

Welcome ...

To Age Concerns Newsletter for October/November.

Its been a busy few months for us, with our 3 new staff onboard we have all been busy learning and growing as a team.

Hats off to Lisa, Karyn & Diana for adapting so well and each of them bringing their own spark and personality to the team, these girls are rocking it!

In the last month we have had a increase in Total Mobility applications and new volunteers through the door which is fantastic! Plus we have had new members joining, so it's all happening again.

Our Expo was held on the 24th September with a great turn out. Thank you to Parksyde for hosting, and to the amazing catering team in the Café. We had our Raffle drawn at the end of the day, congratulations to Michael Barnett for Winning this amazing Gift Hamper...see more about this on page 9 including some photos from the day.

Spring is definitely here now with the beautiful flowers out, although it has been a little cool in the air its nice to see the sun trying to get through. Spring I find always has a way of uplifting everyone's spirits, change is definitely in the air.

Mask restrictions are no longer required, and it takes some time getting used to the change. Mask wearing became the "norm," I must admit it's so nice to see full faces again. Mask wearing is still required in aged care facilities, however if you are still feeling unsafe or have health issues you should continue to wear your mask in public. We have free masks and Covid rapid antigen tests available for collection at our office. If you feel unwell phone us from your car or beforehand for contactless pickup.

I Hope you find this newsletter a good one, it's a big read again with lots of fun activities and trips for you to book.



Manager

Rory O'Rourke

manager@acrotorua.nz

Accredited Visiting Service Coordinator

Karyn Rogers

visiting@acrotorua.nz

Shopping Service Coordinator

Lisa Wilson

coordinator@acrotorua.nz

Wellness Coordinator

Diana Walker

wellness@acrotorua.nz

Administration

Kirsten Harman

admin@acrotorua.nz

Office Hours

Tuesday to Thursday
9.00am to 2.00pm

A Word from the Manager



Our **Positive Ageing Expo** has gone for another year and turned out to be bigger and better than last year. A big thanks to the Rotorua Trust for once again supporting the Expo financially and this year even had a stall. Thanks also to Parksyde for allowing us to use their venue which has proven to be perfect for us in size and location. One of our aims during the Expo was to attract new members and we were able to join up about 20 who all got a special joining pack which contained a variety of useful items and some edible treats.

The Parksyde Café also proved to be popular and provided their usual delicious food throughout the day. There was a constant stream of interested people and the atmosphere was a buzz with noise.

Since our last newsletter I have had COVID and was fortunate not to have a bad dose with a cough and a headache all gone in a couple of days unlike my wife who was in bed for 3 or 4 days quite sick.

Tiny Homes ...You have still got time, if you meet the criteria, to apply to live in one of our Tiny Homes when they become available. A reminder that the criteria is that you are a paid-up member of Age Concern Rotorua, that you do not own your own home, that you are paying a high rental where you are or living rough or with a relative. At present, our consultants, Sigma are working through a consent process with the Council but are finding some roadblocks. Once consent is granted, we will order the homes from Whangarei and the build process will be about 3 months.

International Day of the Older Person was on 1st October, this is a worldwide day of celebration. Each year is a day to celebrate older people – to highlight the value of all older people and to promote dignity and respect. This year the United Nations (UN) theme is “The Resilience and Contributions of Older Women. We have just seen the passing of the Queen Elizabeth II, who embodied this theme and will be remembered for her contribution, resilience, and service. Just take a moment to remember and celebrate the resilience and contributions of older women in your lives. We need to celebrate our older women who can often be invisible and disregarded. This year Age Concern New Zealand will mark this special day with our inaugural Huia Awards on 3 October. The three winners all have demonstrated resilience and are leaders that embody our Dignity Champion Pledge that focuses on the rights of older people.

Grandparents Day was held on the 2nd of October. A great number of our members are Grandparents, and this day is to recognize them as well as those Grandparents who look after their Grandkids permanently.

I have had several speaking engagements recently. I presented to the Ngongotaha Friendship Society, I was surprised at the number of people in the group, not that I should be, as Ngongotaha is a very friendly village. It was gratifying that about six people joined up to Age Concern after they heard all the things we do. I also spoke at Family Focus to a small, but receptive, audience, and they too were surprised at the number of activities we provide.

Kirsten—Administration



It's been a busy few months. I have been fortunate to have now been working with Age Concern for 6 months, seems like its gone so fast. Thank you to all our members and volunteers that have made me feel at home. We have an amazing bunch in the office. If you are yet to pop in and say hi we would love to see you. Our door is open and we are only a phone call away.

I have been absent in the office for a little while, being off on recovery from a minor knee surgery. While I have been resting its been good chance to work from home while catching up on Netflix and even reading which I never normally get the opportunity to do. There have been times where I have felt frustrated being held hostage on the couch, especially on those nice days where I want to get stuff done. We are in full house reno mode at home and our little toddler is ruling the house and running a muck. I have had to put off painting while I rest up but cant wait to get stuck in again soon.

I have missed out on our out & abouters trip for the last month, but I will be on another one of these trips soon. We have some great van trips planned again so don't forget to check these out and get in quick, they fill up fast! Fellas these are for you as well, if you have somewhere you would like to go flick me a email or give us a call, we are always open to suggestions and would like to get a mixture of members along to these. If you haven't been before now is the time to check the dates and call us to book.



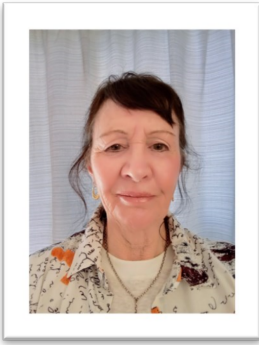
Ohh..Christmas is Coming

DO YOU HAVE ANY
UNWANTED SCRAP
CHRISTMAS FABRICS
OR
CRAFT ITEMS YOU WOULD
LIKE TO DONATE?

WE WOULD LOVE THESE!

I AM HAPPY TO COLLECT OR
YOU CAN DROP THEM OFF TO
OUR OFFICE.

Diana Walker - Wellness Coordinator



After the first two months...

Working here at Age Concern Rotorua has been very rewarding and exciting and the first eight weeks have gone so fast.

I have learned how important Age Concern is to our wider community evidenced by the amount of telephone enquiries that flood into the office every day we are here. Office visits, people asking to sign up and become members to support what we do and visitors from members and organizations seeking information and advice for themselves or others.

We very much appreciate our wonderful members who support us by keeping their subscriptions up-to-date, renewing so that we can keep providing services to the community.

Members are showing a keenness for getting OUT & ABOUT'ERS in our courtesy Van. I have enjoyed trips out of town to the Tirau Museum and recently Maketu Beach for the Fish and Chips luncheon it's so lovely to meet our members and enjoy each other's company.

Along with providing help and information (to the best of our ability) we are also very busy with Total Mobility Assessments & Safe Driving. Lisa and Karyn are recruiting fabulous volunteers that give their time to support our clients with companionship and shopping.

Most importantly we are linking and learning all about other community support groups and how we can work together.

In my role I have treasured meeting some of our own Age Concern members in their homes and have been made to feel very welcome as I find out how our members are coping after Covid-19 restrictions and the impact it has had on people getting out and about and how we can help with connecting back into the community with like minded people.

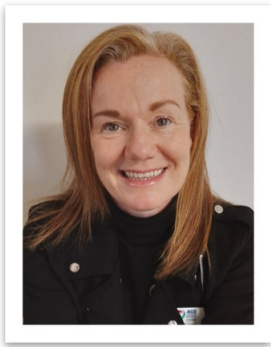
As Wellbeing Connection Organiser you can expect to receive an opportunity and invitation to meet me for a home visit which I very much look forward to. We can talk about your ideas and discuss how Age Concern members benefit from their donation to help others and join in with activities we have throughout the year.

Thank you so much to our members who I have already met or spoken to, you have all been so welcoming in sharing your ideas and experiences.

You can ring me at our office (07) 347-1539 with any questions or just for a chat, feel free to email me at wellness@acrotorua.nz

I look forward to meeting you soon.

Lisa Wilson - Shopping Service Coordinator



I would like to take the opportunity to thank you for the wonderful welcome that you have given me since I have started working for Age Concern. So far, I have taken two trips out on the Out and Abouts. The first was with an awesome bunch of ladies to the Tirau Museum and then onto a cafe, what a hidden treasure the museum proved to be. Sorry ladies, apologies for the poor quality of photo that was taken. The photo was so misty, you looked like a group of angels wading through a swamp! I promise to try harder next time.

The next trip was to Mamaku Blue, unfortunately a couple of people cancelled so there was only newbie Annette and long-term member and volunteer Denis to join me. We had a lovely time, with lots of chatter and laughter. It was Annette's first trip and I hope not her last, welcome to the Age Concern community Annette. To Denis, thank you so much for being a great advocate for Age Concern and being a supporter of what we do.

After the first newsletter went out, I received a phone call from a member (a fellow quilter) inviting me to pay her a visit as she had some quilting magazines that she would like to donate. I had the most wonderful time with Mary, I left feeling like we had been best friends for years. If you are a quilter too, please pop in to have a look at the magazines.



Out & Abouts-
Mamaku Blue



Mary Lyle & Lisa

SAY YES TO NEW

adventure

Lisa Wilson - Continued..


Good luck and best wishes Mary in your next adventure, it was an absolute pleasure to meet you.

For the patchwork quilters out there, this is my current work in progress 'Flowers in Bloom'.

I'm really looking forward to taking more trips out with the Out and Abouters, my next ones will be to visit Tyburn Monastery, Thursday 27th October and The Crossing in Tauranga, Thursday 24th November.

If you haven't attended any of the trips before, I highly recommend you do as a new best friend might have an empty seat next to them waiting just for you. Please don't be shy, the Age Concern members are a friendly bunch.

Mary has kindly shared a poem that she has written from her time living in Lake Okareka



There is a special place
Where we shared a cottage by the shore
A place that I called home
For 30 years and more

A place where I found tranquillity and peace
And joyfulness, and love, and hope
I thought would never cease

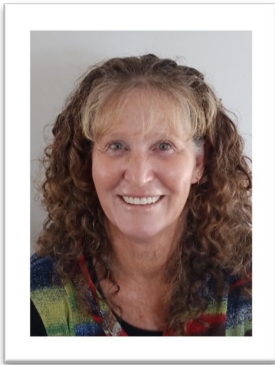
And then came a time to tread a different path
That more lay heavy on my heart

Not again to see the sparkle of the water on a sunny day
Or to watch dabchicks at their play
And not to feed the swans right from the hand
Or to see the little ducklings feeding at the backdoor
As Bill fed them whilst squatting on the floor
Or, to see the swallows in the boatshed
Nesting above my head
And to watch the little chicks as they were being fed
Not to awake and watch the sunrise
On that pristine peaceful shore
Or to see the moon reflected
As oft I did before

I was blessed to share this place
And still part of me remains
Part of my soul, my heart, my spirit
That place emblazoned on my brain.

Written by Mary Lyle

Karyn Rogers - Driving Safe –Volunteer Co-ordinator



SAFE DRIVING

Our next Safe Driving Course is on the 26th October 2022. If you are over 60 and need to refresh your driving skills please reach out to book a place.

There is no exam and runs from 9.:30am to 2:00pm. Lunch and morning tea provided. Make some new friends and receive a certificate for your effort. If you have been on this course before please encourage others to attend.

Trips. Its been a busy month learning my new role. I have loved spending time and getting to know members on our trip to the Tree Trust and a lovely morning tea at Sion, and a drive to the Secret Spot (which if you don't know its not really a secret but a destination spot just on the outskirts of Rotorua. If you're mountain biking mad you will know about this area, a great "spot" to soak your feet.

Total Mobility. If you know anyone that has recently lost their licence, ask them to give us a call, so we can tell them all about 75% off Taxis until January 2023 and 50% after to help them keep their independence.

Volunteering. If you have a bit of free time and are keen to visit others that would like a bit of company or take them shopping please reach out ,we could do with more kind people. Its only an hour a week and makes a big difference.

Thank you for all your support while I learn my new role.

Become a Volunteer

We need your help

Have you thought about becoming a volunteer?

It's so rewarding and worth it!

Help with shopping
or
Meet up for coffee and a chat

If this sounds like you we would love to hear from you.

Contact us Today!
07 -347-1539
email: admin@acrotorua.nz

AGE CONCERN ROTORUA
He Manakitanga Kaitiaki Rotarua

Up Coming Events—Out & Abouters Trips



Dates & Times	Location and Description
<p>Thursday 13th October 9:30am—2:00pm \$10 Koha & Money for lunch</p>	<p>Maketu Fish & Chips Enjoy a trip to Maketu Fish & Chips for Lunch and optional short stroll along the beach.</p>
<p>Wednesday 19th October 9:30am—2:00pm \$10 Koha & Money for morning tea. Plus extra if you would like to look around the Museum and walk around the village. Price For Museum \$12</p>	<p>Buried Village Scenic drive around the lakes to Buried Village for morning tea. Optional Walk around the village and Museum.</p>
<p>Thursday 27th October 9:30am—2:00pm Koha \$10 + Small Koha for Morning Tea.</p>	<p>Tyburn Monastery Visit the Lovely Monastery and enjoy morning Tea and check out the small gift shop.—Bring Cash for this Trip.</p>
<p>Thursday 3rd November 9:30am—2:00pm Koha \$5—\$10</p>	<p>Papamoa—Shopping & Lunch Enjoy a trip to Papamoa and have a wonder around Fashion Island shops, Enjoy lunch at Bluebiyou Café overlooking the beach. Check out the Menu online Gold Card Discount 10% on Lunch. www.bluebiyou.co.nz</p>
<p>Wednesday 9th November 9:30am—2:00pm Koha \$10</p>	<p>Secret Spot Morning Tea & Shinny Dip Soak your feet n the hot tubs while enjoying morning Tea.</p>
<p>Wednesday 16th November 9:30am—2:00pm Koha \$10</p>	<p>Matamata—Shopping & Lunch Enjoy Op shopping & Lunch</p>
<p>Thursday 24th November 9:30am - 2:00pm Koha \$10</p>	<p>Tauranga Crossing Shopping & Lunch</p>
<p>Thursday 1st December Price & Details TBC</p>	<p>Christmas Craft Workshop Enjoy a day of craft making for Christmas. Held at our Age Concern Office. Details To be Confirmed.</p>

Expo

Our Positive Ageing Expo was a huge success. Thanks for all your support. We welcome our new members that signed up on the day. A special thanks to Margaret Ridgway for your time at our stand selling raffle tickets, Glenys Searancke for organising the entertainment, all council members /staff and thanks to Robyn and her team at Parksyde for hosting this event.



GIFT HAMPER



RAFFLE WINNER

Congratulations Michael Barnett

Want to be more active?



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

CYCLING for seniors

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**



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that extra lift when
time is short!*

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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:
(07) 347 1539**



**Driving Miss Daisy Rotorua
Call us today on 07 347 4001**

“MOVIE MOB”

A few members have asked when we are starting up again.

The Movie Mob was previously held at the Basement theatre on Thursdays lunchtime. Where all interested members would meet and go together. Please email or phone the staff at Age Concern if you are interested in this again.

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 members & Take advantage of our Free safe driving courses, phone us for info.



AGE CONCERN ROTORUA

He Manaakitanga
Kaumātua Aotearoa

Phone or Email us to R.S.V.P

AGM

Tuesday 11th October
2:00pm

Parkside Community Centre
7 Tarewa Place, Rotorua
Members & Public Welcome
Afternoon Tea provided

AGE CONCERN ROTORUA
PHONE 07 347 1539



Kiwi Coffin Club
Charitable Trust
Kiwi Kawhena Karapu Whakawhirinaki Kaitiaki ROTORUA

FIND US

5 Ti Street
Rotorua 3010



LIKE US

CONTACT US

Phone: 027 5494 260

Email: kiwicoffinclubct@gmail.com

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

Facebook: www.facebook.com/KiwiCoffinClub/

Wednesday 7am - 1:30pm or by arrangement

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Do you in Ngongotaha Area?

Check out **Ngongotaha Friendship Group.**

Meets every second Wednesday of the month

9.45am until 11.30am at St Barnabas Church.

New members welcome \$20 annual joining fee with \$3 for a “Lovely” morning tea. They have quiz mornings, some outings and usually a speaker, and a newsletter.

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 within Rotorua (Special 75% off Travel until Jan 2023) 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.

Rotorua – Places to go for extra Kai.

Monday

11:30am – 1:00pm - Rotorua Baptist Church, Malfoy Road - @courses meals for \$8.00 Main/ Desert

5:30pm – Feeding Rotorua - Grand Treasurer – **Monday to Friday** – Hot food and take away.

Salvation Army—Contact for times.

Tuesday

5.30pm- Grand Treasurer – Monday to Friday – Hot food and take away.

Salvation Army—Contact for times.

Wednesday

10:00am St Johns Presbyterian church—276 Fenton st the building Ridges Hotel – Food parcels and morning tea.

5:30pm - Grand Treasurer – Monday to Friday – Hot food and take away.

Salvation Army—Contact for times.

Thursday

5.30pm - Grand Treasurer – Monday to Friday – Hot food and take away.

Salvation Army—Contact for times.

Friday

5.30pm - Grand Treasurer – Monday to Friday – Hot food and take away.

Salvation Army—Contact for times.

Saturday

Rotorua Whakaora Central Free Store 57 depot street.

10:00am – 11:00am elderly hours 60+

11:00am – 12:00pm General Public

1:00pm – 2:00pm General Public

5.30pm - Grand Treasurer – Hot food and take away.

Sunday

2pm to 3pm – free store Linton Park kamahi place.



VIP Plumbing & Gas are a small family owned business, who are all about supporting the community & family values.

We were recently proud sponsors of the Harcourts Dancing for Hospice event in Rotorua, which was an absolute blast & we hope to have the opportunity to sponsor again for next years event.

We support our staff in all aspects of life & ensure a good work life balance for the team. We understand the importance of family time & strongly value this.

After 10 years in business, 5 of which in Rotorua, we have really grown to love our community and are always thinking of ways we can give back. Earlier this year we ran a Give Away & helped MIGS Gym re-do both their boys & girls toilets at no charge for our time and labour.

We are now offering a 20% labour discount to the Age Concern Community & Gold Card members, to honour your contribution to Rotorua over your own life time. Simply mention this ad!



www.viplumbing.co.nz - ph 027 48 47 111

20% OFF

Discount applies to Labour charges - For all Age Concern & Gold Card Members only

Slow draining or blocked sink

Leaking taps

Hot Water Cylinder & Infinity problems

Toilet issues

VIP Plumbing can help with all your water & gas needs - call us today 027 4847 111

Rotary 
Rotorua Passport

ANNUAL GARAGE SALE

Spring is in the air- now is the time to declutter and Rotary Passport want your stuff!

Donations of items in good condition appreciated, and a pick up service is available.

Call, text or email Kathryn McAlonan on 021 811 788 or kathryn.mcalonan@bayleys.co.nz to organise pick up or drop off.

Garage Sale Happening: 5th November 2022 - 9.00am - 12.30pm at Lynmore School Hall

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



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



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 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: Parkside House, 5 Tarewa Place (next to Parkside),
PO Box 1605, Rotorua 3040 (07) 347 1539 admin@acrotorua.nz