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Nau Mai Haere Mai!

Welcome to another Newsletter!

Well, what a wet and windy start it has been to 2023.

Let's hope that's the last of the rain for a while and we get some sunshine to enjoy!



As some of you may have already noticed, we have had some changes of staff in the office. We sadly said farewell to the lovely Kirsten as she is off to help her sister with a new role in the performing arts industry and we welcome Aroha Wade who will be our new Administration Secretary and Maintenance Service Coordinator. So if you need a handy man, some work done around the house, give Aroha a call in the office!

A few of you may also remember the beautiful Katreece Lewis, who we welcome back to Age Concern as our Social Connections Coordinator and also our shopping lady!

We have lots of exciting things coming up for 2023 like our Tiny Homes project, a new service for house maintenance needs, our staying safe driving course and of course some awesome trips being planned!

A Word from the Manager



At the end of last year, we held a Xmas luncheon for our wonderful volunteers and some of our members. The event was a huge success although we had a few less than expected and music was supplied by Thermaleles, a local Ukulele group, and our thanks must go out to Maureen, a volunteer, who organized several other activities, including a raffle and a trivia quiz, to keep us all engaged.

Age Concern has made further changes to staff over the break. Lisa Wilson has left us and is being replaced by a familiar face as Katrece Lewis returns to the fold and will be responsible for the Shopping Service and the Social connection programs, which include the Out and Abouters and The Movie Mob. It is great to have her back in the fold.

Kirsten Harman, who has been the first port of call both on the phone and face to face, is leaving us and has been replaced by Aroha Wade who will oversee our Maintenance Service and will be Administration Secretary. I am sure Aroha will be a wonderful replacement.

Great news about our Age Concern Maintenance Services as we have received funding from One Foundation which will allow us to employ one person, a Jack or Jill of all trades, and heavily subsidize the maintenance costs incurred by our members who own their own home and are living in it. We are doing this as the number of retired trades volunteers has dwindled over the past couple of years and this has been a result mainly of covid. The idea is that we have one person who does all the maintenance, and our members are charged a flat rate of \$20 an hour, no matter what the job, and we top it up to a reasonable hourly rate, depending on the complexity of the job. If you are a member, live in your own home and have some maintenance please ring Aroha and we will do our best to help.

A Word from the Manager continued...

Our Tiny Homes Project is moving forward at last. We have our Resource Consent from the Lakes District Council, and the deposit has been paid and the building started. It is anticipated that they will take about 3 months to build, and we will most likely have the ballot before the end of February at a special event with some publicity.

It may seem a long way off, but we are booked in for another Charity Garage Sale hosted by Ray White Real Estate. These Garage Sales have been a huge success and Age Concern were the first and have had another one as well. We are booked in for *Saturday 15th April* and so you can start to put things aside and for larger items if you just ring Aroha at Age Concern and we will take some details and arrange a pick up later nearer the day. I am still on the lookout for vinyl records and will pay good money for any that are suitable and I am sure that some of you have some stashed away somewhere

We are having a rain check for new members payments which we will defer until September 2023 which will bring all of our payments into line. Don't worry, you can still sign up, we just wont be collecting payments until September.

Aroha Wade - Administration & Maintenance service coordinator



***Tena koutou katoa
Ko Aroha toku ingoa
Ko Ngati Tuwharetoa toku iwi
No Rotorua ahau.***

Kia Ora, my name is Aroha and I am the newest staff member to the Age Concern team. I will be taking over from the lovely Kirsten at the front desk who is off on a new adventure supporting her sisters business. Thank you Kirsten, for all your help in training Me to hopefully shine as bright as you did in this role :-)

A little bit about Me.

I am 29 years old with two beautiful kids ages two and five. I was born and raised at Lake Tarawera which is a place that will always be very special to Me. In what spare time I have around my kids and work, you will find Me at the gym. Body building is also a huge interest of mine and I hope to compete again this year.

I look forward to meeting all our members and volunteers and my journey that's to come with Age Concern.

***Nga Mihi,
Aroha Wade***

Diana Walker - Wellness Coordinator



Happy New Year!

Although we seemed to have endured many rainy days in December, I found a way to be occupied inside, recently re-painting our lounge at home and of course, it has been a really good excuse to have a tidy up, throw out and declutter.

In December I also purchased an E bike, and I must tell you it's one of the best buys I have made, I thoroughly enjoy that I no longer have to huff and puff climbing up the hills, and as a consequence I go out for a cycle almost every day. An added incentive is the reduction in Petrol station receipts on my Bank statements from not using the car so much.

We have an exciting time ahead here at Age Concern for 2023 and I am very much looking forward to continuing in my role as Wellness Connection Organizer. During 2022 I visited very many of our members in their homes and I was made to feel very welcome, and I have discovered that my role here, which is meeting and talking with our members is my Dream job! Thank you so much for accepting this recently implemented initiative which allows me to engage with our members.

I will start scheduling Home Visits very soon and will be making contact so that we can catch up.

Please let us know if your address and contact details have changed. During our visit I am very keen to find out how we can connect our members with other members, find out what your interests are and also if and how the Covid-19 Pandemic has impacted your connection with family and friends, and your physical and emotional health....

Continued....

Diana Walker - Wellness Coordinator

Some of us have had changes in circumstances, some have lost loved members from our families and some members have relocated due to changing circumstances in their lives. As life progresses one of our aims is to support our members to manage their own homes and as the years roll by and often people join Age Concern for the information and advice we provide and hopefully help enable property maintenance solutions.

We have exciting developments with regards to the Age Concern Maintenance Services which Rory will have outlined in his column, and we are often discussing ways for our members to remain in their own home and we hope that together we find ways to keep up with and continue great mental and physical health and live life to the fullest.

Wishing you all the very best for 2003.

Diana.

Karyn Rogers - Driving Safe –Volunteer Co-ordinator



Happy new year.

Not a great start with all this rain but hopefully the sun will come out soon. I had a lovely Christmas with my youngest child coming home from London for a month.

However her suitcases did not. She did however get them before she returned home which was lucky. It was a mission to pack ever thing back into her one suitcase to return home. ..

Very exciting news she will be returning next March to get married at Peppers Point. We also got to go wedding dress shopping which was so exciting. Hoping you all got what you wanted for Christmas. My granddaughter got a horse so she is very happy and with my daughters bags going missing we had two Christmas' which was pretty cool.

Staying Safe

The dates for our Safe driving this year are 21 March, 26 April, 16 May, 21 June, 25 July, 22 August, 12 September and 17 October.

So if your interested in up skilling your driving reach out and ask for me and I will book you in. There is no cost and lunch morning tea is all provided.

Also if your license is expiring or you no longer want to drive we can provided you with a mobility card which allows you to get half price taxi fares. There's a one of cost of \$30.00 if we come to you or \$20.00 if you come into the office.

We are also able to get a free bus card for gold card holders

Visiting services

If you would like someone to visit you, Please reach out and we will see if we can find someone who has the same interests and match you up. If you know someone that needs company, ask them to get into touch with us. Also if you have a few hours spare and would like to help someone else that is unable to get out or has no family please put your name down to be a visitor.

Dealing with Grief

From time to time our phones will ring and we will hear about the passing of a beloved Age Concern Member – we will oft times shed a tear in the office remembering our interactions, outings and activities. If you are struggling with grief – we are here to help and can you refer you to services can support you through this major life transition. Grieving is a process, something we all have to go through in our own unique way. Read on – to see how ‘Rituals of Grief’ can help us deal with the loss of a loved one.

Rituals of grief: The beautiful ways the living connect with the loved ones they've lost

Karyn Rogers opened up a pantry on the street to honour the generous spirits of her sister Sandra and brother Brent.



Karyn Rogers remembers her brother and sister with gifts of veges from her garden.

It was the generous spirit of her brother and sister that Karyn Rogers wanted to honour when she set up a pātaka kai, or pantry, at the end of her Rotorua driveway.

On one side, the lime green cupboard is painted with two hearts encircling the names Brent and Sandy. She lost both to suicide, at different times. They would both give the shirt off their back, Rogers says.

“For my sister, it was [the gift of] time. When she passed, I’ve never seen a funeral so big, with the amount of people she’d helped over the years.”



Rogers stays connected to her sister Sandra and brother Brent by stocking the pātaka kai at the end of her driveway.

During spring and summer, Rogers fills the pantry with veges from the garden or sweet mandarins from her trees. Visitors swap canned food for fresh bounty. In lean times, she bakes. She makes sure always to fill it on Brent and Sandra’s birthdays and anniversaries. “I always tell them that I’m filling up the box for them. “The real incredible thing that’s happened, is the first few months it was just us filling it, but now other people fill it. So it just keeps on giving, which of course is like my brother and sister. “It’s not just about the kai, it’s sort of like a little community... It’s such a sad time, but being able to turn it into a positive is really cool.”

Katreece Lewis - Social Connection & Shopping Service Coordinator

Grocery Shopping

Grocery Shopping; it's one of those necessary and regular tasks that we all have to do to keep our bellies full and our households running—a thankless task we oft times take for granted—until we are unable to do it anymore.

This might be due to illness, lack of confidence or mobility, or transport issues. Keeping an ongoing supply of fresh meat/produce and household must haves, in this instance; can become an overwhelming if not unsurmountable obstacle.

We have all known the terror of looking at an empty toilet roll holder or busting for a cup of tea to find there is just a teeny dribble left in the milk bottle—now imagine, having no plan or ability to replenish these items. This unfortunately is the situation that some of *our* members find themselves in.

This is how we are responding to their needs.

Our shopping service is comprised of three strands.

Companion Shopping

This is a service for older people who are mobile enough to go out but need a little extra assistance with transport to-and getting around a food store.

We match these people with accredited Age Concern Volunteers who may live nearby and shop in similar stores, who have an hour or two a week/fortnight to spare and who have the generosity of spirit to help others maintain their dignity and independence.

Many an ongoing friendship has developed from these little shopping excursions -it also serves as a wonderful opportunity for the older person to get out and about and become socially engaged and helps bust the boredom of being a 'stay-at-homer'. We ask the Age Concern Shopper to contribute a small koha (donation) towards the Volunteer's petrol costs.

(We are always on the hunt for community minded people who can pass a police check and who might be interested in volunteering their time in this capacity; by taking an older person shopping along with them on their weekly/ fortnightly shop)

Online Shopping

This is not as scary as it initially sounds. All of Rotorua's supermarkets have an online shopping and delivery service available. Many young folk these days never set foot in a supermarket—and I for one say, the young folks are on to something here! All you need to set up online shopping is an internet device, like a tablet, personal computer or laptop - and a credit card or a debit card (the type with a computer chip in) and your away. We are happy to make an appointment with you, come out to your home, and walk you through the process, which I guarantee ...you will admit was so easy-peasy afterall. Basically, there is a photo catalogue of all the goods, you tick what you'd like, pay for your goods using the card numbers, choose a delivery time—and hey presto your bananas and loo paper are delivered to the door. It's a modern day version of the grocery boy delivering on his basket bike :)

Buddies Shopping

This is a new initiative we are trialing.

Starting next Tuesday the 14th of February (Pension Day and every fortnight thereafter) we will be using the Age Concern van to do a grocery run into town. This service is for those who have the mobility to board our van and shop independently but are experiencing transport/confidence issues—and would feel supported travelling in a group. The plan is to collect our Members from their homes—there will be two stops –one at Pak n Save and one at Central Mall. This will give our Members a choice of two supermarkets, the opportunity to pay bills at Postshop, pop into the Warehouse, the Chemist etc. We will travel in a group and then split up to do our various shopping and chores –we will re-assemble at ‘Ma Higgins’ for a cuppa and a people watch while we collect our group back together – and then drop everyone back home. We expect that the shopping portion of these outings will be between an hour and a half to two hours – the picking up and dropping home portion of the day - will be determined by where our Members reside. This is a new initiative – and as always we will be open to refining and improving the service as we go along.

***Independent Shopping via Taxi**

We are also agents for Total Mobility – which is a scheme run by the BOP Regional Council for people impeded by illness, injury or disability. Total Mobility provides 75% taxi fare discount– which of course can be used to travel independently to and from supermarkets/retail outlets of your choice. There is an assessment criteria and registration process which can be completed through Age Concern – just give us a call.

Up Coming Events—Out & Abouters Trips



<p>Thursday 16th February 10am -12pm</p>	<p>Secret Spot - Morning Tea and Shinny Dip Enjoy a nice cuppa and a natter, maybe a bite to eat as we soak our tootsies in the cedar hot tubs at the Base-Camp cafe. Followed by a winding slow drive back through the Tree Trust. (Expected costs - Cafe Morning Tea).</p>
<p>Wednesday 22nd February 9am - 2pm</p>	<p>Tauranga Crossing Shopping and Lunch With over 100 shops and restaurants; this is a chance to blow the city limits and indulge in some out of town retail therapy and try some exquisite cuisines. (Expected costs - However little or much you wish to spend)</p>
<p>Wednesday 1st March Movie Time 12.30pm</p>	<p>Movie Mob - Basement Theatre - Movie to be Confirmed - Give us a call on 347-1539 to find out what's playing. (Expected cost - Movie ticket \$11.50)</p>
<p>Thursday 2nd March 9.30am - 12.30am</p>	<p>Tyburn Monastery Ngakuru Enjoy a morning tea provided by the Benedictine Sisters. Look around the Retreat Centre, take in the tranquil views of the Monastery gardens and the surrounding area or indulge in some quiet contemplation in the Laity Chapel (Expected costs - donation toward the morning tea)</p>

<p>Wednesday 8th March</p> <p>9am - 1pm</p>	<p>Lava Glass Sculpture Garden & Aratiatia Floodgates Come and wander around the sculpture/art garden, watch some glass blowing and have a bite to eat in the cafe - before journeying to Aratiatia Dam to watch thousands of litres of water released to surge through the gorge in a spectacular natural display. . (Expected cost - \$20 sculpture garden entry plus food)</p>
<p>Thursday 16th March</p> <p>10.30am - 2pm</p>	<p>Government Garden Guided Tour plus Lunch at the Citizens Club A leisurely stroll to learn about the buildings, art, culture, history, and heritage of the Government Gardens - followed by a hearty feed at our local. (Expected costs - Lunch from the a la carte menu)</p>
<p>Wednesday 22nd March</p>	<p>Rain or Shine Fish and Chips at Maketu A drive out to Maketu for the famous fish and chips at the beachside cafe. (Expected costs - We have arranged a \$17 Fish, Chip and Salad special / or as ordered)</p>
<p>Thursday 30rd March</p> <p>10am - 1pm</p>	<p>Hamurana Springs Nature Walk and Potluck Picnic Come and join us on a low impact streamside nature walk, look for eels, feed the ducks and stop for a potluck picnic and a cuppa from the flask. (Expected costs - gold coin donation to the guardians of the Springs/ food to share)</p>
<p>Thursday 6th April</p>	<p>Kawerau - Maurie Kjar Pools / BBQ Lunch A drive out to Kawerau to the pools for a swim or a sit in the hot spas if you prefer. We will throw some sausies on the barbie and rustle ourselves up a bit of an Age Concern BBQ lunch (Expected costs - A gold coin donation to the Memorial pool) *All photos from the day will be from the neck up =)</p>

AGE CONCERN MAINTENANCE SERVICE

We are pleased to announce that we have a “jack of all trades” on board with Age Concern.



What this means for you?

You will only pay \$20 an hour for our maintenance services and Age Concern will absorb the remaining of the cost.

How to qualify?

- Own your own home
- Are a current member with Age Concern

How to book?

Give our Age Concern Maintenance Service Coordinator *Aroha* a call on 07 347 1539.

Aroha will take your contact details, address and what type of maintenance is requiring fixing.

From there our Jack of all trades will be advised of the job details and make contact with you directly.

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

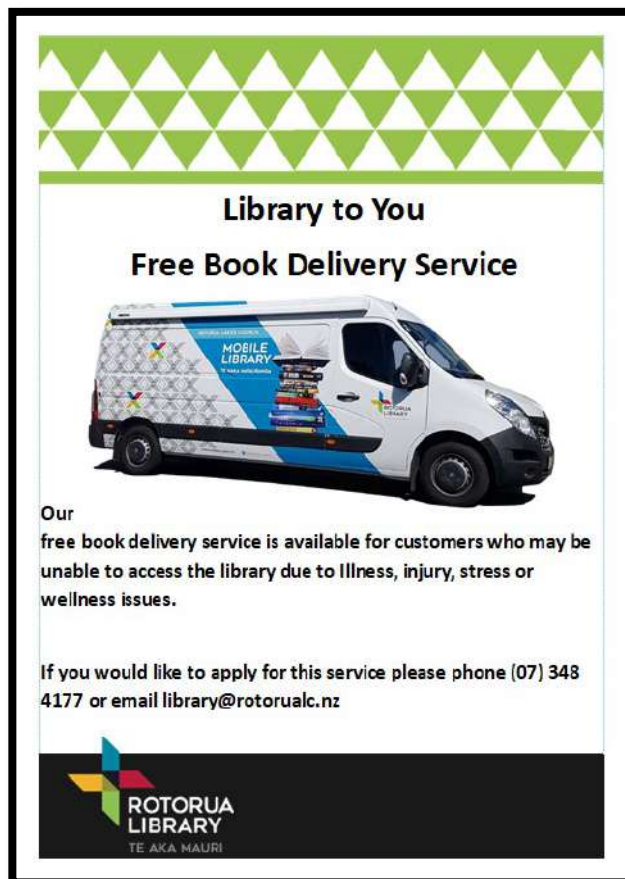
Loneliness and social isolation can affect our physical and mental health. Visiting an older person can be an enriching experience for all.

Call for a chat or email for more information.
347 1539 admin@acrotorua.nz


Charity Garage Sale hosted by Ray White Real Estate.

**Saturday 15th April
Ngongotaha Railway Park**

- Start to put things aside and for larger items if you just ring Aroha at Age Concern and we will take some details and arrange a pick up later nearer the day.




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



ROTORUA LIBRARY
TE AKA MAURI



**A Huge Thanks
To Ray White Rotorua**

They have funded our new signage on our Van.
Be Sure to Keep an eye out for us!

Denis and his new “Harley”

We were lucky enough to receive a visit from the lovely Denise on his new ride that he has quite appropriately called the Harley! Safe to say, the Age Concern Staff were out there wanting a ride ourselves!

Denis was also kind enough to donate his old scooter to Age Concern for us to be able to lend out to those in need.

Thank you very much for your generous gift, we appreciate you very much!





Driving Miss Daisy Rotorua
Call us today on 07 347 4001

5 Ti Street, Rotorua, 3010
027 5494 260

Opening hours
Mon 10-12
Wed club day 8-1
Fri 10-12
or by arrangement

Wanted Volunteers,
For a Wednesday 8-1pm club day only
Painter, Carpenter, Seamstress etc?
Happy to learn?
Help where you can?
Or make your coffin your way.

kiwicoffinclubct@gmail.com
www.kiwicoffinclub.co.nz
www.facebook.com/KiwiCoffinClub

Want to make a difference. Join our friendly team at The Kiwi Coffin Club.



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

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 75% discount on door to door travel within Rotorua. 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 member-

“MOVIE MOB”
Basement Cinema
1st Wednesday
of the Month
Movie TBC
(Time 12:30pm)
Cost \$10.50pp
Phone:
Age Concern 07– 347-1539

HOUSIE AT ROTORUA CITIZEN’S CLUB
Address: 1146 Rangiuuru Street
Rotorua 3010
Day & Time: Tuesdays 2pm



This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

Phone or email Karyn for the dates, registration and info.
Email: visiting@acrotorua.nz

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.

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