



Parkside House
5 Tarewa Street
ROTORUA
Phone 07 347-1539
admin@acrotorua.nz

June/July 2021

Sky Jumper!

No flying under the radar for Warwick Pryce



What a way to celebrate your 80th birthday! Adventurous volunteer Warwick Pryce, is throwing himself out of a plane to celebrate turning 80. Warwick will be flying high on Sunday 25th July in Taupo. This could be a great excuse for a road trip if you feel like a day out!

Sponsorship

As well as his contribution as a visiting volunteer for Age Concern, Warwick is also a volunteer for the SPCA, Blind Citizens NZ Inc, and is a driver for the St John. Our big-hearted Warwick had the splendid notion to use his sky jump as a fundraiser for Age Concern Rotorua, so we're all wracking our brains as to who might contribute. If you have any ideas how we can benefit by throwing Warwick out of a plane, please get in touch! 347 1539 or email admin@acrotorua.nz *We have been assured that no octogenarians will be hurt during the production of this adventure.* ■



Warwick Pryce is a man with a heart as big as the sky!



Volunteers! Celebrate National Volunteer Week with a bowl of soup at Age Concern, Thursday 17 June 11.30—1pm

Coming up!

A Volunteer Soup Celebration—June 17th

Celebrate National Volunteer Week with us! Age Concern volunteers, we would love to show our appreciation for all your hard work. Please come along to Age Concern, Thursday 17th June, 5 Tarewa Place at 11:30am—1pm and enjoy a bowl of winter-warming soup. Please RSVP Tuesday 13th June.

Elder Abuse Awareness Week

It can be hard to imagine anyone wanting to harm an older person, but sadly financial, physical and emotional abuse of older people is not uncommon. If you need support or advice around elder abuse, please contact Family Focus in Rotorua 346-2096. In support of Family Focus we will be disseminating information outside Countdown Fairy Springs Tuesday 15th June.

Subscriptions

Annual subscriptions are due by the end of June. If you haven't already done so, please pop into the office (Cash only) or pay online **38-9012-0590627-00.** ■

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

Pink Breakfast!



An 'in the pink' kind of day—thanks so much!

We came together for good and raised more than **\$500** for the Breast Cancer Foundation. Our contribution will support research, projects, resources and awareness focusing on breast cancer which has impacted so many of us whether as individuals or whanau members. Thanks to everyone who purchased tickets (including raffle tickets) and really got into the spirit of things with fabulous pink outfits. Ester Turner was deemed the Pink Winner!

Special thanks

Special thanks to Hilary, Barbara and Richelle at **Parkside Café** for the gourmet breakfast complete with nifty pink ribbon meringues, **Artisan Café** and **The Living Room** for contributing to the raffle basket. And thanks again to our lovely volunteer **Alysha** for her help on the day.



Age Concern Manager, Rory O'Rourke and Pretty-in-Pink Winner, Ester Turner.



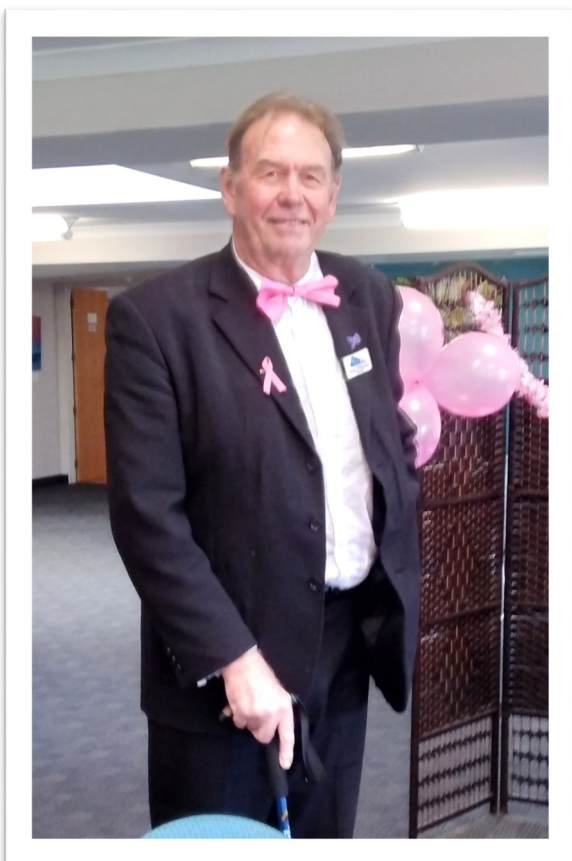
Kay McGregor—pink from head to toe!



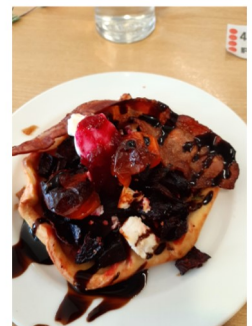
Three smiling Pink Ladies—Lyndsay Campbell, Ester Turner and Kay McGregor



Colour-coordinated delicacies—as beautiful as they were delicious.



The Boss—dapper in pink.



Age Concern and
Parkside Café Ladies
Welcome you to our
Pink Breakfast!

Pink grapefruit bubbly
Pink rhubarb, yogurt and homemade
granola
Retroot and feta Tartlet with bacon.
Pink rose meringue with tea/coffee
Thank you to Parkside for allowing us to use this
Artisan café and the Living Collective for
donations to prize.

A Word from the Manager



Eruera Street premises sold

If you have not heard yet we have sold our old premises in Eruera Street where Age Concern have been since 1986. During the 35 years since we have undergone many changes in both programme delivery and personnel. Initially we were only going to lease the building but we had trouble finding a suitable lease, so when we were asked if we would sell we jumped at the chance. We are all very happy in our new premises beside Parksyde and can keep an eye on the further development of the Service Hub for the Elderly. We have noticed a lot more foot traffic with people dropping in and have increased our membership and volunteer base.

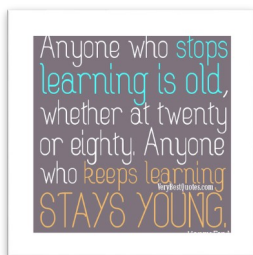
Major housing project for elderly

The sale of the house has left us with some funds to develop a major project and what we have decided to do is to use the funds to develop a Pocket Neighbourhood for the Elderly. A Pocket Neighbourhood is several smaller homes configured in such a way that they form a community of homes with a central space for social connection and communal living. Our idea is to offer these tiny homes to couples over 65 who do not own their own home, are perhaps renting and are finding it difficult to make ends meet. Age Concern would be the landlord and the rents would be at a manageable rate. Suitable housing for the elderly is a pressing concern nationwide and if we can do our bit to help the situation that would be great. We are all set to put things in motion but we obviously need some suitable land to develop our idea and this is proving to be problematic. The Rotorua Lakes Council is very supportive of the idea and have made moves to find us some suitable land but unfortunately the spare land they do have is not suitable or tied up in Reserve which is difficult to free up. If you know of anyone with suitable land, please get them to get in touch with me to discuss their expectations.



We are looking for suitable land to develop a pocket neighbourhood for older people.

Upcoming projects



Learning keeps you young!

Recently we have been successful in receiving a grant from the Rotorua Lakes Council Te Rakau Tu Pakari Fund and the funds will go towards two projects:

Project one is a series of Seminars (SENSEMS) dealing with subjects that are relevant to or elderly such as on-line shopping, internet banking, EPOA, recognising scams, transport options, moving to a care home, health options.

Project two is the purchase of a covered trailer for the minibus which will enable us to safely carry walkers and collapsible wheelchairs therefor enabling more people to become part of our Out and Abouts.

Events that are coming up and Age Concern will be actively involved in are Elder Abuse Awareness Day, 15th June, followed by a week, 15th to 22nd June and Volunteers week which follows on immediately following it, 21st to 26th June. We will be outside Countdown Fairy Springs on Tuesday 15th June (Gold card Day) disseminating information on Elder Abuse and our volunteers will be invited to drop in for soup and rolls on Thursday 17th June. ■

Sue White—AVS Co-Ordinator



Knitting is a great way to relax!

What glorious days we are enjoying and I am sure like me, you have a special place in your home where you can be warm and cosy as the temperatures drop.

I have been very busy knitting jumpers and beanies for my grandchildren and great nieces and nephews. I understand knitting is a very good way to relax! If you love to knit but maybe no longer have anyone to knit for please get in touch as there are many groups that

would love you to join them. We also have groups needing any spare wool you might have.



Whangamomona Hotel



Magnificent mountains

Try to enjoy new experiences

It is good for us to keep experiencing new things so that we remain interesting and engaged. To this end my husband and I just took a lovely trip to New Plymouth and drove back along the Forgotten Highway. We stopped at the Whangamomona Hotel for coffee and a pie and just enjoyed the journey.

Our office continues to be a place of much activity and we do love it when our members and volunteers pop in. We are looking forward to a special catch up with our Volunteers to celebrate National Volunteers Day. We have had our Covid vaccinations and trust most of our members have had theirs, or have a date lined up. Keep warm and cosy 😊

Seminars for Healthy Aging Heart Foundation Tuesday 10th August June

9:30-11:30am at Parksyde Community Centre, 9 Tarewa Place.

- What is dementia?
- 10 most common signs
- Reducing the risk
- Living well with dementia



Age Concern and **Parksyde Trust** have teamed up to deliver FREE seminars once every two months, designed to inform and assist healthy aging. FREE Parksyde Café coffee & muffin/scone for the first 30 who register for the seminars as they each open. Diary these 2021 dates: 10 Aug, 12 Oct. Understanding Dementia is supported by Rotorua Lakes Council.

To register email office@parksyde.co.nz or call 348 9892

A Home for Life

What should you consider when you're looking for a new home? Here are some of the things you could think about when you decide to make the move, whether you're downsizing, renting, moving into a gated community or into a retirement village.

Key points

- Tenure options
- Living arrangements
- Neighbourhood and community
- Indoor and outdoor space
- Age-friendly housing

What kind of tenure will suit you?

Ownership is the most common form of tenure, but it may not be your preferred option.

You may prefer to **rent**. Age-friendly rental housing can be hard to find, but your local authority or Housing New Zealand will be able to tell you what's available in your area. If you rent privately rather than from your local body or Housing NZ there may be less tenure security unless a long-term period is included in your tenancy agreement.

Many **retirement villages** use a form of tenure known as a **licence to occupy**. This means you own the right to reside at the property and use the village facilities. You do not own any land or buildings. You pay a sum up front for the licence to occupy and a weekly fee for village running costs. Before signing up to a licence to occupy, seek legal advice and make sure you're happy with the terms and conditions.

Make sure to seek legal advice and are happy with the terms and conditions before you sign any contract.

If you're thinking of buying an apartment or townhouse, tenure may be a **unit title**. It may also be part of a body corporate, which means you own the unit or flat you live in, but the common property is owned and run by a group to which you pay fees.

Other living arrangements

How about **setting up a flat** with a group of like-minded people? Some towns have [Abbeyfield homes](#) where older people share a house with the help of a

a housekeeper. Some areas have **kaumātua housing** or **papākainga housing**. Ask at your marae.

Intergenerational housing developments, where a mix of young families, singles, middle-aged couples and older people live semi-communally could be an option for you to consider, or sharing a **home** with younger family members either in the same house or in a 'granny flat'. Make sure the needs and expectations on both sides are fully and openly discussed and check with your local council about rules and regulations.

What are your wants/needs?

- Near to whanau/family and friends?
- Neighbours?
- Places and activities e.g. library, church, gym, swimming pool, bus stop?
- A large enough space for overnight guests?
- Space for hobbies?
- Storage?
- Garden?
- Is having an outlook important to you?
- How easy will it be for you to visit friends/relatives or have people visit you?

Age-friendly features

- Level section
- Raised garden beds
- No large trees
- Easy access to all entrances
- Single storey
- Wide doorways and hallways
- Level-entry shower
- Efficient, affordable heating source and good insulation.

Check out <https://www.lifemark.co.nz/> for a star rating to demonstrate how well a home or retirement village will suit you.

(This information is from 'A Home for Life' Information Sheet, Age Concern New Zealand. ■

Life in a Retirement Village

Gwyn Hanson, one of our awesome volunteer shares her experiences of retirement village life.

A positive experience

My experience of moving into a retirement village has been very positive. My husband and I moved into a village after retiring from business. We were living in an area away from our children and had few friends in the area. We quickly made friends with other residents, some of whom had been in the village for several years.

Our home was secure while we travelled

We joined in the many attractions available and found there was always something to do. We felt very happy and settled. We enjoyed travelling and felt our home was secure during our long holidays.

I was alone but surrounded by friends

Three years ago my husband passed away and I was alone but surrounded by many friends in the village some of whom had lost their partners. I felt supported by fellow residents.

"I felt supported by fellow residents"

During lockdown retirement village living came into its own

During the Covid lockdown retirement village living really came into its own. A whole new group formed. Thankfully the weather was good and we began walking in a group and holding get-togethers. We had birthday parties on the lawns—two metres apart, bring your own chair, drink and food! When "Takeaways" became available we ordered fish and chips and ate them on the lawn. We held an ANZAC day service and a singalong. It was a great time. We often talk about how lucky we were to be able to do these things when many people were isolated in their homes for months.

"We were lucky at a time when many people were isolated in their homes for months."

Due to my experience, I would recommend moving into a retirement village.

(Gwyn lives at Karaka Pines Regency Park Estate) ■

Connecting across generations

Toi Ohomai students learn about ageing



On the 5th of May we organised an Intergenerational morning tea between Age Concern members and Health students from Toi Ohomai. The students were learning about ageing and this was a real life opportunity for them to practice their conversational skills and meet elders in our community.

A heartwarming experience

Initial awkwardness for both age groups quickly melted away and before long there were positive friendly faces, smiles and laughs as both groups discovered the joy of speaking to others outside their normal peer groups. It was so incredibly heart-warming. The tutors and I, coming from different perspectives, enjoyed watching the intergenerational banter and commented on how moments like this break stereotypes for both the young and the old. We are hoping to organise an intergenerational outing next semester as so many of our members enjoyed spending time with the youngsters. ■



Catching up with Jody Langdon



It's not all doom and gloom

Often, it can feel like the News is all doom and gloom, and things that fill your bucket are few and far between. This week I sat around a table with some other community workers and everyone seated was there for the purpose of serving and helping others. We are incredibly lucky as a community and as country to be so well looked after.

Half-price taxi rides make a difference

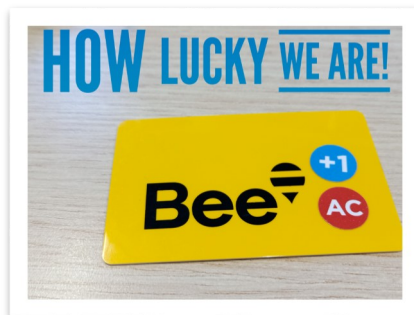
We were brought together by The Bay of Plenty Regional Council, and I can confirm they are also serving their community well and making good things happen.

Already, here at Age Concern we are Total Mobility assessors. This is an older scheme from The Bay of Plenty Regional Council and allows those eligible, an opportunity to pay half price for their taxi rides for as long as needed. I have seen the difference this can make to a person's day; outlook lifts and independence reigns supreme.

New concession card

Today, we learned more about the new whizz bang concession card. Most of you all are over 65, and with your super gold card you are already eligible for free bus riding after 9am and all day on weekends and public holidays.

From July 1st there is a new Bee card you can apply for. This card will give free buses at any time to all those permanently impaired or can no longer drive. There is no age restriction, but what could be of interest to you is that also there is provision for a caregiver to ride for free as well. There is no show without Punch!



If this sounds like something you or a friend could use, let us know. When the scheme starts you will be able to come into our office and sign up. Normally, it will cost you \$5 but a little birdy told me there will be an opportunity coming up where you can apply for free. Stay tuned!

Righto AC family, it is time for me get this in before Lyn starts chasing me with a stick. Mind you I could likely do with the exercise! Love to you all.

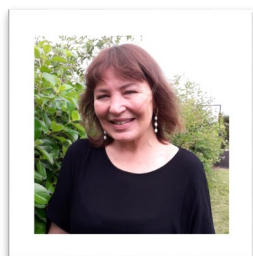
Subscriptions!

Join Age Concern or renew your subscription to make sure you keep up to date with our exciting adventures, interesting excursions and community connections!

Subscriptions are due by 30th June and will be renewable at the same time every year. If you've paid your subscription this year, your membership will carry on until June 30th 2022. Please contact us 347 1539 or email admin@acrotorua.nz if you're unsure.

Membership costs for one year: \$15 per person, \$20 per couple. If you wish to have a paper copy of your newsletter posted, this will be an additional \$5. Check out the last page of this newsletter for our membership form and details for payment.

Kia ora from Katreece



Intergenerational friendships are beautiful

I have a great many friendly acquaintanceships in my life – but very few true and dear friends. Featuring prominently amongst this select few is Ursula, or Mrs Prince as she is properly known; I was brought up in the 70s, when you got a clip around the ear for calling an elder by their first name!

I first met Mrs Prince well over a decade ago, when she and her late (and delightful) husband Lindsey, volunteered to read with low literacy students at the Children's Library where I worked. I very quickly became endeared to them both as I watched them weave their grandparently magic with our illiterate little rat bags. The students turned up to reading, they snuggled down, they listened, they learned, they discovered the joy of reading, and I am sure the delicious homemade biscuits and treats Ursula and Lyndsay rewarded the children with would be fondly remembered by those students who are most likely now parents themselves (and one hopes they read to their children as they were once taught).

Lindsey and Ursula also joined us on work jaunts and it was in these social settings we heard stories and snippets of their most amazing and interesting lives; Lindsey's childhood and his travels in Canada, Ursula's stories of being a young girl in Berlin at the close of the Second World War came to life in my mind like a Cinemascope movie and left me in awe at her very real life connection to times and events that I had only read about.



Ursula Prince and Katreece share a special friendship.

Memories of a life well lived

Over the years I have met and had friendly conversations with Ursula in random places, the supermarket, at the library, writers groups, more often than not... Reduced to Clear! And in latter years my partner and I have gone many times to Ursula's for dinner, where we are always fed something wholesome, nutritious, delicious, slightly vintage and made with loving care. Her home is like a wonderful archive of groovy 1970s furniture and art, the walls are adorned with treasures and memories of a life well lived. There is a picture of a young Ursula with drop dead gorgeous movie star legs in hot pants that reminds me each time I see it that old age will soon have us all. It's Ursula's 85th birthday this weekend and ruminating on why it is Ursula is my friend and why I so enjoy spending time with her, I came to this conclusion. She is funny, she is kind, she is stern, she suffers no fools, she is fair, she is wise, she is community spirited, she is independent, she is maternal, she is active, she is sharp as tack, she's amazing – a pin up girl for positive ageingand I want to be just like her when I grow up!

"She is funny, she is kind, she is stern, she suffers no fools, she is fair, she is wise, she is community-spirited, she is independent, she is maternal, she is active, she is sharp as a tack; she's amazing—a pin up girl for positive ageing... and I want to be just like here when I grow up!"

Weekly/Monthly Adventures

Out-and-Abouters: Going places most weeks How to get onboard

Just get in touch with us with us on 347-1539 or Email connect@acrotorua.nz

Let us know you want to go and we can discuss details of the trip. If you need transport support to get to our Headquarters on the day we will do our best to accommodate your needs - so don't be shy to come along; we always have a nice time. Check out our current schedule on page 11.



You need to get your name down early for our popular fish and chip trips!

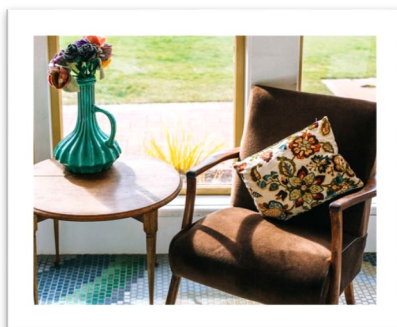
Skyriders: last Wednesday of each month

Take advantage of the Gold Card discounts and enjoy gondola rides and discounted items at the café at Skyline Skyrides. Drive out and meet in the terminal carpark @11.15am, or meet at 10:50am at the bus stop in Arawa St and cruise out on the bus. For more details please get in touch 347-1539.



Breakfast@Rotorua Arts Village Café: last Monday of the month

No need to RSVP—just turn up at 9:30am to enjoy a delicious breakfast, coffee, cake or other treat of your choice! The Arts Village is an iconic Rotorua building and a fabulous place to visit. Who knows, the experience may unleash your creative inner self. See what local potters, painters and crafters are up to, find a wee gift at the craft shop or take in one of the gallery exhibitions.



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.

OUT-AND-ABOUTERS!

Wednesday 16 June 10.30-12pm	Te Puia Cafe – Misty Morning Cuppa and catch up
Wednesday 23 rd June 10.30-1.30pm	Magical Op Shop Tour – Wander around secondhand shops/café pitstop
Tuesday 29 th June 11.30 – 1.30pm	Rotorua Citizens Club Hot roast lunch
Thursday 1 st July 10.00-1.30pm	Visit to Comvita Honey Paengaroa/ Cuppa and pastries at French bistro
Wednesday 7th July 10.00-12.00	Basement Cinema-Movie to be confirmed
Wednesday 14 th July 10.00-2.00	Rain or Shine- Fish and Chips at Maketu
Thursday 22 nd July 10:30—12:30	Lakes district Tikitour – A drive around Okareka and Tarawera – Cup of tea stop at the buried Village.

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**

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

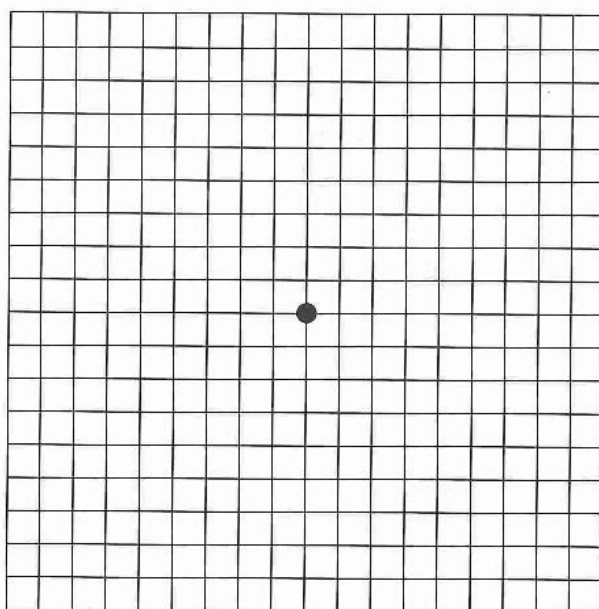


Macular Degeneration

Macular Degeneration (MD) is the leading cause of blindness and severe vision loss in New Zealand. MD is progressive and painless and, although MD can lead to legal blindness, it does not result in total or black blindness. MD is caused by genetic and environmental factors. Risk factors include age, family history, smoking and diet and lifestyle factors. Smokers are 3 to 4 times likely to develop MD, and smokers may develop the disease 5 to 10 years earlier than non-smokers.



Do you have Macular Degeneration?



Take this simple test regularly

- 1 Do not remove glasses or contact lens you normally use for reading.
- 2 Hold this grid at eye level, about 35cm (14 inches) from your face.
- 3 Cover one eye and focus on the centre dot with your uncovered eye.
- 4 Repeat with the other eye.
- 5 If you see wavy, broken or distorted lines, or blurred or missing areas of vision, you may be displaying the symptoms of Macular Degeneration. Contact your doctor or optometrist immediately.



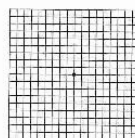
It's not a printing error, it's Macular Degeneration

Macular Degeneration (MD) is an eye disease that affects one in five people over 50 years of age in New Zealand. It can cause different symptoms in different people and can be hardly noticeable in its early stages.

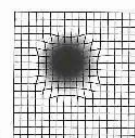
Symptoms include:

- Central or detailed vision with dark or empty spaces
- Images becoming blurry
- Straight lines appearing distorted or wavy
- Colours being hard to distinguish

This Amsler Grid can pick up early signs of vision loss. Try the simple test to see if you may be affected. Only an examination by a qualified eye care specialist can properly diagnose MD, so please contact your doctor or optometrist if you notice symptoms of this condition.



Normal vision



Vision of a person suffering from Macular Degeneration

For further information and support call the MDNZ's helpline **800 MACULA (622 852)** or visit **www.mdnz.org.nz**

Early diagnosis is crucial to prevent vision loss. For more detailed information, or to find out more about living with MD, contact
MACULAR DEGENERATION NEW ZEALAND
0800 622 852

Kaumatua @ Taupo

Local Kaumatua took another road trip—over to Taupo this time. A visit to Lavaglass, Huka Falls, the Honey Shop and lunch at Epiphany. The highlight of the trip was seeing the look on some of the ladies' faces who had never seen the falls. It's great to see the Age Concern van helping community connections. Thank you for the koha!



No-one wanted to leave the fireside at the [Honey Shop!](#)

The mighty [Huka Falls](#) held our kaumatua in awe

Keep Warm in Winter!

Keeping warm in winter brings with it some extra challenges. Here are a few suggestions to help keep you warm, well and worry-free during the colder months.

- Energy companies can help customers manage costs by spreading out payments over the year.
- The Disability Allowance, administered by Work and Income, can include a regular amount for power, gas and heating.
- You may be able to get an advance on your New Zealand Super for one-off heating costs.
- The Government offers subsidies for insulation and heating on all homes built before 2000. Community Service Card holders get higher subsidies. Contact www.energywise.govt.nz or call free 0800 358 676
- For advice on smoke alarms and other fire prevention measures Call your local fire
- Keep your day-time living rooms at 21 degrees C and bedrooms at 16 degrees C
- Reduce causes of humidity if possible, prevent draughts and consider whether the insulation or heating in your home can be improved.
- New Zealand Fire Service for advice on smoke alarms and other fire prevention measures. Call the

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.

Name: _____ (Mr/Mrs/Miss/Ms)

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.

FREE Presentation and Q&A (Ministry of Social Development)

CARER SUPPORT

- What is carer support
- How to fill in carer support forms

RESIDENTIAL CARE SUBSIDY

- What is the residential care subsidy
- Who qualifies
- Asset limits
- Gifted/sold assets
- Income
- Residential care loan
- Support for under 65s
- Personal and clothing allowance

Morning tea provided

When: Monday 14th June 10am

Where: Linton Park Community Centre,
16 Kamahi Place

Please RSVP to sup2dem-
lakes@outlook.com or phone 07 349
0053

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
admin@acrotorua.nz

Brickbats-Bouquets

Here's a little place in our newsletter for those times when you experience great service, acts of kindness and nice stuff in general. We're kicking it off with a lovely note sent to the Age Concern team. Please feel free to send along your own Good News snippets.



'Whenever I have any connection with Age Concern, which to me means being in the company of Jody, Sue and Lyn, I feel emotions of joy, pleasure and hope. Katreece is another special sort of lady. Wherever and however did such strong, diverse and personable ladies all end up together! It's a miracle and a mystery to me. Just beautiful!'

'Thanks to the lady on the front counter at Environment BOP who made getting my Bee card so easy, and to the bus driver whose cheery presence made this non-frequent bus traveller enjoy the experience of travelling by public transport.'

Thanks to the kind couple who break up pallets for firewood and deliver a trailer-load to someone in need. If you need a load of firewood give us a call 347 1539.

... and from The Weekender:

'Thanks to Glenn's Helping Hands for moving my husband's recliner at short notice. Seeing how tough it was for us that day, he did not charge us for their service. Thank you, Glenn.'

'To Annette of Lakes Dementia for helping us during one of the toughest times in our lives. Thank you for listening and taking action to help transfer my husband to a rest home. Most of all, thank you for your genuine concern, compassion and for restoring my faith in people.'

"I have reached an age when, if someone tells me to wear socks, I don't have to." Albert Einstein (1879-1955)

Rotorua Branch—Blind Citizens NZ Inc

We can help you in many ways ...

Helping you to deal with sight loss, products, mentors, outings, blind sports, coffee gatherings and much more...

For further information phone

John on 03 347 0966

“Our aim is to help blind, deafblind and vision-impaired people live the life they choose.”



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

Artisan Café
1149 Tutaneke St, Rotorua
348 0057

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FIND US

**5 Ti Street
Rotorua 3010**

CONTACT US

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

Age Concern Rotorua Council

Meet 5.30pm every 2nd Tuesday of the month at the Age Concern office, Parkside House, 5 Tarewa Place. 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!

ACNZ

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Community Post

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Four Winds Foundation

Geyser Community Foundation

Grassroots Trust

Tindall Foundation

Infinity Foundation

Lakes DHB

Lakeland Disability Support Trust

Lion Foundation

Lotteries Commission

Mercury Energy

NZ Community Trust

Pub Charities

Rotorua Lakes Council

Rotorua Energy Charitable Trust

Rotorua Rotary

Rotorua Rotary Sunrise

Southern Trust

St Joan's Trust

Tindall Foundation

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.

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.



Your Membership will help us provide valuable services to older people in our community

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

Address Email.....

PLEASE NOTE: We are unable to accept cheques 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 Parkside House, 5 Tarewa Place 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.