



1333 Eruera Street ROTORUA
Phone 07 3471539
admin@acrotorua.nz

August/Sept 2019

What's coming up?

Put your Best Hat on and come along and enjoy a Night at the Races Quiz & Charity Auction

Friday 27th Sept

Spaces are filling up—book now!

\$20 pp or \$150 table of 8. First drink **free**, then cash bar. One food platter provided, additional platters can be purchased. All proceeds to your local branch of Age Concern. Quiz begins 6:30pm. For more info and to book online www.trybooking.com/nz/book/event ■



Celebrate International Day of the Older Person

High Tea at the Distinction Tues 1st Oct 11am

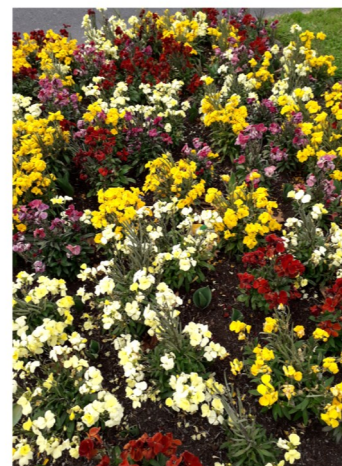
Dust off your pearls and polish your shoes! Places are limited so please **RSVP by Tues 17 Sept**. \$15pp. **Please bring your Gold Card**. International Day of Older Persons is a United Nations initiative celebrated around the world. It's a time for everyone, families and organisations to acknowledge and say thank you for the huge contribution older people make to communities throughout New Zealand. Mentoring, volunteering, looking out for the neighbourhood, caring for children, sharing wisdom and experience, and of course, being in paid work and leading businesses are just some of the many ways senior New Zealanders contribute ■

Intrepid Journeys

Wow—this is exciting! Would you like to explore Rotorua? Maureen, one of our stunning volunteers, regularly uses buses to get around the city. Maureen has come up with an awesome idea for our Age Concern Family. Take advantage of the free public transport your Gold Card offers and join Maureen for an intrepid exploration once a month (yes, it will include coffee and cake). See pg 6 for more details about the Intrepids and other exciting happenings@Age Concern! ■

Christmas Party 12th December 10:30-12:30

I know, it seems to early to be even thinking about Christmas, but please keep this date free! More details in next newsletter. ■



The city gardens are looking beautiful. These wallflowers at the lower end of Fenton street also smell delicious!

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

Volunteers Please!

If you have an hour or so a week to spare, please consider volunteering for Age Concern. We are always looking for people to:

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

If you'd like to join our Volunteer Team, please call us on 347 1539

Join our Gold Card Skills Team

Are you a handyman/retired builder, plumber, electrician or similar who is able to undertake minor home repairs, gardening, lawnmowing etc in return for a modest fee? If this is you, please call us on 347 1539.

Please note: all Volunteers and people on our Gold Card Skills team will need to undergo a Police Check.

Age Concern Rotorua District Inc AGM

Tues 8th October 2019
1:00pm AGM
followed by coffee & biscuits.

Venue: Parksyde Community Centre
7 Tarewa Place.
Members & Public welcome.

A Word from the Manager



Age Concern continues to be busy with lots of events happening, now and in the future. Our Intergenerational Project has had an excellent start with all participants reporting that it is a thoroughly enjoyable and stimulating experience. We selected six ladies, all who have given back to our community, and they were interviewed by students from Western Heights High School over

three two hour sessions. The next stage of the project is to have six men and they will be followed by six seniors from a variety of ethnic backgrounds. The result will be a professionally published book which we hope to launch at our Positive Ageing Expo next April.

We are all looking forward to the Trivia Quiz and Charity Auction on 27th September. This will be a fun event so even if you can't get a team of eight together, just register yourself for \$20 and we will put you in a team on the night. Check out the flyer in the newsletter for more details.

We are all looking forward to the Trivia Quiz and Charity Auction on the 27th September (flyer in newsletter) This will prove to be a fun event so even if you can't get a team of eight together just register yourself for \$20:00 and we will put you in a team on the night. The first drink is free and all table have a starter platter. Your chance to dress up to the nines as if you were going to the Melbourne Cup.

Thanks to the Lion Foundation our new website is available to view www.ageconcernrotorua.org.nz but we still need to tidy up a few areas. If you have a look at it and would like us to add more, please let us know by email or phone. Our **AGM** is at Parksyde **8th October**. See sidebar for details.

Our Intergenerational Project has had an excellent start with all participants reporting that it is a thoroughly enjoyable and stimulating experience.

We would like to thank the following funders for their kind grants which enable us to keep on providing the variety of essential programmes we have available for our seniors: **District Health Board** for \$20,000 over three years to provide programmes that maintain Health and Wellbeing of our senior clients. **Age Concern National** for \$8,500 for the continuation of Accredited Visitor Service and Shopping Service. **Age Concern National** for \$3,200 for delivery of four programmes around Safer Driver for seniors. **Community Organisation Grants** for \$5,500 a year for three years for general running costs. ■

Sue White—AVS Co-Ordinator



The arrival of Spring is certainly likely to put a fresh spring in our steps even though the weather is still pretty chilly! The days are getting longer and that certainly

is good for us all. We have had a busy couple of months here at Age Concern and really do enjoy it when our Members and Volunteers pop in for a catch up or to share interesting news with us.



The birds in Sue's garden are looking forward to Spring.

Our stand at the Home Show gained us a few new Volunteers who have been put through their paces and it also gave us a wonderful opportunity to spread the word about Age Concern and what we do.

I'm trying to find a few ladies who would like to join one of our older members at her home, one afternoon a week to "craft" together!

A good number of our Volunteers responded to the invitation to pop in for "Soup and a Roll" in mid August. As always it was great to see our Volunteers enjoying connecting with each other. Team AGE CONCERN provided some delicious soup!!

We have as always had requests to find Volunteer Visitors for some wonderful people and one of the things that I'm trying to do is find a few ladies who would like to join one of our older members at her home, one afternoon a week to "craft" together! This dear lady has been a quilter of note and is now mostly knitting but would love to have a cuppa and chat with some like minded people. Please contact me if you think it would suit you!

Our **BIG FUNDRAISING EVENT** in the form of "A NIGHT AT THE RACES – Trivia Quiz and Charity Auction" will be held on the 27 September at the Arawa Race Course and, as many of you will know, we don't have heaps of hours in our week and so really do need all the help our MEMBERS can give us in terms of spreading the word. Please check out the details in this newsletter. You don't have to book a whole table as we have several people coming on their own or with one or two others!!

INTERNATIONAL OLDER PERSONS DAY 1 OCTOBER (TUESDAY) – We have a wonderful HIGH TEA booked at the DISTINCTION HOTEL at 11am. Please be sure to let us know you will coming as we are limited to 40 places. With your GOLD CARD the charge is \$15 a person and you definitely won't need lunch afterwards. Volunteers bring the lovely people you visit where possible and all our Members are most welcome to join us. **YOU DO NEED TO BOOK YOUR PLACE!**

GAP

On a walk through the Redwoods recently, a group of GAPs raced past Sue. I hear you asking: What is GAP? GAP is an adoption agency (Greyhounds As Pets) for greyhounds who are no longer suitable for racing. Greyhounds are one of the world's oldest dog breeds and make wonderful pets.

Greyhounds are:

- Affectionate and willing to please
- Intelligent and trainable
- Quiet, gentle and enjoy sleeping.

Greyhounds are gentle, placid and calm and enjoy being part of the family. Although the greyhound is a sprint animal, its other love is sleeping and they are happy to snooze on the couch for long periods. They are taught to walk beautifully on a lead, are used to being handled and having a set routine.



If you are looking for a loving, well-mannered companion of the canine kind, the people at GAP will make sure you are matched with a greyhound who will suit you and your lifestyle. For more information contact [in-fo@gap.co.nz](mailto:info@gap.co.nz).

Life without a car



Plan ahead to do what you enjoy

Come along for a cuppa and we will provide information about keeping mobile when we are no longer driving.

Our **Life Without a Car** course:

- highlights a range of possibilities to remain mobile
- Offers alternative ways of getting about in the community
- Suggests many options to keep involved and enjoying activities
- Gives valuable insights into adapting our life-style
- Encourages living positively without driving

For more information please contact:

Age Concern Rotorua

Ph: 347 1539

E: shopacrotorua.nz

Catching up with Jody Langdon



Who can believe it has been a whole year we have worked together? I remember when I joined, spring was in the air and this year it feels much the same, full of pollen and possibilities. I thoroughly enjoy working with this team and even better I really feel my community has doubled as I have gotten to know you all. I see so much of the good work our volunteers do. You are all fantastic role models for future generations, thank you.



Life Without a Car

This is an informal catch up, to be held on the first Thursday of every month, 10am.

This is aimed for those who may be facing life without a car and highlights a range of possibilities to remain mobile. Most of it

is good practical advice you will already know but I think the real gift is the opportunity to talk about it and who knows you may have fantastic hints and tips that will really help someone. See sidebar for more details.

Life without a car: I think the real gift is the opportunity to talk about it and who knows? You may have fantastic hints and tips that will really help someone.

FREE Mobility Scooter Safety Course

In collaboration with Road Safety Rotorua, Mobility Centre and Age Concern. We are running a series of workshops aimed at new and existing riders or simply thinking of getting one in the future. A good chance to make sure you know your rules, improve your confidence, discuss local riding conditions and hazards and even get a bit of help with which scooter is best for you.



Mobility Scooter Safety Dates

Wed 11th Sept 10.00am Glenbrae Retirement Village, 22 Hilda St, Fenton Park.

Wed 16th October 10.30am Bupa The Gardens Retirement Village, 15 Hodgkins St, Pukehangi

Please call Age Concern to register your interest: 347 1439. ■

* 🎵 ☆ Anyone interested in a **Christmas Shopping** excursion? Give Jody a call on 347 1539 to talk about the possibilities * 🎵 ☆

Join The Intrepids!

Get your Gold Card out!



Explore our beautiful city for FREE!

Who can Come?

Age Concern members, volunteers, visitors and friends—as long as you have a Gold Card.

Where?

Meet with an Age Concern team member in the bus shelter between the library and Visitor Centre in Arawa Street.

Why?

To travel free on a City Ride bus to a different café on the City Rides destinations. Explore our beautiful city from cen-



tral to suburb . Experience the freedom and different viewpoint of travelling by public transport.

When?

The **last Thursday** of every month. Start times will vary according to the bus run. Let's go!

September 26th 9:30am

The first Intrepids trip will be on the No. 3 bus Owata via Lynmore and the Redwoods on the 9:30am bus.. We will stop at the Mistress of Cakes Café and will return to Arawa St by 11:55am.

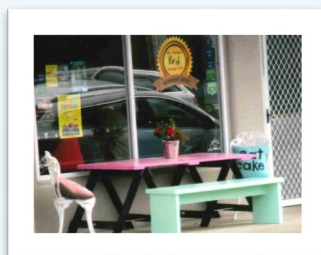
October 31st 9:45am

We'll take the No. 1 bus to Ngongotaha via Rainbow Springs/Skyline and Agrodome on the 9:45am bus. We will stop at Café Dynasti and return to Arawa St by 11:50am.

Nov 28th 10:15am

No. 10 Rotorua Airport/Lee Rd bus via Ngapuna and Owata on the 10:15. We'll do the round trip and stop at 'Motion' and return to Arawa St by 12:10.

If you'd like to participate just give us a call or email so we have some idea of numbers. Give it a go! ■



Social Opportunities in Rotorua!

MAKE NEW FRIENDS



Returned Services Assoc.

RSA is fully operational on the ground floor at the Racing Club in Fenton St. Mornings only. Call 348 1055

Senior Citizens Club

For people 50 +. Based in the Balmarino Lounge at the Racing Club, Fenton St. Meets regularly for bus trips, housie, bowling and other activities. Contact 345 4766. Social and Friendship Group for people over 50 living alone meets every Tuesday for a coffee and a chat. Contact Shirley 216 0302 or Bryan 348 5304 or 027 446 9092.

Ngongotaha

Friendship Club. Guest speakers, movies, outings and social events. The group meets on 2nd Wed of every month at 9.30am at the St Barnabas Church Hall, School Road, Ngongotaha Annual membership fee of \$20 for individuals and \$30 for a couple and \$3 for morning tea. Contact Anita: 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. Contact Annette Craig 02160790.

Anyone for Cribbage?

Cribbage is a card game traditionally for two players but commonly played with three, four or more. We have a volunteer who is a keen cribbage player. He's also charming, handsome and very kind-hearted. Who wouldn't want to come along and play, or learn to play this fascinating game? If you're interested, give Denis a call: 0272403222



Need someone to Walk your Dog?

We all love our four-legged family but sometimes it's not easy to get out to give them the exercise they need. If you need someone to take your dog (or dogs) for a walk, please let us know and we can put you in touch with someone who can help.



Easy-As Crafting @Age Concern

Unleash your Creativity!

Crafting, Cuppa and Company

Don't leave those Christmas gifts until the last minute! Join Maureen at Age Concern for some craft fun. *All materials supplied.* Koha for coffee and biscuits.

Tuesday 8th October 2:00pm—3:30pm

Make an Iris folded card. These are gorgeous. Not only to be used for cards,;check out the pretty gift boxes.



Tuesday 12 November 2:00pm—3:30pm

Make one of these stunning pearl bracelets.



Places are limited.

Members and volunteers welcome. Bring a friend. Places are limited so please call or email to book your space: 347 1539 or admin@acrotorua.nz

*Creativity is a wild mind and a disciplined eye—
Dorothy Parker*

A big thank you to Artisan Café!



Melani at Artisan Café has been so supportive of Age Concern. Next time you're in town pop in for great coffee and a delicious foodie treat!

Artisan Café
1149 Tutanekai St, Rotorua
348 0057

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

Jenny Charleson

Phone: 021 101 8376

Email: jennymch@outlook.com

Web: getsortedotorua.com

Specializing in decluttering, organizing, clearing homes when downsizing or moving



Total footcare in the comfort of your own home

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From nails, corns and callus to aches, sprains and strains. In Home Podiatry can help you

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How prepared are you in the event of an Emergency?

Earthquakes may be the most high-profile emergency, but floods are the most frequent and are likely to become more common. We should all be prepared to survive for a few days at home without electricity and fresh water.

What should be in your Survival Kit?

Consumer NZ found better value for money by preparing our own emergency kits than purchasing them off the shelf. Getting your own kit together also gives you an opportunity to think about your emergency plan.

What to include

- At least 3 days of clean water. Fizzy drink and juice bottles are OK to re-use but don't use old milk bottles. If tap water is treated with chlorine, there shouldn't be any need to add anything. Don't use household bleach or detergents to treat the water.
- Long-lasting food that doesn't need cooking—include food for pets
- Toilet paper & large plastic buckets

A 'Grab-and-Go' Kit could include:

- Dust masks & work gloves
- Torch, radio, spare batteries
- Cash, photo ID & any important documents
- Walking shoes, warm clothes, raincoat and hat
- First aid kit & prescription medicine
- Pocket radio & batteries

There is no 'one-size-fits-all' solution but the above items should help you cope for at least the short-term in an emergency. ■

Out and About

Planning for an Age-Friendly Rotorua

Steve Chadwick, Mayor of Rotorua, Miriam Ruberl, President of Grey Power Rotorua and our own Rory O'Rourke met at RAVE (wonderful venue) to look Age-Friendly solutions for Rotorua.



Who doesn't love soup?

We loved hosting a soup luncheon for our volunteers.



Mixing it up with the generations

Our intergenerational project is on the move! Students from Western Heights High School met some Rotorua seniors to gather oral histories for an upcoming publication.



with Age Concern

Grahame Turner shares his lifetime's hobby

Model trains have fascinated Grahame Turner for most of his life. He has set up this amazingly life-like layout in his garage. The detail is incredible. *"Hopefully, what I have tried to do is demonstrate what can be accomplished when space is limited. This layout is not yet complete. There are too many little things to mention, but if you spot something that jogs a memory or brings a smile, then I have achieved my objective."*



Do you have a hobby you'd like to share?

We are continually awe-struck by the creativity and commitment of people in our Age Concern Family. If you have a pastime you'd like to share, please let us know. Give us a call 347 1539, email admin@acrotorua.nz or just pop into the office Tues-Thurs 9am-2pm.

Are you a keen Knitter?

If you love to knit there are plenty of people who would welcome your woollies!

The **Middlemore Foundation** is grateful for any new knitted or crochet garments sizes from new born up to two years, i.e. from 34cm to 50cm or 14" to 20" chest size.

The Middlemore Foundation Wool Programme currently has 1,325 dedicated knitters nationwide donating beautifully knitted booties, hats, mittens, vests and blankets to keep our premature babies and new borns leaving Kidz First Hospital warm. Wool packs given to new mums and babies in need consist of 6 hats, 6 pairs of booties, 3 rugs of different sizes, 2 cotton singlets/1 knitted singlet, 6 vests, 1 bigger jumper, 3 fish'n'chip tops, 2 pairs of PJs, and 2 gorgeous knitted toys like teddy bears and even octopuses! For more information and for knitting guidelines call 09 270 8808 or information@middlemorefoundation.org.nz or call into the



Age Concern Office, 1333 Eruera St and we can give you a copy of the guidelines.

Operation Cover-Up

Mission Without Borders NZ is the organisation in charge of Operation Cover Up, supplying lovingly knitted blankets, garments and knitted toys for children in orphanages in Eastern Europe. The temperature in these countries can drop to as low as -25C in winter and children and families often have nothing to help them face the cold. Hundreds of Kiwis are now involved in knitting, donating wool, fundraising for shipping costs and preparing the items for shipping.

Items gratefully received include jumpers, cardigans, socks, hats-and-mitten sets, knitwear from ages two years and above (no babywear); blankets or quilts. The preferred blanket size is at least 160cm by 140cm. Seven strips measuring 160cm in length make a blanket. Please knit with new wool only.

For more information contact National Coordinator Liz Clarke, phone 07 378 9171.

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Is your home Fire Safe?

Fire Alarms The Fire Service will visit your home to check your existing fire alarms and help you make an escape plan. If they find your alarms faulty, they will replace one for free and recommend replacement alarms that are most suitable for your home. The Fire Service will also help you to replace batteries. Special smoke alarms are available for people who are deaf or hard of hearing. Contact *Deaf Aotearoa* 0800 332 322 or *Life Unlimited* 0800_008 011 for more information.

Electric Blankets Store electric blankets rolled up rather than folded. If you feel your electric blanket is faulty, purchase a new one.

Heater-metre Rule Keep furniture, curtains, clothes and children at least one metre from heaters and fireplaces.

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. If you receive an answer phone, make sure to leave a message.

Success at Last



At last I've done it
It's taken me fifty years
Lots of trial and error
Sadness, frustration, tears

I've tried every recipe
Without any success
They were as flat as pancakes
I sighed and threw out each mess

Then, it finally happened
Much to my surprise
This gorgeous, fluffy sponge
Right before my eyes

Oh the thrill of it all
You just can't beat it
But it's choc full of calories
And now, I can't eat it!

*Ever since she can remember, local poet
Gwen White, has had rhymes in her head.
A varied life spurred her on and we're hap-
py to share one of Gwen's poems in our
newsletter.*

Super Gold Card Champions

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/ageconcernrotorua/

Good in the Hood

How awesome to once again be part of this year's Good in the Hood. With voting kicking off at Z stations on 1 September, we reckon it's the perfect time to boost awareness about the amazing work Team Age Concern is doing in our community. So PLEASE—next time you need to re-fuel, pop into the Z service station on Fenton St and drop a token into the Age Concern bucket!



Driving Miss Daisy Rotorua

Driving Miss Daisy is a friendly and reliable companion driving service. We can help with:

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

ACC registered vendor.

Bookings are essential. Call Rosie today.

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

Email: rotorua@drivingmissdaisy.co.nz



Driving Miss Daisy®

*"It's important to have a twinkle in your wrinkle"
anonymous*



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, or would like to share something in the newsletter please do contact us on 347 1539 or admin@acrotorua.nz

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!

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



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 call us or post this form to Age Concern, PO Box 1605, email admin@acrotorua.nz or drop it into 1333 Eruera St, Rotorua. Receipts are issued for every payment. Donations over \$5.00 are tax deductible. Our Charities Commission Number is CC2693.

Age Concern: PO Box 1605 Rotorua 3040, 1333 Eruera Street, Rotorua, 07 347 1539