

Parksyde House 5 Tarewa Street ROTORUA Phone 07 3471539 admin@acrotorua.nz Feb/March 2021

## Welcome 2021



A glimpse of our new space.

So here we are in our new light and bright premises. We loved working from 1333 Eruera St, but what a delight it is to be able to look out unbarred windows and see sunshine, greenery and even some flowers!

Mega apologies if you had trouble contacting us by telephone. We had issues with the phone system right up until the end of January. So sorry for any inconvenience. All is up and running now, however, and our work space is working at last.



Check out your invitation to our garden party below left.

# **Grand Opening**—Break out your bonnets! **Elevenses** on the Lawn—you are cordially invited.

Break out your posh **frocks** and **hats**, girls! And gentlemen, if you have a boater hat, a flash jacket and a **boutonnière** (or any other cool combination), join the fun! You are **cordially invited to our garden party on Thursday 25th Feb** to help us celebrate our new space.



#### 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

Social Connections
Coordinator
Katreece Lewis
connect@acrotorua.nz

Administration
Lyn Rasmussen
admin@acrotorua.nz

Office Hours Tuesday to Thursday from 9.00am to 2.00pm

## A Word from the Manager



## Looking forward to 2021

The holiday season has been and gone and we were blessed not only with beautiful weather but also no lockdowns or disruptions to our daily routine. Age Concern staff moved into our new premises at 5 Tarewa Place before the break and looked forward to a new beginning in 2021 as well as welcoming our new Social Connection Coordinator, Katreece Lewis.

### Expo 2021 will be at Parksyde—March 20th

We made the decision early on to hold our Positive Ageing Expo which was post-poned twice in 2020 due to Covid, in March 2021, but because of a reduced grant amount we were unable to have it at the Events Centre but opted for Parksyde. Most organisations who had signed up for the initial Expo did so again and could appreciate that the new venue could be of greater benefit with the foot traffic of over 800 a week going through Parksyde. Our Expo will still have the number of organisations that deal with the elderly and it will be a great place to access all the necessary information on life beyond 60. Keep this date in mind—Saturday March 20th 9am—3pm.

### Getting to know your devices



Age Concern have been given some funding to provide 10 seminars over the year to assist with the upskilling of our members in the use of, and value, of of devices they possess. Initially we had the idea of using students from the local High School to come and work individually with our members requiring support but research tells us that older adults would rather be mentored by tech savvy other adults. So, we have a dilemma, mind you a good dilemma to have. So, what we have decided to do is ask the client what they would prefer.

## Pop in and say hello at 5 Tarewa Place next to Parksyde

We would love to have you visit us in our new premises. If you are passing or are at Parksyde for your exercise or activities please pop in and say hello. One of our goals for this year is to increase our membership and it was one of the reasons why we moved from Eruera Street so that we would be more visible, be more easily accessed and

have increased foot traffic. We believe that for the membership cost of only \$15:00 per annum members get a wide variety of programmes that they can take advantage of so if you have any friends that you think may benefit from being a member please ask them to ring or pop in.



Let's all hope that 2021 is a better year than last year and that the promised vaccines do their job and the world gets back to some sense of normality.

Keep safe.



## Sue White—AVS Co-Ordinator



### We have hit the ground running!

Well we sure have hit the ground running! Happy New year to you all. Our new home in Parksyde House is already proving to be a very good move in that we have had so many more people popping in to say hello and check out what we do. We are loving our new, bright and cheerful space!

#### Seize the moment

What glorious weather we are having. As many of you will know by now I am "solar powered" so am revelling in the summer weather and making the most of the lakes and

also the beach. I had a wonderful 10 days camping right on the beach so got my full charge of sea swimming although with all the talk of sharks in the area was possibly a little more cautious than usual. I have managed some excellent walks as well in the forest and beyond. It was a joy to have all our girls and their families with us for Christmas although I am constantly mindful of so many in our community and abroad who have not been as fortunate with all the restrictions on travel courtesy of Covid. We do have to "seize all the moments" possibly more than ever before as the impact of Covid affects us all in some way or another.

#### Having a purpose in life is important

I was listening to the radio on my way into work and heard a lovely concept which I thought worth sharing. The discussion was around the longevity of many Japanese people and the word used to explain it is "Ikigai" which loosely translated is a "reason for being". The word refers to having a direction or purpose in life which makes one's life worthwhile and towards which an individual takes spontaneous and willing actions giving them satisfaction and a sense of meaning to life"

## Connect with the small things that bring you joy

On reflection I realized that this is something that is constantly changing for us all and especially when going

through big life changes. We realign ourselves, and quite tiny steps connecting with the us joy, and to build on those. I year ahead will bring you joy regardless of your circumwill lead to opportunities for things". Keep connected with



need to intentionally often it just involves small things that bring really do hope that the in the "little things" stances as I know that joy in the "bigger those around you. We have opportunities within Age Concern for you to be able to do that.

If you are able to get out and about on your own — the lakes are full of activity at the moment and it is a joy to watch people out making the most of them. Even if you are not keen to swim, there is generally a spot in the shade and a bit of a breeze off the water to cool you down.

The lakes are full of activity and the Government Gardens are looking pretty.

## Catching up with Jody Langdon



## Dip your sponge!

Dip your sponge, resist temptation to squeeze out the water and wet across your paper in smooth strokes. With this repetitive movement each week to set up our painting, it told both our mind and our body we were about to paint something.

### Plunge, dab, swipe and repeat

Brush plunged into a short Agee jar of water, wipe off the excess on your sponge. Dab in the blue paint then swipe your brush in a clockwise direction to form a circle on the page edge. Your arm crosses your heart promoting a

rhymical response. Plunge, dab, swipe and repeat. Every time making your circle smaller. Heart strokes our tutor Tabitha called them. When you stop thinking and fall into the rhythm of your brush moving across the page and spreading the paint, your breathing changes too. It was relaxing. Before we knew it, we had 15 minutes of utter silence as we all zoned out and nothing came between us and the page.



Nothing came between us and the page.

#### The water is alive on the page

When you first put paint to paper it can be quite a shock as the water is alive on the page and spreads and moves your paint in ways you cannot completely control. Strangely, I felt a little frustrated to start. I think that

was the point. Learning I cannot control everything. Tabitha kept saying there is no wrong and I always tried to fight it. I feel that changing already.



You fall into the rhythm of your brush moving across the page.

#### Fifteen minutes quickly became 35 minutes

Fifteen minutes quickly became 35 minutes. I was amazed, I know some of these wonderful women and quite a few of us are blessed with a high ratio of words per minute given half a chance. It meant we were concentrating. It is so wonderful to be able to hold this course and I really appreciate the people who put their hands up to do something new. It is equally as fabulous to hold it in the creative hub of our community, The Arts Village. Delicious coffee and muffins too!



The Arts Village—the creative hub of our community

### But wait, there's more from Jody—the best éclairs in the world!

Oh, the lengths I must go to for you lot! Here I am risking allergy and waistline to ensure I am bringing the best éclair recipe in the world to you. This all started on our very last day of work for 2020 as we sprinkled a bit of Christmas joy to unsuspecting randomly selected members. Katreece and I popped into see one of our members, Jenny, who like many, has lost much of her mobility. She is sitting on her walker in her kitchen and successfully making the best chocolate éclair I have ever seen! Much of it with one hand as she steadies herself with the other. Is there nothing this woman cannot do?

### Jenny is an absolute delight

Jenny is an absolute delight, with an infectious laugh that I suspect has not changed since she was a giddy school-girl. Her eyes always sparkle, and I have never heard a negative phrase from her lips. She always wears a similar colour lipstick to the one I wear, and her hair is fabulous. But why am I describing her to you and not showing you? She has banned me from printing her photo, which by the way was stunning. Typical Jenny and not wanting to make a fuss. I am not making a fuss, but I am celebrating her. Thank you Jenny for sharing. Jenny was a registered nurse, just like her Mother, Marjorie. They would have been fantastic nurses. Both of them got the opportunity to chase a dream and open a café on Arawa street in the late 60's. It was called the "Singing Kettle." Jenny is very much a lady with her turn of phrase but every now and then she drops something like " What a load of bulls wool! " which completely reflects that sparkle I told you about. I always laugh when I am with Jenny, she is a bucket filler.

## Could it be that easy?

Both ladies had been described by customers as 'too genteel to have a café'.' I suspect they were generous with their spirit, kindness and portion size. It would have been both fabulous in food and in welcome. Jenny, like me, had not had much success with her choux pastry and she was getting rather sick of feeding the birds with the failed eclairs. She met a traveller one day in the café who must have overheard about her bird feeding and he took her out to the kitchen and showed her a trick. She was stunned by its simplicity and wondered could it be that easy? It was and she still uses it every time to this day.

## Oh, the pressure!

Jenny is high on my list of role models and I want to be just like Jenny when I grow up. You will all have to come along to the Garden party where I will be debuting Jenny's recipe. I will either be feeding you... or the birds! Oh the pressure!

## Jenny's fabulous chocolate éclair recipe

Jenny's recipe is Top Secret, but we've snuck it into the newsletter on page 8.

Jenny working undercover to turn flour, butter, water, sugar and vanilla essence into something magical. Find Jenny's recipe on page 8.



## Ready for a new experience?

As we get older and our lives change, loneliness and feelings of isolation can creep in. It's not always easy to take yourself out and about, especially if you're on your own, but if you're feeling lonely and isolated please think about joining some of the opportunities below. Meet old friends, make new friends, or simply enjoy a new experience and the companionship of others in a safe environment.

#### SKYRIDERS—A NEW venture for the adventurous—last

**Wednesday of each month** Take advantage of the Gold Card discounts and enjoy gondola rides and discounted items at the café at Skyline Skyrides. Meet in the terminal carpark @11.15am or catch the bus from Arawa Street. For more details please get in touch 347-5139.

#### Breakfast@Social Club—last Monday of every month



**22nd February** at the Social Club. No need to RSVP—just turn up 9:30am for a \$10 breakfast or \$8 muffin and coffee deal. The Social Club is on the corner of Arawa and Amohia Streets, opposite the Rotorua Primary School.

#### **Out-and-Abouters Weekly van excursions**

Join Katreece for town-and-around-and-occasional further excursions in our comfortable van. Op-shopping, plant-gathering, fish-and-chips at the beach and exploring our fabulous city are just some of the adventures on offer. Check out the schedule on page 11.

#### **Intrepids-last Thursday of every month**

City-rides with Maureen. No need to book, just turn up at the bus stop in Arawa St outside the library. Take an easy ride on our marvellous public transport for FREE using your Gold Card/Bee Card.



25th February 9:15am, return time

11:50am. Coffee-and-cake jaunt. Head out to Ngongotaha village and Café Dynasti.

<u>25th March Meet at 9:25am for morning tea at 'Baked' in Tyron St.</u> Return to Arawa St 11.05.

## Age Concern Rotorua Services

#### **Accredited Visiting Service (AVS)**

Providing companionship and support for older people living in the community by matching them up with a regular volunteer visitor.

#### **Assisted Shopping Service**

Designating a volunteer to take an older person grocery shopping. People must be able to use their bank card.

#### **Total Mobility**

Total Mobility assists people with impairments to become more mobile and active in the community. The scheme provides discounted fares through approved taxi companies for eligible members who otherwise have no, or limited, access to public transport. Cost: \$25 for an assessor to visit you in your home. \$20 for a telephone assessment.

#### Age Concern Odd Jobs

For people needing minor work around their home in return for a modest fee. Gardening, lawnmowing, basic repairs.

Smaller jobs only.

#### **Community Connections**

Helping older people to connect with each other and their community—getting to know local bus routes, monthly Breakfast Club and outings in our Out-and-Abouters van.

We also have occasional movie dates, catch-ups over a mug of soup, coffee etc.

## Kia ora from Katreece



## A sunny, fun day with Out and Abouters

Kia Ora Everyone—last week I had the exquisite pleasure of getting out of the office and spending a sunny, fun day with a lovely bunch of 'Out and Abouters'. We visited Te Amorangi Rotorua Steam and Settlers' Museum in Robinson Avenue in Holdens Bay where we meandered through the exhibits and remembered the way things used to be. Those who accompanied me turned out to be

an extremely well-informed group of personal tour guides.

### Remembering the way things used to be

I learnt about party lines and the manual telephone exchange system, as one of our 'Out and Abouters' used to be a switchboard operator. We leafed through bad hair do magazines from the 1950's and 60's, I learnt about of Rotorua shops and personalities that are no more and marveled at the pre-inflation price of everything. We perused the products in the general store some of which have disappeared for good and some brands that are still completely recognizable. I learnt from a former nurse that in the good old days they warmed the metal bedpans for their patients, now that's service! My 'elder' guides quizzed me on bits of antiquated household equipment like rotary bean cutters and butter churns – and had a giggle when I got them wrong.

### We finished up with scones, sandwiches and coffee

We finished up with scones, sandwiches and coffee...and everyone agreed it was much better fun than watching old reruns of Emmerdale Farm! So...if you want to get onboard and get out and about with some pleasant company, check out our schedule on page 11. Most trips are cheap or free (though a koha, keeps us ticking) All you need to do is give us a call to be included – we can even pick you up if necessary. This is a YOU orientated service. If you have ideas on what would be a fun day out, if you

know secret spots and hidden gems of places to visit, if you have a hankering to go and do something and think others would enjoy the experience – get in touch with us, and we will find ways to facilitate.



Above: Betty rediscovered her skills as a telephone operator. Some people might have liked the opportunity to catch Denis in the stocks.

"Thank you Jody and Katreece for taking us on another lovely outing, thoroughly recommend and encourage all members of age concern to go to these outings lots of fun and a great way to meet new and interesting people, so nice to be driven in the new and comfortable van. Special thank you to Katreece for the yummy sandwiches and delicious scones, Rory you have four amazing ladies working for you" " - Christine

## Cont from page 5

#### Jenny's Fabulous Chocolate éclairs

1 cup of water3oz (85gm)butter5oz High Grade flour1 dessert spoon of sugar1 teaspoon Vanilla essence

- Use a pot the size of a bread-and-butter plate
- Put cold water and butter into a pot. DO NOT touch or stir. Wait until the mix bubbles to the top and very nearly boils over.
- Add sugar and vanilla to your beater bowl.
- Add your sieved flour to the water and butter mix in the pot and stir like mad as it will stick and continue on low until the mix leaves the sides of the pot
- Remove from the heat and leave to cool for about 10 minutes, add to your beater bowl and with a mixer add eggs one at a time.



Jenny's chocolate éclairs are light as air!

- Drop mixture onto Baking paper with a big spoon. This recipe will do 12 puffs.
- Cook 180C fan bake for about 20mins, use your own discretion as you will know your oven and you may need to lower your temp.
- Top with your favourite icing or chocolate
- Top Tip: Cool for a bit and split straight away as it makes it easier for later.

## What a superb opportunity! Check out this unique Raffle!

\$2 each or three for 5\$





Old Mother Hubbard is a topsy-turvy doll lovingly crafted by one of our talented volunteers. Like any good woman, Old Mother Hubbard changes her personality with her dress and accessories, transforming into other magical fairy tale characters including Little Red Riding Hood and Little Miss Muffet. She really has the potential to become a treasured, family heirloom.

We are raffling Old Mother Hubbard as a fundraiser. Tickets are \$2 each or three for \$5.

Purchase tickets in our office or at the Garden Party on 25th Feb. The winner will be drawn at our March Expo.

## Photo-ops!

We enjoyed a beautiful sunny day for the official welcome to our new space at Parksyde



## Leaving a bequest to Age Concern Rotorua

#### Have you ever considered leaving a bequest to Age Concern Rotorua?

Age Concern Rotorua is a charity and relies on the generosity of our community to raise over 88% of the funding required to deliver our essential services and support. Any bequest left to us, no matter now small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help. A bequest to Age Concern Rotorua allows you to leave a legacy long after you have gone. It is the ultimate act of kindness and caring you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift in your will to Age Concern Rotorua is to speak with your solicitor, who can ensure that your estate is distributed in a way that honours your wishes. To leave a bequest to Age Concern Rotorua we recommend the wording:

"I give Age Concern Rotorua District Incorporate the sum of \$xxx (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Rotorua will be sufficient receipt and discharge for my trustees."

If you would like to leave us a bequest in your will, these are the official details you will need:

Legal Charity Name: Age Concern Rotorua District Incorporate Charity Registration Number: CC26937.

If you would like to talk to us further about leaving a bequest to Age Concern Canterbury and the difference it will make, please contact Rory O'Rourke (07) 347 1539.



## **Form of Bequest**

# TAKE OR SEND TO YOUR LEGAL ADVISOR FOR INCORPORATION IN YOUR WILL.

I GIVE TO Age Concern Rotorua District Incorporate, 5 Tarewa Place, Kuirau, Rotorua 3010, for its general purposes the following amount: (in words) OR Percentage/Portion of my estate: (in words) OR Description of Assets, Property Shares: (in words) And the receipt of the Chief Executive or other authorized officer shall be a sufficient discharge to my executor. (Mr/Mrs/Miss/Ms) Name: Address: This is not effective until written into your Will which must be signed. Please let us know if you make a bequest so we can thank you personally.

#### **Odd-Jobs Update**

We are so grateful to have a handful of folks, most of whom are retired, to help other seniors in our community as part of our Odd-Job service.

It's important to keep in mind, however, that the services offered are for minor jobs only. These might include tasks such as changing light bulbs or hanging pictures/mirrors, minor building repairs—perhaps replacing a broken panel, rehanging a cupboard door etc., plastering and painting a small area, Likewise gardening involves small plots that can easily be managed by an older person. Gardeners may not be able to dispose of green waste and heavy work is beyond the scope of our handyfolk.

Our electrician undertakes smaller tasks—oven repairs and replacing elements, installing power points etc. Rewiring or working at higher levels (requiring climbing ladders) is not included. None of our handyfolk are able to tackle exterior work at 2nd-storey level and climbing ladders is not preferred.

At present we do not have a plumber in our service but we are able to make a recommendation.

Things to remember if you need a handyperson:

- Please give clear instructions about the job you need doing—both you and the handyperson need to understand exactly what is required.
- Remember the handyperson may have to make several trips, especially if equipment needs to be purchased.
- The fee for any work is agreed between the customer and handyperson before the job is begun. Our handyfolk s' charges are very reasonable but begin at \$25 per hour.
- This agreement is between you and the oddjob person.





## Willing and Able to do Odd-Jobs?

Are you a handyman/retired builder, plumber, electrician, bricklayer, gardener or similar who is able to undertake minor home repairs, gardening, hedge-clipping, lawnmowing etc in return for a modest fee?

All our odd-job people are police vetted.

For more information, please give us a call on 347 1539 or email 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

## Fred's Car Wash

Does your vehicle need grooming?

Tuesdays 9am-1pm at Parksyde Car Wash **\$20** 

Full groom **\$70** 

(Fred will need your vehicle for the day)\$50 and \$60 options also available.(these prices are subject to change depending on the size of the vehicle)

Fred loves grooming cars and he will look after your vehicle as if it is his own.

Give Fred a call 021 152 4562





"I have a great curiosity to see new things, but not to own them. It's very peaceful this way, and one of the nice things about getting older." —Lee Radziwill, socialite

"Getting older is fine. There is nothing you can do to stop it so you might as well stay on the bus." —



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

Artisan Café 1149 Tutanekai St, Rotorua 348 0057

## Keen on Cards?



Join Denis and a small group of enthusiasts for a cuppa, companionship and some gentle competition! Starting again 16 Feb 2021

Give Denis a call: 0272403222



## FIND US

5 Ti Street Rotorua 3010



Phone: 027 5494 260

Email: kiwicoffinclubct@gmail.com

Website: https://kiwicoffinclub.co.nz

Facebook: www.facebook.com/KiwiCoffinClub/

LIKE US

Wednesday 7am - 1:30pm or by arrangement



The van has space for eight, so make sure you book early for your preferred outing. Come on your own or bring a mate for fun and friendly days out! Some excursions may have a nominal fee and a koha is appreciated to cover travel costs. Give Katreece a call on 347 1539 or email admin@acrotorua.nz

Thursday 18 <sup>th</sup> February	Magical Op Shop Tour A good old mothball, op shop rummage in search of treasures and necessities! Our van challenge is to find the 'tackiest item for a dollar'.
Wednesday 24 <sup>th</sup> February	Fish and Chips at Matata We'll take in the forest and lakes, wander out onto the sand, dip our feet into the water and finish off with a fish'n'chip picnic.
Wednesday 3 <sup>rd</sup> March	Mamaku Blue — Blueberry farm  A tiki-tour around the suburb, try some exquisite blueberry products and finish with a cuppa and a blueberry muffin or ice-cream!
Thursday 11 <sup>th</sup> March	Hamurana Nature Walk Sausage sizzle on the reserve, magnificent redwoods, pristine waterways and sausies on the BBQ!
Wednesday 17 <sup>th</sup> March	Rotorua Library — Coffee and Book Browse Peruse the new titles, browse through books and magazines. Your chance to get a library card sorted, finishing with a cuppa in the café.
Thursday 25 <sup>th</sup> March	Mini Golf Rotorua
Wednesday 31st March	Lake Okareka Jetty A chance to enjoy our great outdoors, wander down the boardwalk, enjoy the wetlands, relax with a cuppa and feed the ducks
Thursday 7 April	Basement Cinema/Movie

#### 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
John Turner (Councillor)

## Thank you so much to our sponsors!

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Grassroots Trust Tindall Foundation Infinity Foundation

Lakes DHB

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## 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.

Join NOW for your telephone and Broadband and receive \$50 your first month's bill and 5% of your regular payments will be donated to Age Concern in Rotorua.



Membership □ \$15 single □\$20 Couple

If you are unable to receive a copy of the newsletter online, please consider a contribution towards cost of print and postage. I wish to contribute \$...... towards newsletter costs

I would like to donate \$..... to support Age Concern services in Rotorua.

	Name	Ph	Date of birth
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Address	Email

PLEASE NOTE: We are <u>unable to accept cheques</u> and do not have EFTPOS. We can accept cash payments at the office or 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 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.