

Positive Ageing Expo

Thanks so much to everyone who came along to the Expo and welcome to the 50 or so new members who joined the Rotorua Age Concern family! We're delighted to have you on board. If you didn't receive your membership package on the day, please bear with us: we're hoping to have new packs together before too long.



Art work and harakeke at the Grey Power stand.

We had a fabulous day with around 1000 people browsing the stands, all of which contained information, services or products relevant to older people in our community. Feedback has been very positive

If you follow our Facebook page, you'll be aware of global strategising around the ageing population. For the first time in history, grandparents outnumber grandchildren. The Expo gave us a great opportunity to connect with seniors in our community and for older people to gather a variety of relevant information around that natural process called 'ageing'.

If you'd like to follow up regarding any of the stalls at the Expo please get in touch and we'll forward the information to you. See inside for more pics. ■

Upcoming Events

Hospice Awareness Week: May 13-19. A range of FREE events and workshops. Call 07-343 6591 or visit www.rotoruahospice.co.nz for more information.

Tech & Tea: Learn how voice-assisted devices can make your life easier. Wed 22 May 10:30am-12pm Rotorua Library. Book tickets at chorus.co.nz/techweek

Road Safety Update for over 65's Parksyde Thursday 13 June 0:30am-2:30pm. Call 348 4199 for more information or to register.

National Volunteer Week June 16—22.

Mobility Scooter Training Wednesday June 19 Parksyde.

See page 3 for some of the regular social activities around town.



Beautiful autumn. Do you have a pic to share? Send to admin@acrotorua.nz

Manager

Rory O'Rourke

manager@acrotorua.nz

Accredited Visiting Services (AVS)

Coordinator

Sue White

sue@acrotorua.nz

(NB: Sue is away until 4th June)

Shopping Service Coordinator

Jody Langdon

shop@acrotorua.nz

Administration

Lyn Rasmussen

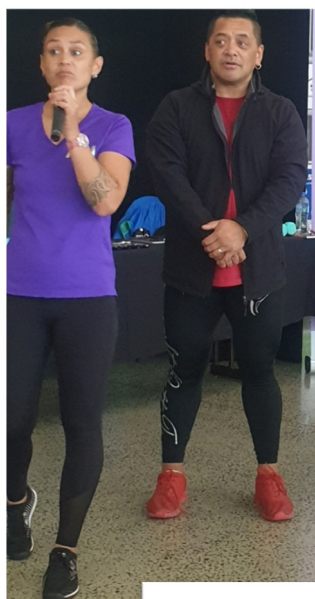
admin@acrotorua.nz

Office Hours

Tuesday to Thursday from 9.00am to 2.00pm

Age Concern aims to promote the rights and wellbeing of older people and those who care for them.

EXPO 2019!



Some of the organisations who took part in our very successful EXPO.

Top: Oranga Tinana entertained us!

Centre: Grey Power

Bottom: Get Sorted
(See Get Sorted ad on p.7).

A Word from the Manager



What an exciting few weeks we have had here at Age Concern.

Expo a huge success

The Positive Ageing Expo we held at the Events Centre was a huge success according to the feedback survey we undertook. Our thanks go to the Rotorua Energy Charitable Trust for funding the event. We managed to attract about 50 new members

and a handful of volunteers on the day which for us is a big increase in our usual membership.

This number, along with the 10 new members we attracted at the Wellness Day held by Grey Power at Parksyde, goes

to show that we need to be more visible out in our community.

Welcome to new members

I would like to personally welcome all our new members and assure them that joining Age Concern was a great decision as we prepare for the inevitable Grey Tsunami. It also reinforces the idea that we should be continuing to pursue the move to Parksyde and take advantage of the number of older persons going through Parksyde each week. One disappointing thing was the lack of interest in the Act Your Age stage production. Thanks to those who did respond positively but after 3 months of trying we still only had 12 people enrolled so I reluctantly had to inform the RLC Matching fund that we would not be uplifting the money.

Intergenerational Project?

I am hoping the same does not happen to the Intergenerational Project but to date it is not looking too good, although now the Expo is out of the way we can begin to put more energy and planning into it. Funding to keep us afloat is our usual big issue and a lot of my time is spent applying to the various funders who will generally only fund up to three months.

A wish for untaged funding

Fortunately, we have secured funding from the Bay Trust to keep us going for a while but our greatest wish would be a kind benefactor or a sponsor to provide us with ongoing, untaged funding ■





The Camino Way from Lisbon to Santiago de Compostela.



Where is AVS Coordinator, Sue White?

Our Sue is presently in Portugal walking the Camino de Santiago with her husband, Pete. Each day Sue and Pete will travel about 20 kilometres until the end of their journey, a distance of some 610 kilometres! Before she left New Zealand, Sue had been training hard with long walks through the Redwoods, so she is well-equipped for her epic journey.

Pilgrims have been travelling the Camino for centuries.

Sue and Pete's pilgrimage will resonate with local culture, historic cities and fabulous regional foods. They travel lightly and stay overnight in simple accommodation alongside many other pilgrims making their way to Galicia in North-Western Spain where tradition has it that the remains of Saint James the Great are buried in the city of Santiago de Compostela.

Thousands of pilgrims set out each year from their homes or a designated starting place, travelling by foot or bicycle, and some even on horseback or donkey, as travelers did in Medieval times. Sue says that some of the way is easy walking, while other parts of the trail can be little more than hilly tracks more suitable for goats than humans.

We are missing Sue very much, but we're happy that she and Pete are sharing this once-in-a-lifetime experience. Sue will be back at work on 4th June, just after Queen's Birthday Weekend ■

Social Opportunities in Rotorua!

Before she left, Sue contacted various groups offering social opportunities that members and volunteers might enjoy, and had a wonderfully friendly response. We are always looking at ways to create social opportunities for our Age Concern team and these groups offer just that!

Ngongotaha Friendship Club

This wonderfully active club welcomes retired, semi-retired and soon-to-be retired men and women to join them for social interaction via guest speakers, movies, outings and social events. The group meets on **2ND WED OF EVERY MONTH at 9.30 am** at the St Barnabas Church Hall, School Road, Ngongotaha and used to be known as Probus Ngongotaha. There is an annual membership fee of \$20 for individuals and \$30 for a couple and \$3 for morning tea. Contact **Anita Stanley on 332-2119**.

Seniors Social Club

This friendly group meets every **2nd SATURDAY** at the Bainbridge Centre, 187 Old Taupo Road for a social gathering (\$2) and then every **4th FRIDAY** they meet for **BRUNCH** and pay their own way. A great opportunity to meet new people and also get out and about! Contact

Suicide prevention programme

LifeKeepers is a new, national suicide prevention training programme, created especially for New Zealand communities. Lifekeepers give people the skills to recognise and support those at risk of suicide.

Every suicide is a tragedy that has long lasting effects on families and communities.

Community-based training

Communities have an important role to play in reducing suicide.

equips every day New Zealanders with the knowledge and skills they need to reduce suicide in our communities. LifeKeepers aims to create communities of care, bringing people together to support and help each other.

While depression is the most significant factor for suicide in both young and older people, other important factors are abuse of drugs and alcohol. According to University of Pittsburgh psychiatrist Alexandre Dombrovsk, "Many people perceive older people to be immune to these kinds of things, but they are not." <http://seniorsmatter.com/suicide-rates-in-the-elderly/>

If you need support, call or txt 1737.

In an emergency call 111.

Catching up with Jody Langdon



Lifekeepers Training

Last month Sue and I became Lifekeepers. Trained Lifekeepers are equipped with the knowledge and skills to identify and support people at risk of suicide to get the help they need. Lifekeepers are not expected to provide the same support as professional would. They are more like navigators who learn to recognise the signs of a storm approaching.

Lifekeepers recognise the warning signs for suicide

Although tough, it was a great day with so many people sharing their stories. There were about 50 other participants on this course with many different cultures, the oldest well in her 70's and the youngest still in her teens. One thing in common; we all work in our community. I wish I could have taken you all with me as together I think we have much to gain. It was all good common sense, but when faced directly with a topic so heavy and raw, all sense goes out the window.

I was in awe of people much younger than I, who seemed to find the right words to say so easily. I can say with complete certainty that Sue and I did not enjoy the role playing aspect which was also taken with ease by the young. So many generational differences. All facing the same problems and the many myths associated.

Mental wealth—building up your support and resilience

For me the take home factor was not thinking about mental health but mental wealth! Building up your support and resilience.

We also leaned this acronym:

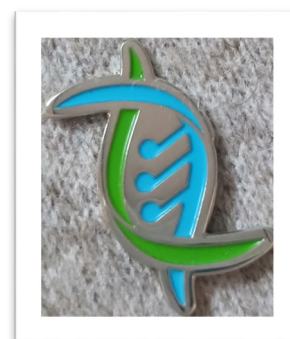
Connect with compassion

Ask with courage

Respond with confidence

Engage with community supports

If ever you need some help or support, you can free call or text this number at any time ■



Lifekeepers badge.

Upcoming Event? Do let us know! We're presently upgrading our website and would love some pics of Rotorua seniors out and about! Call 347 1539, admin@acrotoria.nz

Mobility Scooter Magic—FREE Training!

We love Mobility Scooters in our family. How can you not have a smile on your dial when whizzing about with the wind in your hair and giddy on the power of driving on the foot path!

I will never forget standing at my mother's back door listening intently for some clue of what my 'quiet' children were doing, when I heard a tremendous crash and the metal garage door exploded outwards, my daughter at high speed, on her recently deceased grandfather's mobility scooter! Although funny now, at the time I was mortified. No one could EVER touch Grandad's scooter. The metallic red beast was a high spec model and nearly double the size of my mother's and went really fast. The couple were well known for Father being well ahead with Mother meandering along much more slowly behind.

In the past when building footpaths, no one considered that mobility scooters

Enjoy the freedom and joy of a mobility scooter

would be the future preferred means of transportation. Changes are happening now to accommodate with a wider shared foot path, and we may just have to put up with a narrow ones for as long as it takes. We have something that just may help. We will delve into real local issues, driving conditions, any potential areas of concern and even how to properly log a safety issue with the local council.

Well-meaning family often buy their loved ones a mobility scooter that is not fit for purpose. Too fast, too slow or simply lack of confidence. The result is the same, you smile and show appreciation, but the wheeled monstrosity becomes a rather expensive washing basket holder or fancy cat throne. Come along and we will do the best we can to get you safely enjoying the freedom and joy of a mobility scooter ■



Don't let the kids loose on Grandad's scooter!

Call
347 1539
To register your
interest



Enjoy your community and get out and about safely on a mobility scooter.

Are you ready to ride?

Age Concern Rotorua in collaboration with Mobility Centre Life Unlimited and Rotorua Lakes Council, Safer Journeys are teaming up for mobility scooter workshops.

These will be informative and cover a variety of topics. The course will be tailor-made for the attendants as everyone has a different need. This is for both the current Mobility Scooter driver and for those thinking about options.

Topics Covered:

- Using your scooter safely
- How the law affects scooter users
- Maintenance of your scooter
- The right scooter for your needs

**Wednesday 19th June,
Parkside, Tarewa Place**

**Call to register interest
3471539**



Tackling Dampness in your Home

If your home is damp, it's important to track down the underlying causes. The problem may be relatively cheap and easy to fix.

Condensation on windows, especially in bedrooms, isn't necessarily a sign of excessive dampness if it only happens occasionally during winter.

The average NZ family produces up to 8 litres of moisture in the home each day from activities like cooking and showering. This is normal and can be managed by insulating, heating and ventilating

Top tips to eliminate dampness

Eliminate avoidable moisture - dry washing outdoors rather than indoors.

Extract moisture Use extraction fans (vented externally) in the kitchen, bathrooms and laundry.

Air out the home regularly - open doors and windows to create a cross draft, or use a ventilation system.

Keep the home warm - insulation and heating improve ventilation effectiveness and reduce the risk of mould growth on cold surfaces.

www.energywise.govt.nz

Grants for Insulation & Heating

Winter is coming and there's nothing worse than a cold, damp house that's hard to heat. Many New Zealand homes aren't warm enough in winter, increasing your risk of respiratory illness.

Putting on another jersey doesn't help because you are still breathing in cold air. A warm, dry insulated home is healthier and easier to heat.

If you are a homeowner, you may be eligible for a Government grant covering two-thirds of the cost of ceiling and underfloor insulation. The Government has allocated \$142 million over four years for insulation and heating grants (grants for heat pumps and wood burners will be available from July this year). You may be surprised how little you have to pay.

You may qualify if:

- your home was built before the year 2008
- you are the homeowner (owner-occupier) and have a Community Services Card or SuperGold combo card, OR
- you own and live in a home in an area identified as low-income.

You may be eligible if you hold a licence to occupy in a retirement village.

To find out if you are eligible free phone 0800 749 782 to talk to EECA Energywise or use the eligibility tool on the Energywise website www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/?utm_source=newsletter&utm_medium=email&utm_campaign=age_council

If you are eligible, an insulation company contracted to EECA will visit your home to find out if insulation can be installed in the ceiling or underfloor – in a small number of houses there isn't enough ceiling and underfloor space. If everything is approved, sign a contract with the service provider and arrange a day and time to have the insulation installed.

Heating grants

Grants for heating appliances will be available from July this year. The same eligibility criteria will apply. There will be more information on the **Energywise website from July or you can free phone 0800 749 782 at that time.**

80% OF THE HOUSE FIRES WE ATTEND HAVE NO WORKING SMOKE ALARMS



We can help you make your home safe for you and your family. Don't be surprised if one of our teams knock on your door. They offer free information, help install and test your smoke alarms, or provide a free smoke alarm if you're eligible.

Call 0800 693 473 to arrange a time for us to visit.



Welcome to all our new members!

We hope you enjoy reading our newsletter. We love hearing from members of our Age Concern family so if you have any feedback regarding our services, please do contact us on 347 1539 or admin@acrotorua.nz

Remember, we are always looking for keen volunteers so if you'd like to spend some time with an older person, help with our assisted shopping service, or join our Gold Card Skills Services (handymen/lawnmowing/gardening) team, please get in touch—we can't do it without you!

Volunteers Wanted!

If you have an hour or so a week to spend please consider volunteering for Age Concern.

- Visit an older person
- Assist an older person with their grocery shopping.

Join our Gold Card Skills Services Team

Minor home repairs, gardening, lawnmowing etc. for a modest fee.

Call us on 347 1539

Get sorted!

Creating Order out of Chaos

Moving to a smaller home can be a stressful experience. Jenny Charleson can help you decide which items to keep and which to get rid of, giving you the confidence to make a fresh start while retaining the comfort of the familiar.

If you are struggling to downsize and declutter, Jenny provides a cost-effective service tailored to your needs.

A retired primary school teacher, Jenny has lived in Rotorua for 33 years. Her professional organizing service can help you with:

- Decluttering and organizing
- Downsizing and moving
- Presenting your home attractively for sale
- Clearing the home after a move

Jenny works with clients to make sure profits from sales are maximised. To this end, she has established relationships with local antique dealers, second-hand stores and charity shops.

Contact Jenny today for a FREE consultation!

Phone: 021 101 8376 Email: jennymch@outlook.com

Web: www.getsortedorotua.com



Free yourself from the burden of too much stuff!!

On a smaller scale Jenny will help you clear out, clean up and re-organize items in your pantry, your kitchen, your bedroom, your office—anywhere in your home.

Slow Baked Pears

Make the most of Autumn bounty!



Ingredients

Pears—cut in half and cored—as many as you need!

Method

Heat oven to 150° C.

Place pears, cut side down, in a suitably sized baking dish.

Cook for around 1 ½ hours or until the pears are cooked and caramelized on the outside

Store in a container in the fridge. They last at least a week (if you let them that is!)

Serving Suggestions:

- For dessert: top with chopped crystallized ginger, chopped walnuts and a dollop of yoghurt
- For breakfast: chopped on top of cereal or pancakes
- With salad: chop into slices and arrange on top
- For a snack: team up slices with thin slices of cheese

www.seniorchef.co.nz



Winners!



Delphine Martelletti was the lucky winner of this gorgeous raffle basket (top left) drawn by Judy Green from Grey Power (left) and Lyn from Age Concern.



Left Age Concern Manager, Rory O'Rourke presents the raffle from the Grey Power Wellness Day, to Age Concern member, Wiki Flavell.

Apologies to Rory—I have cut off your head!!!!

Please share your pics!

We'd love to share some of your photographs, especially ones that portray senior Kiwis as vibrant, outgoing and active!

Send us your socializing pics, your swimming, cycling and sporty pics, your all-dressed-up-and-having fun pics. Fooling around with the grandkids, at the movies,

We know ageing can be disagreeable, depressing and downright painful—all the more reason share something that makes us smile!

enjoying coffee at your favourite café, walking with a mate, kicking back and relaxing pics. Your favourite place, your garden, your hobby, a dainty dish! Don't be shy. Send to admin@acrotorua.nz or pop them into the office for scanning.



Driving Miss Daisy Rotorua

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- Grocery or other shopping trips
- Companionship outings / Scenic drives
- Family / Social occasions

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Ph: **(07) 347 4001** Mob: **021 503 605**

Email: **rotorua@drivingmissdaisy.co.nz**



**Driving
Miss Daisy®**

Chorus presents

Tech & Tea

with support from SeniorNet
FREE EVENT

Join Chorus and SeniorNet for Tech & Tea to find out how the latest voice assisted devices can make your day-to-day life easier.

See for yourself how voice assisted technology can make it easier to stay in touch with loved ones, keep you safe in emergencies and provide entertainment.

There will be live demonstrations and the friendly Chorus & SeniorNet teams will be available to answer any tech related questions you may have.

Rotorua: Wednesday 22nd May
10:30am-12pm Rotorua Library, Discovery Space

Book your tickets at chorus.co.nz/techweek



techweek2019
Official Event

CHORUS

COMPLIMENTARY HEARING CHECK

Do you know someone who would like to improve their hearing or are not happy with their current hearing aids?



(07) 343 7222

CONTACT US NOW TO LEARN MORE!

1444 Eruera Street, Rotorua

E: rotorua@totalhearingcare.co.nz

Super Gold Card Champions

Have you enjoyed great service lately? We'd love to promote businesses who care about our seniors. If you've experienced wonderful service from a café, store, trades-person, professional or any other service, please do tell us.

Email admin@acrotorua.nz—ph 347 1539

www.facebook.com/imageconcernrotorua/

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

Gail Edwards (Councillor)
Joanne Bryant (Councillor)
Annette McLeod (Councillor)

Thank you so much to our sponsors!

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Ray White



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.

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.



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..... Date of birth

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.