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www.ageconcernrotorua.org.nz

Feb/March 2020

## Welcome to 2020!

We are already into the second month of the New Year, with plans racing ahead for various events during the coming months. Check out Rory's and Sue's notes on the next two pages to read about some of the events we're looking forward to, and on page 4 Jody invites you to join her in an interesting new project and talks about the new Elder Abuse helpline.

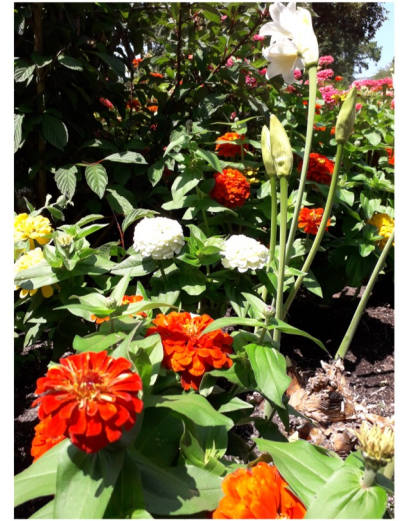
### Keeping Cool

With the scorching temperatures we've been experiencing, please take extra care to keep cool. As we age our bodies simply lose the ability to dissipate heat as efficiently as we used to. Certain medications and health conditions can also affect our ability to control our body temperature. You'll find some tips to help you keep cool and avoid dehydration on page 5.

### Bereavement and Grief for Volunteers

Very sadly, several of our clients have passed away since our last newsletter. Sometimes our volunteers have been visiting their Age Concern friends for a long time and it is natural that you will grieve. Please don't think you have to present a brave face, or that your grief is insignificant compared to the lost one's family or other friends. We all grieve individually. We may feel regret or remorse; we may feel lonely without the regular routine of our visits and the companionship and sense of reward we found as a volunteer visitor. Take time out before volunteering to visit again, and don't feel guilty if you choose not to continue with the volunteering programme. How we grieve is an individual process and can be lonely and painful. Please know that our volunteer coordinators are always here to talk with you, or simply to lend a listening ear.

*Studies have shown that doing something for others is the most effective way of alleviating loneliness, so taking on the role of a visiting volunteer is truly a win-win situation. We are always looking for volunteers to visit older members of our community. Feedback tells us that a visiting volunteer can make a positive difference to an older person experiencing social isolation. If you are interested in becoming a volunteer, please do give us a call 347 1539.*



Despite the scorching heat, our public gardens still look spectacular. Zinnias and lilies in Kuirau Park.

#### Manager

**Rory O'Rourke**

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#### Accredited Visiting Services (AVS)

Coordinator

**Sue White**

sue@acrotorua.nz

#### Shopping Service Coordinator

**Jody Langdon**

shop@acrotorua.nz

#### Administration

**Lyn Rasmussen**

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#### Office Hours

Tuesday to Thursday from  
9.00am to 2.00pm

## A Word from the Manager



### Welcome back!

Welcome back to what is going to be an exciting and fruitful year for Age Concern. I hope you all had a wonderful Xmas New Year with family and friends, and all your New Year resolutions are still intact.

### Giant Charity Garage Sale 15th Feb

The first event that we will be involved in will be a giant Charity Garage Sale which is the initiative of Tim O'Sullivan at **Ray White Real Estate**. All proceeds from the event will go to Age Concern in Rotorua, and it is hoped that other charities will be able to take advantage of Ray White's generosity on a monthly basis. The event will be held on Saturday the 15<sup>th</sup> February from 8:00am on the Tamaki Street end of the Ngongotaha Lakefront Reserve beside the Dementia Village. **Ray White** will be putting up a large marquee which will house the garage sale items and there will be refreshments and a sausage sizzle. Thanks to all those people who have dropped off items at our office or had them picked up by Ray White.



### Positive Ageing Expo

Our second major event will be the Positive Ageing Expo which will be held in the Grand Hall at the Events Centre on Sunday 29<sup>th</sup> March from 9:30 am until 3:00 pm. Thanks to the Rotorua Energy Charitable Trust the event will be free and we hope to get more than the 40 stalls we had in 2019. The Expo will be a one stop shop for our seniors with stalls providing information on transport, housing, health and wellbeing, finance, wills, Power of Attorney, lifestyle choices, cooking and nutrition, ebikes, hobbies and much, much more.

### Whole of Life Hub for the Elderly

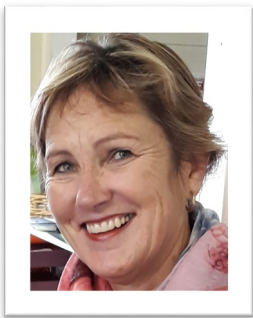
One of the biggest projects this year will be the setting up of a Whole of Life Hub for the Elderly which will see the possible move of Age Concern and Grey Power to a house next to Parksyde. Negotiations are underway at present but eventually the facility will be an opportunity for the elderly to find out things about mental health, suicide, loneliness, housing, nutrition, transport, EPOA, wills, finance, disabilities, dementia, stroke and a multitude of other things relevant to the growing population of elderly.

### Fundraising for Minivan

Our major fundraisers this year will be to raise funds for a 12-seater minivan with a wheelchair hoist which we can use for a variety of activities. We will be able to use it to take larger social groups shopping, use it for social connection outings to a variety of places, use it to transport seniors to seminars we hold, use it as a last resort to transport people to appointments when other transport fails and use it to transport goods to displays and expos etc. ■



## Sue White—AVS Co-Ordinator



### Happy New Year to one and all!

What a glorious summer we are having although I am very mindful that not everybody loves the heat and that the gardens and farmers are taking a bit of strain. We have been making the most of the weather and enjoying the many beautiful lakes we have around Rotorua. I spent two weeks camping at the beach, and one of the delightful activities I observed was an elderly lady in the camp sitting with a group

of children at her feet as she showed them how to thread shells on to fishing line! Next minute the children were off on the beach to find their own shell treasures! It was a reminder that these simple activities can bring such joy to both young and old.



### “How has your day been?” —a habit to cultivate

I had the privilege of attending the funeral of one of our dear clients who passed away at the end of last year. What a joyful celebration it was of a life lived with a deep and caring interest in all her friends and family. I came away realizing so often life is too busy for us to really take the time to ask people how their day has been and that this was a habit I would really love to cultivate.

### Coming up!

So what does 2020 hold!! We are planning to organise a few movie mornings and Maureen Steen is hard at work looking at options for the “Intrepids” to visit this year on their monthly bus trips around Rotorua (more about Intrepids on page 7). We are planning an extra special event for International Older Persons Day this year. Watch this space!



### Volunteers make an amazing difference

It has been lovely to catch up with some of our volunteers who have popped in to say hello. Our Volunteers continue to make an amazing difference to so many people’s lives. Just recently a lady who was at Cantabria as she was unable to manage at home, had recovered sufficiently to return to home. She told her lovely volunteer that without her visits and encouragement, she doesn’t believe it would have happened. Never underestimate the power of friendship and companionship.

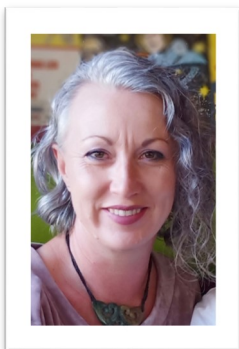
Enjoy the rest of the SUMMER! ■

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**We are always on the lookout for new volunteers! If you would like to join the Age Concern Visiting Volunteer team and make regular visits to an older person who is lonely or socially isolated, please do get in touch: 347 1539**

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## Catching up with Jody Langdon



Hello everyone, it is good to be back in the office. If the last few weeks are an indication of 2020 it will be a busy one. My main target for this year is to come up with a more robust plan to ensure our people can continue to choose the food they put in their bodies. We have some fantastic shopping volunteers but as the need rises, we need to get a bit savvier. Stay tuned and keep an ear out for willing volunteers to help me out.

### When you realise you will never be as cool as your Grandparents

As a side project I really do have a job for you. I have been brought up looking at my Mother's film star albums from when she was a teen. Having these extremely glamorous Guys and Gal's look back at me. Tony Curtis, Dean Martin, Bette Davis, Audrey Hepburn, Sophia Loren and Jerry Lewis were firm favourites. We cannot all be as dazzling as that lot, but I bet many of you have old pictures of your near and dear (and yourself) that is equally as jaw dropping. I would like to create a more localised visual story of our people and the very cool things people have done or worn.

### Ordinary people doing extraordinary things

Ordinary people doing what is considered nowadays extraordinary things. Riding motorbikes bare chested and no helmets, smoking cigarettes on planes, going to Saturday night dances with your beau, gals with pinched cheeks and satin dresses, Go-Go boots and beehives, building high rises with no safety gear... going to war. The list is huge. The next time you come across a pic that you think would fit the bill, think of me. ■



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## Strengthening of Elder Abuse Helpline

Although Age Concern does not hold the Elder abuse contract in Rotorua, we often become a trusted confidant, and support people along the way. (Stay tuned for some developments soon!).

We work very closely with Febe Camacho who works at Family Focus and is the local Elder Abuse Response Service, Social Worker. Her number is **3462096**. We often refer people to Febe, she has worked in this role for some time. I know I can always pick up the phone and can rely upon receiving good advice. Anyone can make a call to the hotline. The Elder Abuse Free and Confidential Helpline **0800 EA Not Ok or 0800 32 668 65** is now being managed by a team of counsellors and mental health practitioners. This change will enable people to be offered brief intervention support as well as being referred or signposted to suitable service providers. The helpline team will provide information and low-level support, adding capacity to the Elder Abuse Response Service (EARS) system, and referring cases to EARS providers where appropriate. People seeking information and support for Elder Abuse can contact the team via email and text, in addition to the helpline number **0800 32 668 65**. email [support@elderabuse.nz](mailto:support@elderabuse.nz), text 5032, <http://www.superseniors.msd.govt.nz/elder-abuse/>.

## Senior discounts at local attractions

Summer is the time when friends and family often come to visit. Check out these Rotorua Attractions offering SuperGold Card or local Discounts.

**Hamurana Springs Walk:** Free with Gold Card

**Redwoods Tree Walk:** \$20 for a single entrance or \$30 for a combo. Please show your card when purchasing a ticket at the iSite.

**Te Puia** offers a whanau discount for locals. Email or call 348 9047 or email [reservations@tepuia.com](mailto:reservations@tepuia.com) for a whanau card to fill out. Proof of local residence is required.

**Skyline:** Half-price GoldCard discount for the Gondola only. Regular adult price is \$34, with GC \$17

**Rainbow Springs:** Senior (60+) \$20 weekday pass. Must be Rotorua rate payer.

**Agrodome:** Offers senior concessions over the counter—proof of identity is required.

**Tamaki Maori Village:** No SuperGold discount but Rotorua Locals rate is offered.

**Hell's Gate:** Senior citizens who present a Gold Card or the Australian Equivalent on arrival at Hell's Gate are eligible for a 15% discount. However, individuals are eligible for a locals discount of 20% if they present on arrival recent evidence of address within the Bay of Plenty, such as a bill, and a proof of ID. Therefore, if your members brought with them summer visitors to Hell's Gate and a proof of address and ID was presented then the 20% will be applied to all members of the group. Please note, only one discount can be applied to a booking.

If you know of another attraction offering GoldCard or local discounts, please let us know 347 1539 or [admin@acrotorua.nz](mailto:admin@acrotorua.nz). ■

## Keep your cool

Preventing heat-related illness mostly depends on keeping comfortable and hydrated.

Soaring temperatures are expected to continue. As we age, our bodies become less efficient at dissipating heat. Seniors, whose ability to perspire often diminishes, can be especially vulnerable, with conditions such as heart disease preventing blood circulating efficiently; certain medications may encourage water loss and worsen the dehydrating effects of high temperatures.

### Eat lightly but drink plenty

Preventing heat-related illness mostly depends on keeping comfortable and hydrated. Eat lightly but drink plenty of fluids, avoiding alcohol and caffeine-based drinks. Sip fluids often during the day and with every meal.

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.

### Stay in the coolest room in the house

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.

### Symptoms of dehydration

Please pay close attention to elderly relatives, friends and neighbours during a heat wave. Dehydration might begin with symptoms such as loss of appetite, nausea, light-headedness, confusion, or muscle cramps ■



# Christmas Party

A quick look back at our fun Christmas party at the Bowling Club in the Government Gardens. We all enjoyed the sing-a-long, delicious Christmas goodies to eat and the spacious venue which looked out onto the gardens and bowling green. Thanks to everyone who came along and contributed to the Christmas spirit, and to the Simply Strings who kept us entertained with their fabulous musical talent!



If you'd like to share your pics, we'd love to see them! Send to [admin@acrotorua.nz](mailto:admin@acrotorua.nz).

# Do you feel lonely?

As we get older and our lives change, loneliness and feelings of isolation can creep in. Our children move away, we retire from work and we might have lost a partner through death or divorce. Family members and old friends may have passed away, and fewer opportunities to get out and about can leave us with many empty hours to fill. If you're able, the key to alleviating loneliness is to get out and about, meet new people, give of yourself, and build meaningful relationships. We know it's not easy, but if you are feeling lonely and isolated, some of the activities and groups on this page might offer opportunities to meet new friends, or simply enjoy the companionship of others. If you genuinely like being alone, and you're happy in your own company most of the time, that's absolutely OK — although you may still like to socialise now and then.

## Friendship Group

The Friendship Group meet every Tuesday about 10am for coffee and chat at the Gondola Café. They also hold an occasional quiz night, games evenings, a December barbeque and various other outings. This is a very informal group started by Bryan Palmer after his wife passed away and it was suggested it would be good for him to get out and about and 'take his mind off things'. Bryan says all are welcome, and the group is always looking for like-minded folk. Bryan can be contacted at bryan.palmer@xtra.co.nz 027 446 9092.

## 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, house, 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

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.

## Parksyde Community Centre for 55+

Parksyde offers a great range of activities. They also have a small library, a café and an on-site hairdresser. Contact 348 9892 or visit <https://parksyde.org.nz>

## Seniors Social Club

This friendly group meets every 2<sup>nd</sup> Saturday at the Bainbridge Centre, 187 Old Taupo Road for a social gathering (\$2) and then every 4<sup>th</sup> Friday they meet for BRUNCH and pay their own way. A great opportunity to meet new people. Contact Annette Craig 02160790.

## The Intrepids

The Intrepids meet on the last Thursday of each month at the bus stop outside the library on Arawa St. Maureen, one of our wonderful volunteers, selects a destination for the Intrepid travellers to visit and enjoy coffee and morning tea, and then return to the Arawa St bus stop. This is a great opportunity to get used to travelling by public transport, perhaps to areas of the city you haven't seen much of, and travel for free with your SuperGold card. Last year the Intrepids enjoyed visits to Dynasty Café at Ngongotaha, Mistress of Cakes at Lynmore and Le Bon Café in Tarawera Rd. The next Intrepids journey will be 27 February to Pantry D'Or on the corner of Ranolf and Devon Streets.

## Hip—a great little booklet

Hip lists all kinds of clubs and activities happening in Rotorua. Call into the Age Concern office or CAB to pick up a free copy.

## Visiting 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 SuperGold Card Skills Team

Are you a handyman/retired builder, plumber, electrician, bricklayer, gardener 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 SuperGold Skills teams undergo a Police Check.



## Funeral Insurance—yes or no?

Insurance companies have hopped aboard the Grey Tsunami gravy train, with a plethora of advertisements on television, social media and in print, encouraging us to sign up for an insurance policy that will pay for our funeral.

According to Consumer NZ, funeral insurance could be the most expensive way to pay for your final send-off. Consumer NZ chief executive Sue Chetwin says funeral insurance has been heavily promoted, but the lifetime costs are seldom disclosed.

“Funeral insurance marketing plays on people’s fears about being a burden on their families. But it’s easy to end up paying thousands more in premiums than the insurance policy will pay out,” Miss Chetwin says. “If you can’t afford to keep up payments and want to cancel, there’s no refund and your money will be gone.”

### Setting up a savings account is the simplest option

If you want to ensure there’s cash on hand to pay your funeral bill, there are alternatives to funeral insurance, she says. “Setting up a savings account is the simplest option.” According to Consumer NZ, the average cost of a funeral is around \$10,000, but “You can find yourself doubling that.”

If you’re concerned that your funeral will be a difficult cost for your family to meet, explore solutions outside the conventional. There is no legal requirement for you to use an undertaker. You can’t avoid burial or cremation costs which come under the jurisdiction of your local council, but you can select a simple cardboard coffin at around \$350 or upwards of \$3,000 for a timber casket. Or of course, you can go along to your local Coffin Club and make your own! If you are being buried, you may be wrapped in a shroud rather than using a coffin, but cremations must use a coffin. Embalming may cost between \$500—\$900 but there is no legal requirement for a body to be embalmed.

You do not need a funeral service at all, but if you choose to hold a service, this can be at a venue of your choice, not necessarily at the funeral director’s premises.

Organising your own funeral might sound like a grisly topic, but please don’t think funeral insurance is necessary. Look at other alternatives and make sure your preferences are documented. Your family might feel as if they are being disrespectful if they go the DIY way off their own bat, but they are likely to be pleased if they know they’re carrying out your own wishes. For more information: <https://www.consumer.org.nz/articles/funerals>





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E: [rotorua@totalhearingcare.co.nz](mailto:rotorua@totalhearingcare.co.nz)

## Jenny Charleson

Phone: 021 101 8376

Email: [jennymch@outlook.com](mailto:jennymch@outlook.com)

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## Thank you so much to our sponsors!

### Age Concern Rotorua Council

Meet 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)

*Jo-Anne La Grouw* (Councillor)

*Annette McLeod* (Councillor)

*Margaret Ridgway* (Councillor)

*Yvonne Healey* (Councillor)

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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.