



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

Oct/Nov 2019

What's coming up?

Age Concern Christmas Party Wednesday

11th December 10:30am-12:30

Keep this date free! Come along and enjoy morning tea with volunteers, members, and staff of the Age Concern family. If you are able to bring along a small plate to share, your contribution will be most welcome. ■



Rotorua Lakes Council Concert for the Time Honoured Sunday 17th November 1pm—3:30pm

Tickets will be available from Monday 4th November. This is a FREE concert, however tickets must be collected from the Events Centre. Afternoon tea served at 1pm, concert from 2-3:30pm. ■

Intrepid Journeys Nov 28th 10:15am

Take advantage of the FREE public transport your Gold Card offers and join Maureen for another intrepid exploration. This trip will be on the No. 10 City Ride bus, Rotorua Airport/ Lee Rd, via Ngapuna and Owhata. We'll do the round trip and stop at 'Motion' for coffee and return to Arawa St by 12:10. If you're keen to participate please give us a call on 347 1539 or email admin@acrotorua.nz Give it a go! ■



Meet the Intrepids at the bus shelter by the library on Arawa St.



A pretty posy on the corner of Pukuatua and Tutanekai St.

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 Holiday Hours

Our office will close on

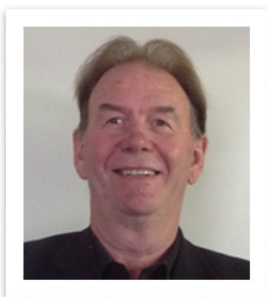
Thurs December 19th

& re-open

Tues January 21st

Wishing you all the best for
safe and happy holidays
and we will see you in 2020!

A Word from the Manager



Age Concern continues to be very busy and there appears to be no let-up in the variety of challenges, many of our own doing, we are faced with daily. The recent Trivia Quiz and Charity Auction was a huge success and that was in no small part because of the hard work and dedication of the staff and volunteers at Age Concern. The amazing businesses also came to the party and provided some wonderful goods for auction.

Trivia Quiz and Charity Auction was a Huge Success

The 25 teams all got into the spirit of the theme (A Night at the Races) and came dressed to the nines. Congratulations to the team from Specsavers (Spectacular) who came out on top with a winning performance and all the other teams for their support by coming to the event and getting into the spirit of things. As a fundraiser, it was very successful and we raised just under \$6,000.

Another Positive Ageing Expo for 2020

Following on from the success of the Positive Ageing Expo held last year we have again booked the Events Centre for 12th April 2020 and expressions of interest will be sent out soon but if you are a Not For Profit and would like to be part of the Expo just email me and I will add you to the list. In early October I was invited to the cheque presentation for the Good in the Hood promotion run by the Z Service Station chain. We were fortunate enough to be one of eight local charities selected to be part of the promotion with Z Fenton and Z Fairy Springs and we were given \$732 which will be put towards advertising costs.

Whole-of-Life Hub for the Elderly

Following a meeting with the Mayor, Steve Chadwick, and the President of Grey Power, Miriam Ruberl, we came up with a plan to make Rotorua more of an Age Friendly City by creating a Whole-of-Life Hub for the Elderly. To ascertain the feasibility of such a far-reaching facility we put in an application to the Office of the Seniors for \$6,000 to conduct a Feasibility study and the results of this will give us some direction for the future. The idea of the Hub would be that it is a one stop shop for everything related to the senior population and would include, but is not limited to, mental health, suicide prevention, scam identification, EPOA, wills, moving to a rest home, finances, housing, transport and health. All of us agree that the best place for all of this would be at Parksyde and we are also working with the Trustees of Parksyde along with the consultant with the task of looking at the role of the facility in the future.

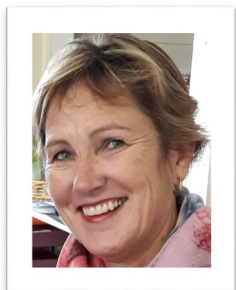
New Council Members

At our recent AGM, we were fortunate to attract some new Council members and we welcome Jo-Anne La Grouw, Margaret Ridgeway and Yvonne Healey.



People really got into the spirit of 'A Night at the Races' Trivia Quiz.

Sue White—AVS Co-Ordinator



Well the year is flying by and we have had a busy couple of months, especially with our hugely successful Quiz Night at the end of September, and then a lovely High Tea at Distinction to celebrate International Day of the Older Person.

Our team is working hard to ensure our members are well informed of Interesting events and activities around Rotorua so

please let us know of anything we can share on our Facebook or in our newsletter.

Staying Safe on the Road

I had a wonderful two days in Christchurch in mid September attending a " Staying Safe" course hosted by Age Concern Canterbury. Age Concern New Zealand has been awarded the contract to run these courses nationwide. I would urge anybody over 65 to head along to one of these courses which in Rotorua are held by the Rotorua Lakes Council as Agewise—a free road safety update for over-65s. It is not good enough to say "I've been driving for 50 years and never had an accident." The point is we are 50 years older, and unless I am alone in this matter, I am aware of several changes that are occurring as I age, and these affect my driving one way and another.

We continue to hear wonderful feedback from our volunteers and people they visit on how much they enjoy the connection. It is so easy to become isolated and we need to make sure we continue to connect with others. Please get in touch with us if you would love to have a visitor or know of somebody who might need one.



Launch of "Retro Rotorua 44" was a highlight

An absolute highlight for me was attending the launch of "Retro Rotorua 44" which is an amazing publication reflecting the social history of Rotorua told by many people who you will have met over the years. The host of the launch, which was held upstairs at the library, was Alison Brown who along with Ynes Fraser (the "founder") has been instrumental in collecting

the stories. Mcleods Booksellers stock the publications - there are three earlier ones as well. I had the pleasure of accompanying one of our lovely members, Beth Williams, who has two stories in the latest edition. It was fabulous to see many familiar faces at the launch.

Christmas Morning Tea

Please remember to pop the date for our Christmas Morning Tea in your diaries (Wed 11th Dec) and we look forward to seeing you. In the meantime enjoy all the beautiful blossoms around the town and the longer days. ■



Catching up with Jody Langdon



Since I last checked in with you all I have been a very busy bee. I have held three 'Life without a car' drop in's and 2 Mobility Safety Workshops. We held a mobility scooter course at Glenbrae and one at The Gardens and what a fabulous bunch of people. We had a smaller turn out at Glenbrae of 6 and 14 at The Gardens. It was so busy at the Gardens that I did not manage to get a picture to show you (I am in trouble with Lyn our marvellous newsletter designer, Sorry Lyn xx). I enjoyed both of their stylish and fresh facilities.

A warm welcome from village managers

Special thanks to Jenny and Sharon the Village Managers they were hospitable, generous, helpful and I commend both places for their warm welcome. It has been my privilege to hold our courses at these venues and it has been an interesting eye opener. My biggest advice to you right now is to put your name on a waiting list. Even if you are not entirely certain it is the path you will take, it is wise to have an option rather than none at all.

Mobility Scooter Course has been a collaboration

Our mobility scooter course has been a collaboration between Age Concern Rotorua, Road Safety Rotorua and The Mobility Centre. Where is that your ask? It is actually Life Unlimited on Lake Road. They are undergoing a rebranding that looks lovely and modern, look out for the new look of their van. The Mobility Centre have loaned us their manager, Fraser Heron to help with the course. I have enjoyed his input and valued getting to know him. Fraser is a kind, flexible and approachable man who has been freely handing out vast amounts of knowledge and practical solutions. Thank you kindly, Fraser.



Check out Fraser's new van!

Next Mobility Scooter Course—November 14th, Redwood Retirement Village

Our next Mobility Scooter workshop will be held over the other side of town at Redwoods retirement village on November 14th. I went out to meet the Village Manager Clare yesterday and once again I was welcomed with open arms. It is good to meet people out there who have chosen a career path to care for our older folk and they possess all of the qualities you would hope for.

Christmas Ramble December 4th @ Parksyde

Keep Wednesday 4th December free for a "Christmas Ramble" at Parksyde. This will be a fun get together for those with mobility scooters, a few activities to show off their driving skills, and meet likeminded people. Should be a most excellent day.

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

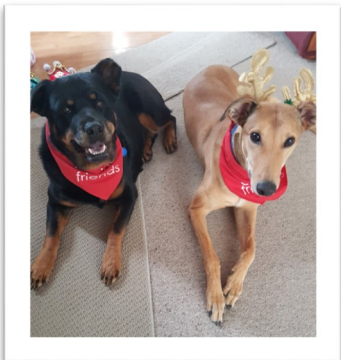
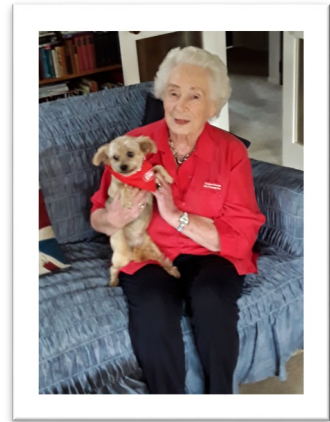
Canine Friends

Canine Friends is a national program, active in Rotorua since around 2009, says Liaison Officer, Julie Cowell, who has volunteered for the organisation since the beginning of 2010, starting with Cindy, a 10-year old English Pointer. "Cindy was just amazing with the elderly."

As Cindy aged, Julie trained Penny, a Rottweiler puppy who visited various rest homes in Rotorua until August this year. "Penny was very good at learning new tricks and performing them for all the residents." In 2015 Julie adopted a retired greyhound called Sunny and introduced him to the Canine Friends program. "Sunny took to it like the gentleman he is, visiting Redwood and Lara Lodge on alternate weeks. He is very good with dementia patients. Before Redwood, we visited Whare Aroha where we spent most of the time in the dementia wing. Sunny is such a quiet, calm dog, residents love to cuddle him and gaze into his big brown eyes. He seems to know which ones to spend more time with." Canine Friends has 11 active volunteers who visit Rotorua rest homes. "Size and breed is not important," says Julie. "The dog just has to be of a gentle nature and love human company."

"Once as I was leaving Mahoka Rest Home, a family member of one of the residents called me over to thank me for taking my dog to visit their 99-year old mother who just loves dogs and was so pleased to see them each week. The staff at the same rest home told me after one visit, 'You don't realise what a difference your visits make to the residents. After a visit they are a lot more relaxed and content.' It is lovely hearing comments like that and it makes it all worthwhile."

"You don't realise what a difference your visits make to the residents. After a visit they are a lot more relaxed and content." Visits are not limited to rest homes. One volunteer takes her dog into a school so that children can read to him.



Canine Friends are not limited to visiting rest homes. "One volunteer takes her dog into a school so that children can read to him and the school really appreciates it. The teacher said that the children competed for the dog to sit with them while they were reading."

Next week, volunteers will take Friends to Toi Ohomai to calm the students before end of year exams. They have also been involved with ball throwing for people with limited mobility, and involved in a program for "At Risk Kids" meeting at the Tree Trust where the children learn about dogs and take them for a controlled on-lead walk. "The children become "children" again once they start interacting with the dogs," says Julie. When Julie's husband suffered a stroke a couple of years ago, he spent seven weeks in hospital and

was missing the dogs so Julie asked if she could bring them in for him. The hospital agreed and Julie brought them in each weekend. "Some of the patients asked when I was going to bring them in again. The nurses agreed that they were 'certainly therapy dogs'."

"I had another lovely moment recently with my greyhound while we were visiting Lara Lodge. There was a lady there who had lost her husband recently and they asked me to make sure that she saw Sunny. When Sunny went up to her, sniffed her face then gave her a lick which is very unusual for him as he is not a 'licker', The lady was delighted as were the staff."

For more information contact Julie on 07 345 4435 or email juliennec@xtra.co.nz

Free fun—give it a go!

Crafting, Cuppa and Company @ Age Concern

It's not too early to start thinking about a handcrafted Christmas gift for someone special. **All materials are supplied** and no special crafting skills are required. Come on, give it a go!

Don't leave those Christmas gifts until the last minute! Join Maureen at Age Concern on Wednesday 13th November and make one of these stunning pearl bracelets. A perfect gift for a special someone. Or a pretty treat for yourself.



See what a pretty gift
you could make
(purse not included)



All materials are supplied!



My granddaughter did not
want to take these off!

All materials are supplied. There is no cost to make these and no special crafting skills are required. Members and volunteers are welcome—and bring a friend! Places are limited, so please call or email to book your space: 347 1539 or admin@acrotorua.nz
Where? Age Concern, 1333 Eruera St. When: Wednesday 13 November, 10am—12 noon.

Ode to Reg



We all knew/know an original 'Reg'

We had a quiz night recently and our MC extraordinaire was Reg—hat, form guide in his pocket, pencil behind the ear. He was playing a character, but secretly I think he was channelling his father and grandfather which was quite lovely. It got me thinking. How things have changed in this world. As the beautiful Bette Davis said “*Old age ain’t no place for sissies.*”

We all knew/know an original Reg. They mostly smoked, were often found in their natural habitat on their seat at the pub on a Friday night and Saturday afternoon. They drank often, came home to dried-up dinners in the

oven. They knew all about rugby, racing and beer and could fix anything. They loved to laugh, they could tell a rude joke and they had great mates. Spotted by liberal sheen of Brylcreem and a haze of Old Spice with small comb in the back pocket. They were generous in spirit and coin. They would often be seen buying a young person a sarsaparilla or a packet of chicken chips but you had to be careful not to get feathers caught in your teeth! They liked to show fondness with pet names; everyone was love, sweetheart or mate. They were hard workers and toiled long hours for their family. This modern world is tough for a Reg, new rules about political correctness, pronouncing words in ways that do not seem to stick. More out of habit than ignorance.

The modern world is tough for a Reg, new rules about political correctness, pronouncing words in ways that do not seem to stick, more out of habit than ignorance. Reg tries, but at times he gets it a little wrong.

Reg does realise some things are changing for the better and he tries, but at times he gets it a little wrong. He cannot smoke where he used to. His RSA is closed, his mates are gone. Some later model Reg's are adapting to technology and are pretty chuffed about it. It is the earlier model of Reg that needs the most help, he may never surf the internet with confidence because he gets all he needs on the wireless. His grandchild may have set up a Facebook for him that he can never find again.

His RSA is closed, his mates are gone—if you know a Reg, make sure he is OK

If you know a Reg, make sure he is ok. See if he needs any help with technology does he want to know what some of the new lingo means like; **Woke?** **FOMO?** **Ghost?** **Gucci????*** Appreciate your Reg every time you can as they have broken that mould. His day is not done, he has more contributions to make, more thing to fix, opinions to share, laughs to give and skills to share.

I am going to finish with my 'Reg's' favourite quote. “It is better to wake and pee than to pee and wake.” Wise words and I rest my case!

*Woke = Highly aware of social issues

FOMO = Fear of missing out

Ghost = To ignore someone on purpose

Gucci = Something is good or cool

Out and About

Trivia Quiz & Charity Auction

Our inaugural Quiz and Charity Auction night was a great success, raising just under \$6,000!



Mobility Scooter Training



These happy folk brushed up on Mobility Scooter Safety at the Gardens. Next training is at Redwood Village Thurs Nov 14. Call Jody to register your interest 347 1539.



with Age Concern

High Tea

Members and volunteers tucked into a sumptuous high tea at the Distinction to celebrate International Day of the Older Person.



Coming up at a Glance

- ◆ Concert for the Time-Honoured: Sun Nov 17th, Events Centre.
- ◆ Intrepid Journey: Thurs Nov 28th.
- ◆ Mobility Scooter Training Thurs Nov 14th, Redwood Village.
- ◆ Mobility Scooter Christmas Ramble: Wed 4th December, Parksyde.
- ◆ Age Concern Christmas Party: Wed 11th December, Bowling Club in the Government Gardens.
- ◆ Positive Ageing Expo April 12th 2020.



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

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, 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 Gold Card Skills undergo a Police Check.

The Restaurant of Mistaken Orders

Just opened in Tokyo, the Restaurant of Mistaken Orders only hires waiters and waitresses with dementia.



Staff may get orders wrong, but “if you go there knowing that, you won’t dwell on it too much – and it might change your perception about those suffering from the illness”. It also shows that dementia patients can be functioning members of society. One

commentator ordered a hamburger, but dumplings came instead. ‘I’m fine – dumplings came and I had a good laugh.’ One older woman shows her guests to a table and then sat down with them. Another serves a hot coffee with a straw. Yet another older woman struggles to twist a large pepper mill. Everybody at the table pitched in to help, and with cries of “We did it!” The creator, Shiro Oguni, says “Like everybody else, my awareness of dementia at first tended towards negative images of people who were ‘radically forgetful’ and ‘aimlessly wandering about.’ But actually, they can cook, clean, do laundry, go shopping and do other ‘normal’ things for themselves. The restaurant is not about whether orders are executed correctly or not. The important thing is the interaction with people who have dementia.” Two out of three Japanese with dementia live at home, conditions conducive to isolation. Many would rather be useful to the community than receive assistance. The restaurant gives them a cheery place to do just that.

[1] Shreena Unadkat, Paul M. Camic, Trish Vella-Burrows (2017) *Understanding the Experience of Group Singing for Couples Where One Partner Has a Diagnosis of Dementia*. *The Gerontologist*, Volume 57, Issue 3, 1 June 2017, Pages 469–478.

[2] <http://www.mistakenorders.com/en/home.html>

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Jenny Charleson

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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.