heat; medications like diuretics encourage water loss and worsen the dehydrating effects of high temperatures.

Preventing heat-related illness mostly depends on keeping comfortable and hydrated. Eat lightly but drink plenty of fluids, avoiding alcohol and caffeine-based drinks. Sponge off with a cool, damp cloth (wrists, face and back of neck).

Open windows wherever possible, but keep the sunshine out with draperies, blinds or awnings. While you may have a cooling system in your main living area, use portable cooling, or battery-operated fans for the rooms you use the most. Stay in the coolest room in the house as much as possible and avoid too much activity.

Use Your Gold Card!

Present your **GOLD CARD** at every opportunity to take advantage of discounts and encourage more businesses to join the programme.

Around 60,000 new card holders join each year, encouraging more businesses and organisations to participate. Most are increasingly aware of the significant economic value offered to the business sector by those aged 65 and over and want to be recognised for their support of the discounts

Renting is linked to poorer health among older Kiwis, a new study concludes.

The study by Victoria University researchers showed older New Zealanders who rented had higher levels of economic disadvantage and reported poorer physical and mental health than their non-renting counterparts. Those in public rentals reported the poorest health. They had the lowest incomes, smoked more and ate fewer fruit and vegetables than private renters or those who owned their own homes.

Older renters are on the rise

Older renters were on the rise, often living alone on low incomes and in poorer health than their peers. There were important implications for future health and housing policies, many of which were largely based on high rates of home ownership among older Kiwis, the researchers said. "The potential impacts of this tenure revolution have only recently begun to be recognised in New Zealand, where superannuation policy and the aged care system continue to assume high home ownership among older people and ageing in place is promoted."