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**5 Tarewa Place**

**ROTORUA**

**Phone 07 347-1539**

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### Kia ora koutou, hello everyone!

What an amazing couple of months we have had here at Age Concern. We have had the ballot for our Tiny Homes, two very successful Staying Safe driving courses, lots of incredible reviews from members who have used our new maintenance service and some great times on our Out & Abouters trips!

With Autumn here and Winter near, our days are shortening and getting cooler! Make sure you check out the article on *Staying Dry & Warm With Winter Approaching* on pages 14 & 15 of this newsletter.

Some more cool news, we have a mobility scooter available to lease from Age Concern *free of charge*. This was kindly donated to us by Denis, one of our incredible members. To apply, please give us a call in the office.

This was a joke that was shared with us and thought you all may find a laugh in it as well...

*As I was lying around, pondering the problems of the world,  
I realized that at my age I don't really give care much anymore.  
If walking is good for your health, the postman would be immortal.  
A whale swims all day, only eats fish, drinks water, but is still fat.  
A rabbit runs and hops and only lives 15 years, while  
A tortoise doesn't run and does mostly nothing, yet it lives for 150  
years.*

*And you tell me to exercise?? I don't think so.*





## *A Word from the Manager*

As we head into winter, we ask ourselves where did summer go and have we really had one?

Age Concern has been in the media a great deal lately with the Tiny Homes and the cost of living receiving coverage in the newspapers, on the radio through the nine to noon show on Radio New Zealand and on television with Warwick Pryce possibly being on the Sunday programme. We had the draw for the people who will occupy the Tiny Homes and apart from Warwick Pryce wish to remain anonymous.

Exciting for those lucky people and the expected date for occupancy is in late June, hopefully. I am present getting quotes to do the foundations, piles, electrical connection, sewerage connection, water, and stormwater. Bunnings have been very generous in giving us some of the requested items for the landscaping of the area around the tiny homes. They will be donating fruit trees, citrus trees, natives, grasses and three garden sheds. Fantastic.

By now you would have heard that we will be having a Charity Garage Sale hosted by Ray White Real Estate. This will be held on Saturday the 8<sup>th</sup> of April at the Ngongotaha Railway Park from 8am. If you have any items you would like to donate please drop smaller items off at 5 Tarewa Place or let Aroha know you have some bigger items for collection. This will be our third Charity Garage sale and in the past, we have raised over \$2,000 for not much effort on our behalf.

Age Concern has never been busier, and we are increasing our membership by an average of 3 or 4 a week. I mentioned that we will be having a rain check on paying membership fees until July to bring all payments in line with the financial year. As a result, we will be asking all new members to pay a good faith fee of \$5 until full payment in July.

Several members have already used our Maintenance man's services and it has been a big driver in our increased membership. Feedback from those members who have used the service have had nothing but praise for the handyman, Gordon Hamilton.

Just a reminder, however, that the maintenance must be on your own home and is maintenance not cosmetic as our main aim is to keep people in their home as long as possible. Health and Safety is our main priority, and it will be up to our maintenance man as to whether or not he feels he can do the job.



## ***Aroha Wade - Administration & Maintenance Service Coordinator***

*Kia Ora everyone,*

It's now April, which means I am coming up to 3 months at Age Concern but satisfyingly, it feels like I have always been a part of the team here. That's all thanks to the incredibly supportive team and beautiful members I get to share my work days with. I would like to thank you all for making me feel so welcome to the Age Concern Family! Our maintenance service we are providing for our members has taken off and we have had some incredible feedback that I would like to share with you all .

*"Just to let you know Gordon did a wonderful job. He went out of his way to be helpful - even going to Bunnings to purchase light bulbs when the ones I had did not fit. I have a few other jobs and will stagger them out over the coming months. Five-star service!"*



### ***Hot Cross Bun Brownie***

***Easter is about hot cross buns, and chocolate.***

***Combine the two and make your favourite Easter treat more indulgent with our Hot Cross Bun Brownie recipe.***

#### ***Ingredients***

**Dark chocolate - 120 g**

- Butter, salted - 120 g
  - Sugar - 1/2 cup
  - Eggs - 2
  - Vanilla essence - 1 tsp
  - Self-raising flour - 1/2 cup
- Countdown hot cross buns, torn into small pieces - 3**

#### **Crosses**

Icing sugar, mixed with 2 tsp water - 1/2 cup

#### ***Method***

##### **Step 1**

Preheat an oven to 170°C. Line a 20 x 20 cm tin with baking paper.

##### **Step 2**

Into a pot, place the chocolate, butter and sugar, heating the mix slowly and stirring until smooth. Remove, cool for 10 minutes then whisk in the eggs. Then add the vanilla, flour and hot cross buns pieces, mixing to combine.

##### **Step 3**

Pour the mixture into the tin (leaving it a little rough on the top is fine). Bake for 35 minutes until just set. Remove and cool completely before cutting into squares.

##### **Step 4**

To make the crosses drizzle a little icing over each piece.



## ***Diana Walker - Wellness Coordinator***

Welcome to Autumn.

In this issue of our Newsletter, I would like to tell you all about another useful Newsletter, one that I subscribe to myself and explain how the information contained in this regular newsletter can help keep us safe from scams, provide advice and information about how to save money, and even earn some extra money! Now I have your interest lol. Some examples of the information provided.

Kindly shared from and with permission from Money Hub.

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### **Introduction to investment scams**

Scammers like to target affluent English-speaking countries, meaning New Zealanders are heavily targeted by overseas fraudsters looking to exploit people's weaknesses and aspirations. Most scams appeal to the victims' **desire for financial prosperity, romance**, their **trusting nature**, and the **preservation of reputation**.

Financial services and the world wide web are two areas scammers prey on inexperienced and unsuspecting people. In recent years, personal finance and technology have converged, making it far easier for the average person to educate themselves by reading trusted resources like MoneyHub, **Sorted** and access a broad range of financial services from innovative businesses, such as digital banks such as **Wise**.

The downside is the **internet has made it easier for perpetrators to solicit victims** and deploy their deceptive schemes, often from different continents. The reality is, the barrier to making a professional website, registering a phone number and renting a virtual address to appear professional and legitimate is very low.

This guide explores the numerous investment scams targeting New Zealanders and people in other parts of the world. The purpose is to describe the **hallmarks of different schemes**, help you identify and steer clear of potential scams and **understand how to report suspicions and crimes** to relevant law enforcement agencies and watchdogs. Our guide covers:

[Types of investment scams](#)

[Top tips for avoiding investment scams](#)

[Reporting investment scams in New Zealand](#)

[Frequently asked questions](#)

And...

I have been completing paid surveys for a few years now and enjoy the extra money, if you have time and like earning extra money, Kindly shared from and with permission from Money Hub.

## ***Diana Walker - Wellness Coordinator Continued...***

Do you often think about how a little extra income would be useful?

We suggest registering with [i-Say](#), [Digital Voice](#) and [Homescan](#) (in that order) to start making money online. Our top three survey websites are all part of massive global companies and pay rewards as promised, with no trickery. The more you do, the **more bonus opportunities there are**.

Market leader Nielsen offers the [Digital Voice](#) and [Homescan](#) platforms, which reward you for going about your everyday activities such as buying groceries and browsing the internet.

Please note that for [Digital Voice](#), software is installed on your device which tracks what websites you visit. Your **information is 100% secure** and used only to help Nielsen understand online consumer behaviour.

**Know this:** Signups take around two to five minutes, and the rewards offered are long-term, which can make them more attractive than one-off survey opportunities.

**Important** - We frequently release new surveys - [Like MoneyHub.co.nz on Facebook](#) and [Sign Up to Our Newsletter](#) to be the first to know.

### **Nielsen New Zealand**

Nielsen, a market leader in surveys, lets you have a big influence on how products can be enhanced and made better for everyone. Nielsen offers both a scan-at-

Neilsen. You can also start earning on with Nielsen as soon as your profile is set up.

#### **How to Join**

Register with market leader Nielsen - both their [Homescan](#) and [Digital Voice](#) platforms reward you for going about your everyday activities such as buying groceries and browsing the internet.

Be aware, for [Digital Voice](#), software is installed on your device which tracks what websites you visit. Your information is 100% secure and used only to help Nielsen understand online consumer behaviour.

Signups take around two to five minutes, and the rewards offered are long-term which can make them more attractive than one-off survey opportunities.

More information? Our reviews of [Homescan](#) and [Digital Voice](#) have more details.

#### **Pros**

Big rewards for minimal effort.

The panel is trustworthy as it is run by a reputable company.

You will get \$100+ a year for every mobile device you register.

#### **Cons**

If you don't find gift cards very useful, then the site's cash-less reward system might not be for you.

#### **Rewards**

Retail e-vouchers

Sweepstakes entries

I hope you find this information worthwhile and please ask me (phone the office and I will get back to you) if you need extra information.

Thank you to all the members I have visited so far this year and I hope I can catch up and visit many more of you throughout the year!

Best Regards

Diana.





## ***Karyn Rogers - Driving Safe & Volunteer Co-ordinator***

### **Driving course for the elderly**

Here at Age Concern I run the free Staying Safe Driver Refresher course for older drivers. I'm wondering, has it been years since you have had a driving refresher course? Have some rules changed that you may not be aware of? Are you now taking new medication that may or may not affect your driving? Do you want to keep your driving skills for as long as possible? If you answered yes to any of these things, then you should come along to our FREE driving refresher course for seniors!

The Staying Safe Course is a theory based refresher course for seniors facilitated by local Age Concerns. During the course participants will re-familiarize themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving. We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in 07 3471539.

### **Visiting**

Do you have a couple of hours Spare? Are you keen to make someone's day by visiting and having a cup of tea with someone who's lonely?

This is a very rewarding role and knowing you are helping someone lifts your heart. If you know someone that will benefit from having one of our beautiful volunteers popping in.

Give me a call at the office on 07 347 1539.

Karyn

The poster for the 'Staying Safe' course features two elderly women sitting in the front seats of a car, smiling. The woman on the left is wearing a pink and black patterned jacket, and the woman on the right is wearing a white turtleneck. Above them are logos for 'Age Concern' and 'Staying Safe', and a logo for 'WAKA KOTAHU NZ TRANSPORT AGENCY'. The text 'Staying Safe' is prominently displayed in large white letters, with 'a refresher course for older drivers' underneath. At the bottom, a small text box states: '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.'

## *Katreece Lewis - Social Connection & Shopping Service Coordinator*

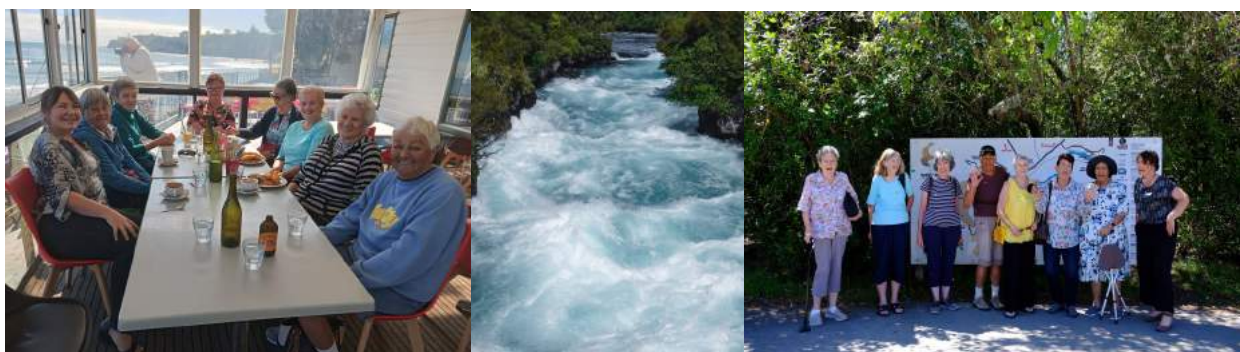
Out and Abouters is up and running again. So far we've been able to dodge all the major weather events and MOST of the roadworks.

(Though the folks onboard our trip to 'Tauranga Crossing' enjoyed a spontaneous, cross country scenic tour with the unexpected thrill of not knowing exactly where the road would lead - thanks to the road closure at Kaharoa. We had to ask a partially clad, buff, young truck driver for directions - this, according to the ladies onboard turned out to be the highlight of their day)

We've also soaked our tootsies at Secret Spot, watched glassblowing in Taupo, soaked in the positive ions at Huka Falls, op shopped the heck out of Matamata - eaten more muffins and drank far more coffee than the Heart Foundation recommends, all while enjoying a good chin wag and each others company.

We are currently in the process of finalizing an itinerary for an upcoming round of activities. Check out our photos - and if this seems like something you'd like to do - just give us a call to get onboard. We have room for nine. Naughty folks in the back row

No mothballs on this lot!



### Buddy Shopping

Our initiative to provide a door to mall shopping service is growing steadily. We now have a few regular members taking advantage of ride into town every second Tuesday to do their shopping, bill paying, prescription pick ups and other chores.

We generally spend an hour and a half at the mall

We gather at Ma Higgins' for a coffee and a chat before our return home – this is a nice, social opportunity to get out of the house. (and moan about the price of food)

If you would like to know more about this service – just give us a call

## Up Coming Events—Out & Abouters Trips

<b>Thursday 20th April 2023/ Marshalls Animal Park</b>	<b>9.30am – 2pm</b>
Situating within McLaren Falls Park, this unique attraction is 35 acres of friendly animals and fun. Good Mobility, walking shoes required. \$14 admission. Café onsite or pack a bite to eat.	
<b>Wednesday 26<sup>th</sup> April 2023/ Mamaku Blue</b>	<b>10am – 12pm</b>
Strictly for the antioxidants! Come and have a natter and a Blueberry inspired morning tea (there is a daily special's board) and a wander around the orchard museum and the shop; bursting with handcrafted blueberry goodies.	
<b>Wednesday 3<sup>rd</sup> May 2023/ Basement Cinema</b>	<b>To be confirmed</b>
Movie and showing time yet to be confirmed.	
<b>Wednesday 10<sup>th</sup> May 2023/ Return to Tyburn Monastery</b>	<b>9.30am-12.30pm</b>
A return to Tyburn for those who missed out on our last trip. Look around the retreat centre; take in the views of the Monastery gardens and Chapel.	
<b>Thursday 18<sup>th</sup> May 2023/ Māori Carvings Lake Taupo</b>	<b>9am-2pm</b>
An hour and a half, morning tea time, coffee cruise on Lake Taupo to look at the Māori Rock Carvings, plus an after wander around Taupo as time allows.	
<b>Thursday 25<sup>th</sup> May 2023/ Te Puna Quarry Park</b>	<b>9.30am-1.30pm</b>
Te Puna Quarry Park is a magical place of special beauty with walkways, panoramic views, native & exotic trees, specialised gardens, ponds, sculptures, butterfly house, picnic lawns, seats, shelters and fun things to do for children. Moderate fitness required as there are several steep paths.	
<b>Thursday 1<sup>st</sup> June 2023 / Legacy of Spy Escape Challenge</b>	
For the agile of brain. Our team is locked in a themed room and the common goal is to break out within an hour. To escape, you use objects from around the room, find clues and solve puzzles! It is a room filled with brainteasers, tricky riddles, locks, keys and a lot of fun.	



### **Total Mobility**

#### **Get your Mobility through Age Concern!**

*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 membership fee(s) are.*

*Phone to book: Ph 07 3471539*

#### **Who are Total Mobility transport providers?**

Freedom Drivers Rotorua	07 213 1961 027 531 9767 <a href="http://freedomdrivers.co.nz">freedomdrivers.co.nz</a> <a href="mailto:rotorua@freedomdrivers.co.nz">rotorua@freedomdrivers.co.nz</a>	<b>Hoist vehicle</b>
Driving Miss Daisy	07 347 4001 021 503 605 <a href="mailto:roto-rua@drivingmissdaisy.co.nz">roto-rua@drivingmissdaisy.co.nz</a>	Yes
Rotorua Taxi Society	0800 500 000 07 348 1111 <a href="http://www.rotoruataxis.co.nz">www.rotoruataxis.co.nz</a> <a href="mailto:qd@cooptaxi.co.nz">qd@cooptaxi.co.nz</a>	Yes
Taxi Cabs Rotorua	0800 482 947 07 347 9797 <a href="http://www.rotoruataxi.co.nz">www.rotoruataxi.co.nz</a>	Yes
Urban Link	07 347 6666 <a href="mailto:Transportpeople.ltd@gmail.com">Transportpeople.ltd@gmail.com</a>	Yes

## ***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 as a member?***

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.

*Please note this service does not cover gardening, or any form of cosmetic work as our main aim is to keep people in their home as long as possible. Health and Safety is our main priority.*

## ***Staying Dry & Warm With Winter Approaching***

Being in a cold and damp house is not only uncomfortable, but it can seriously affect your physical health. Cold, damp, and crowded homes increase your risk of respiratory issues, infection, and other easily preventable illnesses. It is especially important to keep your home warm and dry as you get older because you may be more susceptible to health issues. Making sure your home is warm and dry in the colder months will increase your chances of staying healthy at home. The World Health Organisation recommends keeping your living space between 18 and 21°C.

### **How to heat your home**

Insulation will help your home retain heat and make it more efficient to keep warm. New houses will be built with insulation to meet current building standards, but if you own an older house you should consider retrofitting insulation if possible. Insulation will also help to reduce draughts, through which up to 20 percent of heat can be lost.

It is important to choose the right heat source for your space to ensure it runs efficiently. You can choose to only heat the room that you are in to increase efficiency. Finding a heater that uses renewable energy, such as a heat pump, wood burner, electric heater, or flued gas heater will be better for the environment and is cheaper to run. It is important to make sure that the heater you choose is the right fit for the area you are heating. This will ensure that it can adequately heat the space without wasting electricity.

Along with insulating and heating your home, it is important to open windows and curtains on sunny days to let heat and sunlight in. This natural source of heat can be trapped in the home by closing the windows and curtains when the sun goes down. You can trim trees that grow close to your home or ask your landlord to do this to let more sunlight in through the windows.

### **Funding**

If you are a low-income homeowner in an older house and want to install insulation or buy a heater, you may be eligible for a grant. The Warmer Kiwi Homes programme is available for people who own homes built before 2008 that have no insulation or heat sources, and who hold a community services card or live in a low-income area. You can check your eligibility and find out how much the grant will cover on the [Energy Efficiency and Conservation Authority \(EECA\) website](https://www.eeca.govt.nz/co-funding/insulation-and-heater-grants/) - <https://www.eeca.govt.nz/co-funding/insulation-and-heater-grants/>

### **Housing modifications**

If you have a disability or require other features in your home to keep you safe and independent, you may be eligible for funding to modify your current home. Housing modifications are aimed at improving safety and mobility, and if they are not already built into your home, they can be added to a pre-existing house rather easily. You can find more information at [Firstport](https://firstport.co.nz/financial-support/funding-for-home-modifications)—<https://firstport.co.nz/financial-support/funding-for-home-modifications>

## Keeping your home dry

Along with keeping your home warm, it is important to keep it dry to prevent mould and stop you from getting sick. It is also easier to heat your home when the air is drier. While running a dehumidifier can improve dampness in your home, it can be expensive and there are other things you can try to improve the dryness of your home. These include:

- Airing your home regularly. You should aim to open doors and windows for 10-15 minutes every morning, or to use a ventilation system inside your house
- Dry washing outside. Drying washing indoors will keep moisture inside your home and may increase the risk of mould. Hanging washing outside will help to kill bacteria on your clothing. If you need to dry your clothes indoors, try putting them in a garage or shed
- Use energy efficient, safe heaters. Avoid unflued gas heaters, and try to use safe heaters that are appropriate for the space you are heating
- Use extractor fans or open windows in bathrooms, the laundry, and in the kitchen to reduce moisture from steam. If you are cooking, you can use pot lids to reduce the amount of steam that escapes. Keep these damp spaces closed off from other living areas and bedrooms to prevent steam from dampening other rooms
- Move furniture away from walls in winter. This includes beds and couches. Leaving a 10cm gap between furniture and walls will discourage mould, especially on external walls. If you have a mattress on the floor, you should air it out daily by removing bedding and standing the mattress on its side

Leave wardrobe doors slightly open to allow for air circulation which will discourage mould growth on clothing

## Making your home safer

Along with improving the warmth and dryness of your home, it is important to make your home safe in other ways to avoid injuries. There are some easily changed things around your home that can be done to limit avoidable injuries. Try considering the following:

### Moss

Moss can build up on outside areas such as steps, paths, and decks which can be very slippery. Moss can be removed with special moss removal products, or can be water blasted or scrubbed away. You can limit the growth of moss by cutting back trees and shrubs so sunlight can dry out moss-prone areas. To make outside areas slip-proof, ensure proper lighting in dim areas, line step edges with paint or tape, build new decks with grooved timber, and paint decks with nonslip paint or add grit.

### Rugs and mats

Look out for rugs and mats that have frayed or have rolling edges and ones that slide when you walk on them. Unsecured rugs and mats can be a trip hazard. You can secure them with anti-slip tape, a spray-on nonslip coating, or carpet grips. If you are buying a new rug, look for one with a nonslip backing. Make sure all carpet or coverings on stairs are firmly in place. If you have wooden or tiled floor, wear shoes or slippers rather than socks to avoid slipping.

## 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.

07 347 1539 [admin@acrotorua.nz](mailto:admin@acrotorua.nz)



Driving Miss Daisy Rotorua  
Call us today on 07 347 4001



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**

## ***Charity Garage Sale hosted by Ray White Real Estate.***

**Saturday 8th April  
Ngongotaha Railway Park  
8:00am**



A perfect time to declutter! If you have anything you would like to donate please bring it in to us at Age Concern - 5 Tarewa Place, Rotorua. If you have bigger items that need to be collected, give call us on 07 3471539 and we will take some details to arrange pick up!





# Talking Tech on Tuesdays



***A series of workshops  
run by SeniorNet Rotorua  
for older people needing  
help with mobile technology***

***Do you want to make your mobile phone  
or tablet your best friend?***

***Each workshop will deal with some aspect of  
using your phone or tablet.***

***(including mobile plans, setting up, banking, shopping, social media,  
streaming, navigation, YouTube, photos, music, books and more)***

***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 7 March, 2023.***

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



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





5 Ti Street, Rotorua, 3010

Phone: 07 349 5494

Mobile: 027 5494 260

**Volunteer your time,**

**Make coffins that cost less.**

**Customise your coffin your way.**

**Ready made coffins available.**

**Storage available.**

**Opening Hours**

**Mon 10-12**

**Wed 8-1 Club Day**

**Fri 10-12**

**or by arrangement.**


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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



**REMINDER—** As Rory mentioned in his managers report, we are having a rain check on paying membership fees until September to bring all payments in line, but the AC Council have decided that July would be best to keep it in line with the financial year. As a result, we will be asking all new members to pay a good faith fee of \$5 until full payment in July.

*Aroha will send out a reminder to all members towards the end of June with instructions on how to pay to keep your membership active.*

#### 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)