

## Welcome ...

To Age Concerns Newsletter for August/September. Gosh the year is going so fast. We have had a lot going on in the last couple of months with the rebranding of our logo as you will see in this newsletter and other aspects of social media. I personally like the new logo with the bright new colours. Our office team has changed dramatically with 3 new staff coming on board. We welcome Lisa Wilson taking over from the lovely Jody, Karyn Rogers (AKA Karena) taking over from our amazing Sue and Diana Walker who is our New Wellness co-ordinator. Diana will be going through our member list and contacting you all as a routine check up to see how we can help you. Mental health is just as important as staying active. This sometimes can get overlooked. I found growing up we were always told as kids just to just get on with things. Sometimes as we get older we still take this advice from our younger years. It's always good to talk to others and get things off your chest. Sometimes you may think it's not important and there is no point but it could be affecting your mood and health in a huge way. Mood can also affect your sleep. Restless or not enough sleep leads to poor concentration. We don't deal with things especially change when we are over tired. So be kind to yourself, try and stay active during the day so when your head does reach your pillow your body can rest and restore. If you're napping during the day you will find yourself struggling at night to sleep. Please reach out if you're feeling lonely. We all face challenging times but it's how you deal with it that makes all the difference. I hope you enjoy reading through our newsletter.



**Manager**  
**Rory O'Rourke**  
[manager@acrotorua.nz](mailto:manager@acrotorua.nz)

**Accredited Visiting  
Service Coordinator**  
**Karyn Rogers**  
[visiting@acrotorua.nz](mailto:visiting@acrotorua.nz)

**Shopping Service  
Coordinator**  
**Lisa Wilson**  
[coordinator@acrotorua.nz](mailto:coordinator@acrotorua.nz)

**Wellness Coordinator**  
**Diana Walker**  
[wellness@acrotorua.nz](mailto:wellness@acrotorua.nz)

**Administration**  
**Kirsten Harman**  
[admin@acrotorua.nz](mailto:admin@acrotorua.nz)

**Office Hours**  
Tuesday to Thursday  
9.00am to 2.00pm

## A Word from the Manager



I have been away from work with Salmonella which took 11 days before I started to feel better. During that time, I was able to do limited work from home, but it was quite debilitating. I read where there is a particularly terrible strain of stomach bug doing the rounds and those people who have been unfortunate enough to catch it have really

suffered, some up to 6 or more weeks. It is very contagious and can be caught in several ways from surfaces and airborne particles. Hygiene is most important and having suffered a stomach bug I would not wish this on anyone. Some people are even saying it is worse than COVID and the symptoms last longer.

Just before I left with my sickness, I had appointed 3 new staff to take the place of Jody Langdon and Sue White as well as someone to carry out the Wellness visits, we received funding for from the Lotteries Commission. Bad timing but all the new ladies have settled in wonderfully well and are already doing a great job in their respective roles. Karyn Rogers replaces Sue in the Visiting Service role and the Staying Safe, Lisa-Marie Wilson replaces Jody in her multitude of roles and Diana Walker is in the new wellness role and will be visiting you all at some stage to check on your health and wellbeing. If you would like to meet our new crew do not hesitate to pop in and say hello.

The good news is that we are beginning to make good progress on our tiny homes project. Sigma Consultants have been employed to do all the preliminary work and they have come up with some designs for the layout of the homes which our Age Concern Council are happy with and will be submitted to the Rotorua Lakes Council, along with foundation plans for Consent. Once the RLC give the go ahead we will inform our preferred builders to begin, and the building process can take up to 2 or 3 months. We already have several people who have expressed an interest although we have not opened it up yet.

Another event being organized by Age Concern is The Positive Ageing Expo which will be held on 24<sup>th</sup> September at Parksyde. This will be a similar format to the Expo we held last year and to date we have about 26 interested groups who would like to be involved. The event will be free entry and free to all the not-for-profit groups who deal with elderly and wish to take part.

## Tiny homes vision for elderly in need coming to some fruition for Age Concern Rotorua



Age Concern Rotorua's long, winding road to creating a pocket-sized neighbourhood for elderly in need is finally starting to come to fruition, after the purchase of a section of land in Ngongotahā.

The organisation wants to create a mini neighbourhood for elderly people in need that consists of tiny homes clustered around a common green space.

Age Concern Rotorua manager Rory O'Rourke said the section of about 511sq m was on Par-aone St in Ngongotahā and was dead flat, sitting about 50m from the lake and about 50m from a bus stop.

Three tiny homes would be put on the section at this stage, but Age Concern Rotorua would be seeking resource consent for a fourth. He said the previous owner of the section was not able to build the size of house they wanted and with increasing building costs it became out of their reach, so they decided to sell.

"We happened to be in the right place at the right time. It never went to market, we bought it privately because the person knew we were looking for some land, and it was a reasonable price as well."

O'Rourke said the water, power and sewerage were ready to go, and the Rotorua Energy Charitable Trust had been generous in supporting the project. "The trust is right behind the project and with the money, we have been able to hire Sigma Consultants to do all of our architectural engineering, planning work and presenting plans to council for consents." He said the process was in the early stages: "I have met with the architect from Sigma Consultants last Tuesday onsite to discuss what is needed, and they will let me know when they think it is appropriate to secure the buildings. "Once that gets under way it will take three months to build."

## Kirsten—Administration



Winter is definitely here with the cold wet days, This gives us hope in remembering spring is around the corner.

I have been fortunate enough to have taken 2 trips out in the van with our members, for the out and abouters with the first one to Mamaku Blue and a second to Tauranga Crossing.

With the road works continuing over in Bayfair and the Mount I was very fortunate to have google maps and of course my co –pilot Trish Bailey making sure we were headed in the right direction. We ended up traveling the main road due to road closures but in this made a great opportunity for us to call into the Chemist Warehouse. I could have spent many hours in this shop looking around a great place to check out.

We ended our day with a lovely lunch and good banter, I am looking forward to our next trip together.



### Memberships

Thank you members for renewing your subs, this is a small fee and helps age concern to continue with our services that we offer. We also give a extra thank you to those who made a extra donation to our organisation.

**Congratulations to Theresa Scheer...** For winning the \$50 grocery voucher member sign up completion. "What a fantastic surprise to get a phone call to say I won a \$50 voucher from your recent draw". A really lovely surprise that made the day lighter (good for the soul and also in this case the tum). My mum Nira, daughter Lisa and I will have fun sharing this.

(That's us in the photo)

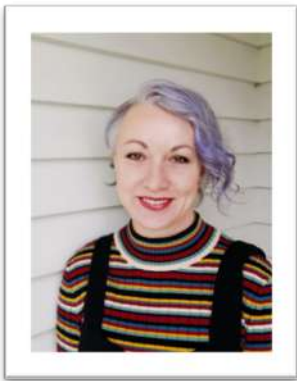
I also want to take the time to say a huge thank you for the difference your team through the work of Aged Concern makes to seniors living in our City. Your newsletters and other written materials are informative, useful and inspiring. Your support, help, advice and information is so appreciated, the variety of outings organised. The creative decor in your building with the photos of some of Rotorua's treasures (our elders) is great to see (and hear those stories) and you are all so welcoming!

You guys are amazing. Take a bow Team Aged Concern Rotorua.  
Many thanks and much kindness to you all  
Teresa Scheer

***Home is where the heart is & from the Heart of Lara Lodge we welcome you Home***



## Farewell to Jody



A new chapter for me and you,

I am not very good at seeing “age” I never have been. I seem to get drawn to the person rather than the skin they wear. Sometimes it feels like real connections are made, like we could have easily been friends. Then in the next breath, my mind is blown to find their youngest child is in their 60's

Although I may be terrible at guessing your age, I am noticing much about you. The way you recycle paper or cards so as not to waste, the love for your family on the wall or even the kindness you show to neighbourhood birds with the crusts on the lawn. You never know when you are being a role model to someone. I have made many home visits in my time at ACR. It is always a privilege to be invited into someone's home in their time of need. Trust on both sides. It is a window into your life, your values and what you hold dear. You share not only your situation with me but a big chunk of what was and is YOU. I try and do what I can to help, when it all boils down, the time given to each other is of the most value. Through your sharing I will carry many pearls of wisdom, cautionary tales, and little life road maps. I will keep them close, fold them on beautiful paper and tuck them away in the back pocket of my brain, if I don't need them today, I will certainly need them on another day.

You may have heard the news, don't worry if you did not, NO POUTING! This happened very fast. It is with much sadness; this is the last time I will be writing as an employee of ACR. This decision has not come easily, I will be leaving a much loved, secure part of my life. It has been a difficult year of change, grief, hardship and at times despair. I know I am not alone in this, in fact perhaps in blooming great company. I have never done things the easy way and comfortably true to form this is not any different.

Through all of this past year's battering storm and trials I have felt a tremendous pull. I keep coming back to it. Giving it side-long glances and wondering how I could make something happen? I have always wanted this career path but unwell children/responsibilities, change things. Now that my children are grown, I have decided not to let this go. I want to become a Nurse. I simply cannot continue wondering...what if? Or not wanting to say, I should have... Life does not happen by itself, we need to make it happen. Many of you have shown me that.

I am currently working hard for a position to start my Bachelor of Nursing. Before I can even learn to make a hospital bed, I must go back to school and do a bridging course. This starts in August or wait another year. I am feeling the heavy weight of time, and as my pal Elvis says ...”It is now or never”. This could either be the very best or the absolute worst idea I have had. I have no clue. I am stuck swinging between unending optimism and the feeling of cold, clammy hands of dread reaching into my stomach.

## Farewell to Jody ...continued

So, shoulders back and loin firmly tucked into a girdle. I take my first steps. If by chance you win the lotto, know a philanthropist? or can convince a billionaire that they need not buy another racehorse and here is a better opportunity.... They can help build a real Nurse, Me! I may not win any races but what could be better than having my care for someone you love? This is going to cost me around \$50,000, likely more than you paid for your first home. I will have to get a loan and THAT terrifies me but losing this opportunity to secure a future terrifies me more. If you would like to donate I have a special bank account. Anz, Jody T Langdon, 06-0665-0161466-30. All donations graciously/gratefully accepted. If you would like to get updates on my learning journey, please email me [jodytsmithjones@gmail.com](mailto:jodytsmithjones@gmail.com). And I shall put you on the list.

So, my final thanks go to members/colleagues, those who have shown me what a lasting good marriage looks like, those who had the courage to find love again, those who have had the very rough end of the stick and rise to live their best life and to those who accept help grace and make it a pleasure to assist. I appreciated the chats, hot coffees, sweet treats, marveled at your big brains and above all your amazing talents.

Please forgive me for not wanting a big leaving party as it would have been far too much to bear.

Thank you and goodbye for now, wishing you and yours good health, safe travels, and lots of laughter.

It has been an absolute pleasure.

Much love,

Jody xxx



Jody Langdon & Sue White



## Farewell to Sue



Spring is just a month away and with it comes the promise of new growth in our gardens and always for me a surge of optimism and energy. I appreciate winter is an important season but being solar powered summer really is my season.

We have some exciting changes in our Age Concern Office and a change of season! Time for a new team to take the reigns. I am joining Lyn in her "rewirement". Lyn, Jody and I started within a few months of each other in 2018 and as you will know bonded on a most special way. It took a little time to get to know all our amazing volunteers and most of our members. With Rory at the helm we have enjoyed a work environment free from conflict and full of laughter, encouragement, acknowledgement and opportunity to grow and share. Together we have found solutions to all manner of challenging situations. My life has been enriched on every level working with this special team and our Age Concern extended family. Thank you!

Please pop in and meet the new team. Make the most of all the opportunities you have to get involved in planned activities.

Well so long, farewell, auf wiedersahn, goodbye, time for me to move on to the next stage of this life's adventure.

Thank you to all of you who shared friendship and most importantly your stories. I know I will bump into many of our special Age Concern family out and about in Rotorua.



---

### Dementia Lakes

If you are supporting a person with a diagnosis of dementia you are welcome to join us for education, conversation and support. For your planning, this group is scheduled to meet every 2<sup>nd</sup> Monday of the Month 2pm at Hospice.

**PLEASE NOTE:** If you are supporting someone with dementia who has moved into residential care we are running a separate group for carers in that position – please contact Dementia Lakes for more details. Phone: [07 349 0053](tel:073490053)

**DATE:** Monday 11<sup>th</sup> July  
**TIME:** 2pm  
**VENUE:** Rotorua Community Hospice  
1469 Hinemoa Street, Rotorua.

## Introducing Diana Walker - Wellness Coordinator



### **IMPROVING, MOVING AND GETTING ON WITH OUR LIVES.**

It's almost Spring, and our Rotorua Age Concern Members are thinking about getting out and about again, how can we all take the first steps to live and enjoy life to it's fullest and how can we make the most of life again as we adjust to living with Covid-19.

At Age Concern we would like to find out how you are feeling about moving on with and enjoying activities and interests again and what we can do to connect our members back into the community, make new friends, greet existing friends and get motivated.

My name is Diana Walker and I have been given the opportunity to join our Rotorua team in the newly created role of Wellbeing Connection Organizer.

For the last eleven years I have been a Community Support Worker here in Rotorua, visiting and supporting people in their own homes and I know how important it is for our wellbeing to have connection and interest in getting out and about.

We have many programmes and activities going on that can educate and enrich the lives of members, we need to find out from you, how you are managing, what we can do to help you achieve this and what activities you enjoy and how we can connect you all with all the good things in life. In this new role I will be visiting our members, in their own homes, and talking with you all, getting your input and ideas and working together with the rest of the New Team here in Rotorua who are all enthusiastic and ready to go!

This is where you benefit from being members and having your say... so I am excited to be part of the team and eventually visiting all of you. If you would like to make contact me, request to be one of the first to reserve a home visit, please do it!

You can ring me at our office 07 3471-539 or email me at [wellness.acrotorua.nz](mailto:wellness.acrotorua.nz)

**Together we can all live our lives to the fullest again, connect with others, and enjoy outings and activities again. I look forward to meeting you soon.**



## Introducing Lisa Wilson - Shopping Service Coordinator



Hello, I'm Lisa the new coordinator here at Age Concern. I'm taking over from Jody who sadly has decided to leave to follow new dreams. I've had the absolute pleasure of working with Jody and Sue during my first two weeks, their passion for their roles has shone through. I wish them both the very best in their next adventures.

My journey started at Age Concern when I decided to volunteer to become a shopping companion. I was matched up with a wonderful lady named Anne. We've found that we have lots of things in common: a love of travel, animals and books. We have both worked in libraries too. I would encourage everyone to consider volunteering, as it is a really rewarding experience to be a part of.

I have three main passions, reading, veggie growing in my polytunnel and patchwork quilt making. If I'm sat down, my needle and thread will not be far away.

I'm really excited to be starting this role and I look forward to meeting you all and hope that I can help in any way.

I'll be one of the drivers on the 'Out and About' day trips. If you haven't come along before we would love for you to join us.

Please *feel* free to pop in and say hello.



Lisa, Gwyn, Karyn & Diana

On behalf of the team here at Age Concern,

**Thank you Gwyn....**

For the lovely welcoming flowers that you dropped off to our new staff.

Such a treat!

If your a member or volunteer with us, Please feel free to call in and meet the new team. We would love to see you.

## Introducing Karyn Rogers - Visiting Service Coordinator



Hi My name is Karena Rogers, I hail from the Taranaki region and have been married to my husband Justin for 40+ years we have three children Daniel, Kerri-anne and Jessica. My oldest daughter Kerri has three children Maraea, Justin and Te Waiere I am excited and looking forward to working for Age concern and have a history of working with community groups.

I'm looking forward to meeting you all. One of my passions is to bake and cook, I have shared a couple of my favourite recipes for you to try out. Enjoy!

Ko Taranaki te Maunga  
Ko Waiwhakaiho te awa  
Ko Fritz te waka  
Ko Dodunski te hapu  
Ko Ray toku papa  
Ko Anette toku Mama  
Ko Justin taku hoa tane  
Toko toru aku tamariki  
Ko Daniel te matamua, Ko Kerri anne toko rua,  
Ko Jessica te potiki  
Ko Maraea ratou Ko Justin Ko Te Waire aku mo-  
kopuna



Karyn & Her Grandchildren (Mokopuna)

### Peanut and ginger drops

4 cups of raw peanuts  
400 grams of dates soaked in hot water  
Walnuts for top of cookies  
½ teaspoon of ginger

#### Method

Blitz peanuts  
Add dates (drained) and ginger blitz together  
Roll in small balls and put walnut on top and push down  
Cook for 10 minutes or until slightly brown

### Pumpkin lentil soup

\*Half the recipe or make a batch and share with a friend.

2 whole pumpkin  
1 cup of red lentils  
1 yellow split peas  
¼ cup of chicken stock (to taste)  
4 liters of water  
2 tsp of Tuscan  
3 onions  
9 cloves of garlic  
Peel pumpkin and put in pot with water.  
Add the rest of ingredients and cook until pumpkin is soft  
Blitz, taste and dish up...Yum!

## Up Coming Events—Out & Abouters Trips



| Dates & Times  | Location and Description  |
|--|---|
| <p>Thursday 8 September</p> <p>10:00 am - 12:30pm</p> <p>Depart Age Concern Office</p>                     | <p><b>Tree Trust &amp; Te Puia</b></p> <p>Celebrating Spring!<br/>Join us for a drive through the Tree Trust to experience the Cherry Blossom and Tuis. Weather permitting we will take a walk and then head to Te Puia where we can get a coffee and enjoy the magic of the geysers from the restaurant.</p> <p>Koha min \$5pp</p> |
| <p>Wednesday 14 September</p> <p>10.30 am - 2:00 pm</p> <p>Depart Age Concern Office</p>                   | <p><b>Fish and Chips in Maketu</b></p> <p>Always a fabulous outing!<br/>We pre order fish &amp; chips... Cost \$15.00pp<br/>Meals &amp; drinks paid for on the day.<br/>If you do not wish to have fish &amp; chips for lunch please let us know in advance.</p> <p>Koha min \$10pp to help cover fuel.</p>                         |
| <p>Thursday 22 September</p> <p>10:00 am to 12.30pm</p> <p>Depart Age Concern Office</p>                   | <p><b>Mamaku Blue</b></p> <p>Morning Tea out at Mamaku Blue where they specialise in all things Blueberry and we always enjoy wonderful hospitality</p> <p>Koha \$5 - \$10pp</p>  |
| <p>Wednesday 28 September</p> <p>9:30am– 2:00pm (estimated time home)</p> <p>Depart Age Concern Office</p> | <p><b>Matamata—Shopping &amp; Lunch</b></p> <p>We are planning an Op Shopping expedition so for those who enjoy searching for those precious pieces make sure to get your name on the list!</p>   |

## Recipe of the month

### **PINEAPPLE SKIN TEA (ANTI-INFLAMMATORY TEA)**

#### **TOP TIPS FOR PINEAPPLE PEEL TEA**

Make sure to thoroughly wash the pineapple before using the pineapple peel (method included below). You can collect pineapple scraps in a bag in the freezer until you're ready to make a batch of this pineapple tea. Add a pinch of black pepper to each serving of tea (you won't taste it). This is needed to help our bodies fully absorb the turmeric nutrients.

#### **THE INGREDIENTS**

Pineapple peel: use the core too for even more bromelain

Orange & lemon: make sure to use fresh orange and lemon juice. I used a blood orange since I had one in my house. Feel free to use regular orange instead. You can optionally add that peel to the tea too.

Aromatics: ginger and turmeric. I prefer to use fresh rather than powdered for this pineapple tea, so you don't have the ground spice's sediment in the liquid.

Herbs & spices: cinnamon sticks, cayenne pepper (optional) or black pepper (to help our bodies absorb the curcumin in turmeric), and rosemary. You can experiment with other herbs that pair well with pineapple, too – mint, lemon basil, basil, sage, etc.

Sweetener: I used honey. For a vegan option, you could use maple syrup.

#### **STEP 1: CLEAN THE PINEAPPLE**

It's essential to clean the pineapple skin thoroughly. You can do this by scrubbing the pineapple thoroughly with a vegetable brush. I like to do a vinegar soak – which helps to remove bacteria and pesticides from the skin.

Fill a large pot with enough water to submerge the pineapple body and add 1-2 table-spoon of vinegar – this shouldn't affect the pineapple's flavour.

Allow it to soak for between 20-30 minutes, then rinse well with clean water.

#### **STEP 2: REMOVE THE PEEL**

Pat the rinsed pineapple dry and then remove the peel with a sharp paring knife. You can also use the pineapple core.

#### **STEP 3: PREPARE THE REMAINING INGREDIENTS**

Prepare the ginger and turmeric roots by washing and peeling them and then grating them using a garlic grating dish or a fine grater.

You can slice them and slightly 'bruise' them by bashing with the knife

**Herbs & spices:** cinnamon sticks, cayenne pepper (optional) or black pepper to taste.

#### **STEP 4: BREW THE PINEAPPLE TEA**

Add all the ingredients (except the honey) into a large pot with water and heat over medium heat. Bring to a boil and then allow to simmer for an hour – the longer it simmers, the more flavourful it will become.

#### **STEP 5: SIEVE AND DECANT THE PINEAPPLE SKIN TEA**

Allow the tea to cool down slightly before you sieve it and transfer it to bottles.

Store the leftover pineapple skin tea in airtight glass containers (so they don't stain) in the refrigerator for up to 10 days.

Freeze: The pineapple tea can also be frozen into ice-cubes to add to drinks or thaw and consume.





## Total Mobility

**Get your Mobility through Age Concern.**

**Phone to book: Ph 07 3471539**

Eligible scheme members use their Total Mobility photo identity smart card to receive a 50% discount on door to door travel up to a maximum of \$25 per trip (50% discount on \$50 full fare).

To join the scheme applicants are assessed by approved assessment agencies. All agencies charge a fee for this service, please check what their assessment or membership fee(s) are.

## Spin Poi coming up in 2022!

Have you heard of Spin Poi? Did you know practising with poi can improve your health and wellbeing? Spin Poi is a fun activity for all ages and abilities. You can enjoy Spin Poi sitting or standing while building confidence, fitness and co-ordination. Practicing Spin Poi can help with grip strength, balance and attention. Spin Poi sessions will be starting in Rotorua in 2022.

Keep your eyes out

**RĀ (DATE):** Every Thursday

**WĀ (TIME):** 11am—12:00pm

**WAHI (VENUE):** PAPATUANUKU SUPPORT SERVICES (Old Cobb & Co, 1129 Hinemoa Street).

**UTU (COST):** \$4 PER PERSON

**Age: 60 +**

**(Support person does not require to pay)**

Amelia Rika



Lesley Morrison



## SPREAD A LITTLE SUNSHINE!

If you have time to spare, please consider volunteering for Age Concern.

We're always looking for people to:

- Visit an older person
- Assist an older person with grocery shopping

Loneliness and social isolation can affect our physical and mental health. Visiting an older person can be an enriching experience for all.

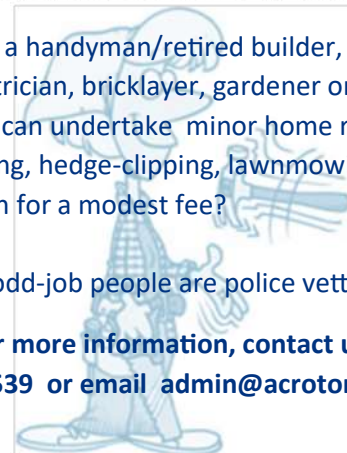
Call for a chat or email for more information.

## ARE ODD JOBS YOUR THING?

Are you a handyman/retired builder, plumber, electrician, bricklayer, gardener or similar who can 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, contact us:**  
**347 1539 or email [admin@acrotorua.nz](mailto:admin@acrotorua.nz)**



## Want to be more active?



If so, then  
this **FREE**  
course  
is for  
you...



A practical course designed to support seniors to ride around Rotorua safely and freely. All the expertise is provided free of charge as our motivation is to support our older community to get back on their bikes. Spaces are limited so register now to make sure you don't miss out. This course consists of 3 sessions (2 - 2.5 hours each). Loan bikes are available on request.

**17, 18 & 19 October 2022**

To register call Rotorua Lakes Council on 07 348 4199



...giving you  
that extra lift when  
time is short!

## NEED HELP AROUND THE HOUSE OR GARDEN?

Whether you need:

- Short Term Help • Spring Cleaning
- Ovens • Windows
- Long Term Assistance
- One Off Clean Up & Tidy Jobs
- Minor or Major Gardening Upkeep
- Eco-friendly Products

Call Wendy for a **FREE Quote Today!**

**0800ANGELS**

mob.0274 795 483 • a/h.332 5415

**Business Invoices Available upon Request**



Driving Miss Daisy Rotorua  
Call us today on 07 347 4001

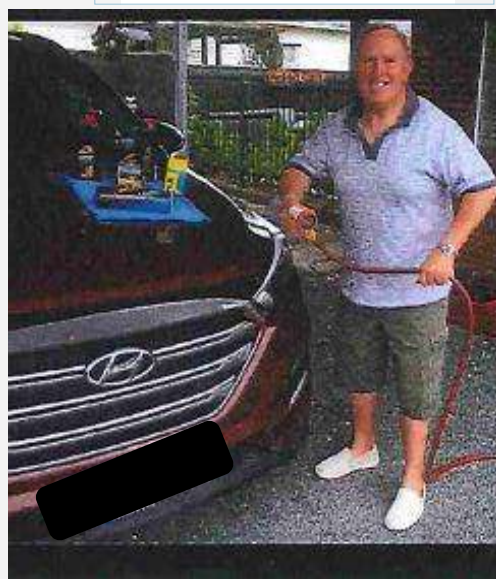
## Fred's Car Wash

Need a Car Wash?

Contact Age Concern & we can refer your details onto Fred!

He loves cars and does an amazing job at great rates.

Please contact Age Concern for more  
information.  
**07 347 1539**







## Talking Tech on Tuesdays



*Are you having problems with technology?  
Are you tearing your hair out trying to use your laptop, PC, mobile phone, tablet or smart TV?  
Are you not confident using the Internet?*

**Talking Tech workshops run by SeniorNet Rotorua are aimed at older people who need help to easily use technology.**

**Each workshop will open with an informative talk on a topic of interest.**

**Later, the floor will be open for questions on any issue or problem. SeniorNet experts will be there to answer questions or to give individual help.**

**Where: Parksyde Meeting Room 1**

**When: 10 am until noon on the first and third Tuesday of each month, starting on 5 April.**

**Who: Everyone is welcome, and you can join in at any time during a session.**



**Cost: Free, thanks to support from ASB through Age Concern.**



### FIND US

**5 Ti Street  
Rotorua 3010**

### 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**

## 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.

### Community Connections

We are now running our Out & Abouters groups and events for our members.

Fun fitness and mind groups are run next door at Parksyde & seminars are now going ahead.

## TRANSPORT YOU CAN TRUST

### Reliable and friendly service

- Medical appointments
- Social and business
- Shopping
- Sightseeing & outings
- Airport transfers
- One off or regular
- Long trips and local
- Adults and children



### Call Kelly now!

For a quote or more information

**07 213-1961**

**or 027 531 9767**

[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)

Now Offering  
**TOTAL MOBILITY**  
subsidy in your area!





Ph: 07 349 3563 - Rotorua

The Clinical Service with RAPHs is FREE for patients enrolled with a RAPHs GP practice. If you think your wellbeing is affected by a long term health condition-talk to your clinical team to see if you meet the criteria for this service.

#### Services Offered

- Home Visits
- Health Advocacy & Navigation
- Social Service Navigation & Support.
- Smoking Cessation
- Diabetes Education & Support.



## Helens Driving School

### Gold Card Driver Assessment

Meet Helen, a qualified Driving Instructor. She has offered Age Concern Members a great

deal for getting your driving reviewed.

Take care of any worries you may have.

Helen has such a lovely manner and I am certain that even if you did need a couple of tips your learning would be enjoyable.

**\$25 for half an hour.**

**Contact Helen Today!**

**Phone: 021 570 865**

## Cultural conversations about death

Learn how other cultures care for their loved ones at the end of life

**Sikh - Wednesday 10 August 2022**

**Filipino - Thursday 8 September 2022**

**Traditional Māori - Thursday 13 October 2022**

12:00-1:00pm

Second Thursday of each month

Discovery Space, Second Floor

Te Aka Mauri, 1127 Haupapa Street, Rotorua



Te Atawhai Aroha



DYING TO KNOW WĀNANGA

## DEATH, DYING AND GRIEVING IN THE COMMUNITY

*Do you know what an ACP is? Do you know what to do when someone dies?*

An expert panel will address these questions and more.

**27TH AUGUST, 10AM - 4PM.**

**TE AO MARAMA, OHINEMUTU.**

**NEXT TO ST. FAITHS CHURCH**

**ALL WELCOME. KOHA ON ENTRY.**

<https://www.facebook.com/ComComRotorua>

Further enquires: sarah.dewes@gmail.com



Te Atawhai Aroha



# TRANSPORT YOU CAN TRUST

## Reliable and friendly service

- Medical appointments
- Social and business
- Shopping
- Sightseeing & outings
- Airport transfers
- One off or regular
- Long trips and local
- Adults and children



Now Offering  
**TOTAL MOBILITY**  
subsidy in your area!

**Call Kelly now!**

For a quote or  
more information

**07 213-1961**

**or 027 531 9767**

[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)



## THANK YOU FOR SUPPORTING AGE CONCERN IN ROTORUA

Your membership helps us to provide services to older people in our community, especially those affected by social isolation.



### Age Concern Rotorua Annual Membership

Name/s: ..... Date .....

Address: .....

.....Date of Birth: ...../...../.....

Phone: ..... email: .....

Membership ☐ \$15 single ☐ \$20 Couple Please add \$5 if you wish to have your newsletter posted.

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

If you wish to pay via Internet Banking, our Account details are: 38-9012-0590627-00.

Please use your surname and initials as reference and email your contact details to [admin@acrotorua.nz](mailto:admin@acrotorua.nz) NB: We can only accept cash payments at our office.

Receipts are issued for every donation. Donations over \$5.00 are tax deductible. Our Charities Commission Number CC2693

Age Concern Rotorua: Parksyde House, 5 Tarewa Place (next to Parksyde),  
PO Box 1605, Rotorua 3040 (07) 347 1539 [admin@acrotorua.nz](mailto:admin@acrotorua.nz)

**Agewise**  
Responsibility for MY  
safety starts with ME

**FREE  
ROAD  
SAFETY  
UPDATE  
for over 65's**

Revise the road rules and  
learn how to keep driving safely

Tuesday 9 August 2022  
Wednesday 7 September 2022  
Wednesday 26 October 2022

9.30am – 2.30pm  
Parkside Community Centre

Phone Rotorua Lakes Council  
on 348 4199 to register  
or for more information

**ROTORUA  
LAKES COUNCIL**  
Te Kaitiaki Take Kōwhiri  
Māori o Te Aka Hauāri

**ROAD SAFETY  
ROTORUA**  
Rōpaki Hei Kōwhiri  
Māori o Te Aka Hauāri

**Library to You**  
**Free Book Delivery Service**

Our  
free book delivery service is available for customers who may be  
unable to access the library due to illness, injury, stress or  
wellness issues.

If you would like to apply for this service please phone (07) 348  
4177 or email [library@rotorualc.nz](mailto:library@rotorualc.nz)

**ROTORUA  
LIBRARY**  
TE AKA MAURI

### Toy Library...Volunteers

Interested in supporting a children's service. The Rotorua Toy Library needs you! No fund-raising required. We are a small committee that meets once a month. We select and buy toys for our collection held and issued to users at the Rotorua District Library. We prepare and maintain the toys working with library staff to provide this community service. Useful skills would be basic computer and sewing skills, communication and team player skills and an interest in child development. To find out more contact Brenda 3459099.



**Please Note:** Our Movie Mob is currently cancelled until further notice. We love this idea of catching up once a month with our members and volunteers, however with the cold weather and lots of people being off sick we have not had enough numbers at this time to hold the movies.

Please watch out in our Newsletters or on Face book, we will give this another go soon.

A huge thank you to Sue White who organised this and to The Basement Cinema for hosting us. We are looking forward to Movie Mob later in the year.