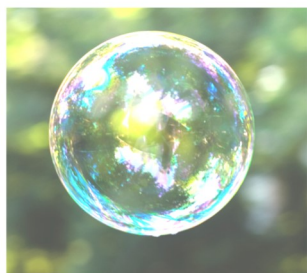


## 2020—the year of discombobulation

Here we are in the eighth month of 2020 and what a year it has been. Although we're able to keep up with global events through television, and online news or social media, it sometimes seems as if Aotearoa/New Zealand is suspended in a bubble quite separate from the rest of the world. Many of us may feel safe in the present, while at the same time troubled at what the future might hold. Due to redevelopment, we can no longer visit the lakefront



for a few moments of quiet reflection by the water and some of our iconic hotels have been fenced off for quarantining. Travel plans have been cancelled, sometimes multiple times, and if we have family overseas there is uncertainty around when we might see each other again. Added to all of these unsettling events, it is election year. Politicians have been coming and going; facts, fake facts and downright fiction have been flying. We can all be forgiven for feeling as if 2020 goes down in history as the year of discombobulation.

But, as we hear many older people sum up: "You just have to get on with things," and here at Age Concern we are forging full steam ahead. The next few months are looking beautifully busy. We have lots happening so make sure you check out the newsletter for information on:

• Out-and-About excursions (in our new van!)

• Intrepid journeys

• Breakfast@Social Club

• Our soon-to-be new location at Parksyde

• Positive Ageing Expo

• International Day of the Older Person

• International Day of the Older Person



The weather might still be chilly, but spring blooms promise warmer days are not far away.

### 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

**Make sure you are enrolled for this year's General Election**

**0800 367656, email [enquiries@elections.govt.nz](mailto:enquiries@elections.govt.nz) or visit <https://elections.nz/>**

## A Word from the Manager



### Back to some semblance of order

It's great to be back to some semblance of order and delivering our many and varied programmes as well as having people calling in each day. I am not sure where this year has gone. Soon we will be in spring and looking forward to summer again. Meantime, the rest of the world continues to struggle to contain Covid19. Hopefully, someone will finally develop a vaccine which will see an end to the virus and its devastating consequences.

On Friday 24<sup>th</sup> July, we had the delivery of our new 2020 Toyota Hiace 10 seater minibus and our thanks must go out to the Bay Trust, Rotorua Energy Charitable Trust, Ray White and Lakeland Disability Support Trust for their generous grants to make it a reality. The van will be used initially to take our members (The Out-and-Abouters) on trips to see local places and amenities. Trips have been planned to Waimungu, Maketu for a fish and chip lunch, Mamaku Blue, the Redwoods, Tree trust, The Landing, Blue Lake, the Secret Spot and much more as we move into Summer. More details in the newsletter.

### Social Connection

Social Connection is becoming a large part of the work we do with our members and we are at present seeking funds to create a new position within our small team here at Age Concern. The person we appoint will be involved in the planning of the many and varied social connection activities we provide. This also includes the overseeing of our Facebook page and our website which are great ways for our members to connect.

### Coming to grips with technology

The use of all forms of technology is becoming an area that we need to have our members up-skilled in, and I am pleasantly surprised at the number of seniors who show competence when it comes to the use of technology. It does seem to me however, that there does not seem to be a middle ground, you are either skilled at using technology or you won't have a bar of it and it stays in the too hard and complicated basket. It is pleasing to note however that younger elderly, those in their 60's seem to have taken technology on board and are pretty adept with most forms. Once again, it was during lockdown that many seniors were coerced into using IT if they wanted to keep in touch with family through Zoom or Snapchat or similar applications.

### Positive Ageing Expo

To date we have about 27 stall holders registered for our Positive Ageing Expo which will be held on Saturday 7th November at the Events Centre Foyer area (Grand Hall) from 9:30 until 3:00. We are hoping for around 40 stalls when we have finished so if you know of anyone who you think may be interested please get them to phone me on 07 347 1539.

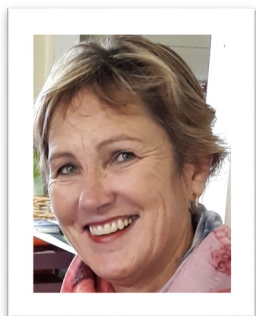
### Move to Parksyde

An agreement to lease has been signed and renovations at 5 Tarewa Place can begin. Our new location has great parking, is close to a bus stop and next door to Parksyde Community Centre for 55-plus, the age group Age Concern is also involved with. This is Stage One of the development of the Whole of Life Hub for the Elderly.



*Glenys Searancke, Age Concern Chair, signs the agreement to lease for the move to Parksyde.*

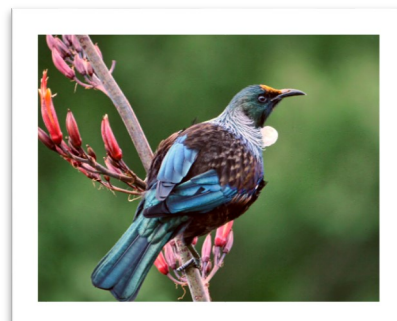
## Sue White—AVS Co-Ordinator



### A sense that Spring is in the air

Well, as I am writing this, I have a sense that Spring is in the air and we are just one month away from the official start of Spring. The cherry blossoms are out and the tuis are fat and happy. I love our transition seasons in Rotorua and get particularly excited when the bright new green leaves begin to unfurl on the trees. I believe the joy one can experience in the beauty

around is such a gift and certainly always lifts one's spirits. We are so fortunate to live in such a beautiful country and we are really excited at the prospect of getting "out-and-about" in our new van to enjoy our area.



### Enjoy each day for what it is

Our days in the office are very full with lots of calls and people popping in for a chat or requesting help and advice. We endeavour to help where we can and refer people appropriately. Our Volunteer Visitors / Shoppers do the most wonderful work out in our community. We love to hear how they are doing with their visits and enjoy the many stories of the positive benefits all round of these connections.

Whilst mostly life has returned to relative normality, we know many people are still feeling vulnerable. We do just need to enjoy each day for what it is and remain grateful for how lucky we are in NZ. So many of us have family overseas and the reality of not being able to see them anytime soon will be causing distress for many. It is not easy especially when our family is living in areas of high-risk.

### Sign up for our outings

Please sign up for our outings and events and feel free to let us know if you have any particular requests around events or outings. Remember to keep the 1st October free for **International Day of the Older Person**. More details to follow. We have a busy few months ahead 😊

**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**

### Library to You—a book delivery service from the Rotorua Library

This free service is available for customers who are unable to visit the library to collect their own books. This includes but is not limited to:

- adults over 70
- People with a health condition
- Adults responsible for caring for an adult within the home

If you fit this criteria and would like this service please call (07) 348 4177 or email [outreach@rotorualc.nz](mailto:outreach@rotorualc.nz) for more information.



# Catching up with Jody Langdon



## Connect the Dots

This year I became aware of a Charity in Auckland called '*Connect the dots.*' Look them up and I am sure you will be as inspired. I was intrigued by their "Toi Ako" Exhibition which celebrates the contribution our Kaumātua bring to the arts.

## Challenging the belief that art and art-making 'are not for me'

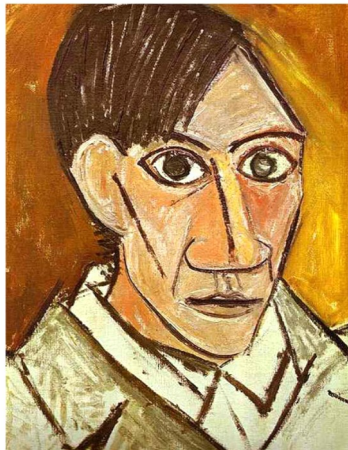
The '*Connect the Dots*' kaupapa focuses on social inclusion in the arts by challenging the belief that art and art-making 'are not for me' and that skill and knowledge are required. They teach all that is required and as long as you can move, you can paint. They also remove barriers like economic, physical and transportation.

I have always been a creative and you will likely find me in my garage creating something when I am not at work. This has prompted me to learn more about art therapy and its benefits. Currently I am working with the lovely Tabitha Ramsay on a Friday and she is just about to finish her post grad in Anthroposophical Artistic Therapies (try saying that 10 times!) Artistic expression can go so much further than relaxation and enjoyment. Some studies suggest that it can be valuable in treating a wider variety of issues such as depression, anxiety, PTSD and even addictions. It is a great way to express emotions without words, process complex feelings and find relief.



## Be brave—come along on the journey with me

Creativity provides opportunities for improved wellbeing, both on an individual and community level; it also gives makers a voice and a presence. Creating in a group can also form connections and just keep you included in the community. The focus of art therapy is on the process not the outcome, you may not become the next Picasso but you may just find new meaning and connection in your life and all you need is a willingness to experiment.



I would really like something like this for our older people in the community. Dementia Lakes and The Rotorua Arts Village are very happy to collaborate and grab this opportunity. I have been working on the logistics and Rory is furiously trying to find us some funding. Now we have a van, this opens up so much more! Stay tuned, be brave come along on the journey with me.

*"Every child is an artist. The problem is how to remain an artist once we grow up."*

*- Pablo Picasso*



## Breakfast@Social Club

Breakfast with Maureen on the last Monday of each month has proved a great success!



### Change of Venue

Future breakfast gatherings will be at the **Social Club** on the corner of Amohia and Arawa Streets (opposite Rotorua Primary School). As well as the breakfast menu on the left, the Social Club offers *ham or vegan toastie & coffee combo for \$10 or coffee & muffin combo at \$8.00.*

What a great way to kick off the last Monday of each month: there's no need to book or RSVP—just turn up prepared to enjoy good company, a

cuppa and great food in a colourful, interesting and vibrant atmosphere.

**Social Club** serves sustainable **free-range** meat and eggs, offers **vegan**, **vegetarian** and **gluten free** options and tries to **replace plastic** with biodegradable alternatives as much as possible.

**When:** Last Monday of each month

**Time:** 9:30—11:00am

### Upcoming dates:

**August 31st**

**September 28th**

**October 26th**

**November 30th**



## Intrepids

Explore Rotorua for **FREE!** Use your new **Bee Bus card** and join the Intrepids on **City-Ride** adventures. Get to know the local bus routes and the best places to stop for **coffee and cake**. Experience the freedom and different viewpoint of travelling by **public transport-FREE!**



### Where to meet

The Intrepids meet on the **last Thursday of each month** at the bus stop outside the library on Arawa St. Maureen, our wonderful volunteer, selects a destination to enjoy coffee and morning tea, and then return to the Arawa St bus stop. This is a great opportunity to travel on a City Ride bus and become familiar with our public transport service.

### Upcoming dates:

#### Aug 27th

Sequoia Eatery

Meet Arawa St, 9:25am,

Return to Arawa St 11:40am or 12:10

#### Sept 24th

Annie's Bakery & Café, Te Ngae Rd

Meet at Arawa St 9:55am, Bus No. 10

Return to Arawa St 12:10 or 12:40

#### Oct 29th

The Coffee Club, Redwoods Shopping Centre

Meet at Arawa St: 9:55am

# Out-and-Abouters

Join one of our new adventures!

Thanks to the support of Bay Trust, Rotorua Energy Charitable Trust, Ray White and Lakeland Disability Support Trust, we now have a van and we will be putting it to good use.

Come along and join the fun as we venture about our beautiful city, local attractions and the occasional jaunt further afield.

## Maximum of eight people at a time

We can only take 8 people at a time so it is first in, first served.

**Most trips will be 9:30-11:30am. Meet at Age Concern where possible, or pick-up may be arranged. Don't forget to bring a koha for petrol and \$\$ for a drink and a treat.**

**Call us on 347 1539 to reserve your place on one of the following excursions.**

*NB: While we will do our best to maintain the schedule below, occasionally plans may change due to unforeseen circumstances.*



## August-September Schedule

<b>Thurs Aug 13</b>	Rotorua Tree Trust	A little jaunt to see the Cherry Blossoms and then on to Te Puia for a cuppa.
<b>Wed Aug 19</b>	Waimangu Valley	Heading southwards for coffee at the revamped café.
<b>Wed Aug 26</b>	Mamaku Blue	A trip to Mamaku for morning tea.
<b>Tues Sept 1</b>	Buried Village	Morning tea at the Buried Village.
<b>Wed Sept 9</b>	Redwood Forest	A short, flat walk through the forest and morning tea in the café.
<b>Wed Sept 15</b>	Maketu Café	Fish & chips by the sea!
<b>Wed Sept 23</b>	Council Nursery	Pick up some plants for the garden
<b>Wed Sept 29</b>	Tyburn Monastery	Ngakuru retreat



## Newsletter costs

### The cost of printing and posting newsletters

We appreciate that not everyone has the means or the will to keep up with technology and receive our newsletter by email. There is no cost to Age Concern for distributing our newsletter by email. However, it costs about **\$4.00 to print and post** each individual newsletter and we are finding this ongoing cost difficult to sustain. If you receive your newsletter by mail, we would like to give you the option of:

- A. opting out of receiving a newsletter
- B. adding \$5 (or more if you choose) to your membership fee to contribute to the costs.

If you would like to opt out of receiving the newsletter please let us know by calling 347 5139. If you wish to continue receiving a newsletter in the post, you will have an opportunity to make a contribution when you renew your annual membership. Many thanks to those who have already given a koha by way of extra funds or stamped, addressed envelopes.

### Annual Membership—change of dates

To streamline the membership process, we have designated February as Membership Month. Membership renewal notices will be sent out at the beginning of February for that year. If your membership is due for renewal, hold off until February when everyone will be sent a reminder notice.

## Have you got your Bee Card yet?

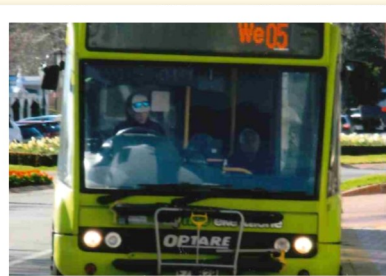


Load your SuperGold travel concession on to a Bee Card in order to keep enjoying your free bus travel.

Instead of showing your SuperGold card to a bus driver you'll

use your Bee Card, just like all other passengers, to tag on and tag off the bus using the card readers by the door.

For those SuperGold holders without access to the internet, we will be working with support agencies to help you out. Alternatively, talk to family and see if they can associate your Bee Card to a family account. In Rotorua, you can collect your Bee Card from the BOP Regional Council Office on the corner of Fenton and Pukaki Streets.



## Rates Rebates—from the Office of Hon Nanaia Mahuta

From July 2020, the maximum rebate and income abatement threshold of the Scheme will be adjusted by increasing:

- the maximum annual rebate from \$640 to \$655 and
- The income abatement threshold from \$25,660 to \$26,150.

These changes reflect the 1.9% movement of the Consumer Price Index (CPI) All Groups Index for the 2019 calendar year.



#### FIND US

5 Ti Street  
Rotorua 3010



LIKE US

#### CONTACT US

Phone: 027 5494 260

Email: [kiwicoffinclubct@gmail.com](mailto:kiwicoffinclubct@gmail.com)

Website: <https://kiwicoffinclub.co.nz>

Facebook: [www.facebook.com/KiwiCoffinClub/](https://www.facebook.com/KiwiCoffinClub/)

**Wednesday 7am - 1:30pm or by arrangement**

#### 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?

Volunteers and people on our SuperGold Skills teams must be police vetted.

**For more information, please give us a call on  
347 1539 or email  
[admin@acrotorua.nz](mailto:admin@acrotorua.nz)**

#### 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 or email [admin@acrotorua.nz](mailto:admin@acrotorua.nz)

*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.*



## Just Cook for Healthy Ageing

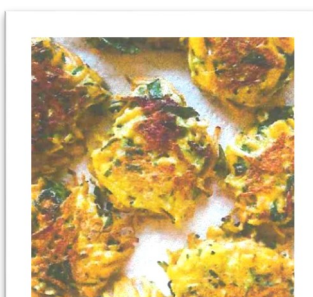
A fun, practical and FREE cooking and nutrition course for older people who have limited cooking skills and lost the confidence and motivation to cook.

Tilly and Judith, two of our Age Concern members, loved their sessions at Just Cook for Healthy Ageing.

“Did you know that plant-based food is naturally cholesterol free?” says Tilly. “This and other healthy ideas we learned and were able to put them straight into practice by cooking tasty meals. Judith and I went along to learn a thing or two and we were not disappointed! We were put into three groups, each one creating a different dinner, and then we all enjoyed lunch together. We made some tasty vegetable and tuna fritters and the recipe is below. They taste very good!”



### Vegetable & Tuna Fritters (serves two)



2 tbsp vegetable oil  
2 eggs  
6 tbsp flour  
95g or 1 small can tuna (juice drained)  
2 cups Mixed frozen vegetables or freshly grated carrots and courgette.  
Salt, pepper and a little lemon zest for flavour.

#### Method

Whisk the eggs into flour until just combined then stir in the vegetables, tuna and season with lemon zest, salt and pepper. Heat the vegetable oil in a frying pan over medium heat.

Using a tablespoon, place a spoonful of the mixture into the hot pan. Cook until golden brown. Flip gently and cook on the other side until golden brown.

To find out more about the classes, or to register call Tatjana on (M) 0273911633 or (07)3463299 or email [rotorua@nutritionfoundation.org.nz](mailto:rotorua@nutritionfoundation.org.nz)

### Keen on Board Games or Cards?



Join Denis and a small group of enthusiasts for a cuppa, companionship and some gentle competition!

Give Denis a call: 0272403222

*“Don’t wait—the time will never be right”*

*- Napoleon Hill*



Next time you’re in town pop in for great coffee and a delicious foodie treat!

Artisan Café  
1149 Tutanekai St, Rotorua  
348 0057

## 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)

## Thank you so much to our sponsors!

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Community Post

Eric Hattaway Trust

Four Winds Foundation

Geyser Community Foundation

Grassroots Trust

Tindall Foundation

Infinity Foundation

Lakes DHB

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Southern Trust

St Joan's Trust

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Working Together More Fund

Ray White Real Estate

Z Fenton



## JOIN AGE CONCERN and enjoy these FREE GIFTS!

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

### 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 wish to receive a newsletter ☐

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 email this form to Age Concern, PO Box 1605, email [admin@acrotorua.nz](mailto:admin@acrotorua.nz) or drop it into 1333 Eruera St, Rotorua. You can also join online at <https://www.ageconcernrotorua.org.nz/>**

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.