

WINTER 2024  
QUARTERLY NEWSLETTER

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**AGE**  
**CONCERN**  
**HAURAKI**  
**COROMANDEL**

He Manaakitanga  
Kaumātua Aotearoa

# Age Concern Hauraki Coromandel

Covering Thames-Coromandel District and Hauraki District (Kaiaua, Ngatea, Paeroa and Waihi)



[www.achc.org.nz](http://www.achc.org.nz)



## Contact Information:

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200 Mary Street, Thames, 3500

**Postal Address:** PO Box 466 Thames 3540

### Office Hours:

Monday - **Wednesday** 9am-12pm

**Thursday** 9am-12pm

**Note:** We may not always be open on these days, so if you intend to visit us in person, please phone ahead to ensure we are available

## Board Members:

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**Community Engagement:** Jo Sanderson

**Driver Refresher Contractor:** MaryAnn Kerr

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# What We Do

*Loneliness is a key focus area for Age Concern Hauraki-Coromandel. Did you know that feeling lonely affects your wellbeing and self-esteem? Loneliness if not addressed, can lead to isolation and/or deteriorating health. The good news is, we are here to help. Read on to find out what we do:*

### Age Concern Visiting Service

A 'One on one' befriending service where a volunteer visitor is carefully matched to an older person who is isolated or lonely. Visits are generally weekly and involve a cup of tea and lots of chatting.

### Age Concern Hauraki Coromandel Chinwag Café

Weekly get-togethers where older people can enjoy company, connections and conversations. It usually involves coffee and cake and lots of laughter. Held in Thames, Whitianga, Ngatea, Paeroa, Waihi, Turua and Kaiaua.

### Steady As You Go<sup>®</sup>

Weekly gentle exercise groups to help build strength & balance to reduce the risk of falling or fear of falling. These are very social groups that are led by trained volunteers. Held in Thames, Ngatea, Kaiaua, Waihi, Paeroa, Longridge, Tairua, Pauanui, Whitianga and 2 groups in Coromandel.

## Disclaimer

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A door to door discounted taxi service for those with mobility limitations, so you can keep connected to the people and services you need at an affordable price. Currently only available for Thames residents. Contact us to find out more.

**Staying Safe Driver Refresher**

These courses help build knowledge and confidence to keep you safe on the road and help you to retain your driver’s licence. Call us to find a course near you or to go on the waitlist.

**Information and Resources**

Knowing where to go or what to do is confusing at times. We can point you in the right direction, keep you informed and included with our regular newsletters, information resources and links to other services such as the Elder Abuse & Response Service

*You can find us at the Thames Civic Centre by the round-about.*

*Cover photo: Burke Street Wharf, Thames*

**Staying Safe** A REFRESHER COURSE FOR OLDER DRIVERS

This FREE classroom based course will help you re-familiarize yourself with traffic rules and safe driving practices. It will increase your confidence and knowledge and help you remain independent for longer.

**Date: Monday 16 September 2024**  
**Time: 9.15am for 9.30am start - 1pm**  
**Venue: St James Union Parish Hall, Pahau St, Thames**

If you would like to attend, please contact Age Concern Hauraki Coromandel 07 868 9790 or email: [info@achc.org.nz](mailto:info@achc.org.nz)

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# Welcome to our Winter 2024 Newsletter

*Winter is here and we hope you can keep yourselves cosy and warm as the chill and damp starts to set in. Unfortunately, winter respiratory diseases are on the rise and Covid is prevalent in many communities at the moment. Read our article on Covid in this edition.*

One thing to look out for in this edition is our interview with Volunteer Peer leader Vickie Macrae who leads two Steady As You Go® exercise groups for seniors at the Coromandel Gym. Thank you Vickie and a big thanks to all our other wonderful volunteers who are Board Members, who lead groups and who visit older people in their homes providing companionship. We value immensely what you do for Age Concern Hauraki Coromandel in supporting seniors in our communities.

## **A Big Shout Out And Thank You To All Our Volunteers.**

If you would like to become a volunteer with Age Concern, please get in touch with our Volunteer Coordinator Jo Sanderson [coordinator@achc.org.nz](mailto:coordinator@achc.org.nz) or phone 027 324 0249.

International day of Older Persons is on 1st October 2024. Celebrate with us by entering our Photography Competition. See our website [www.achc.org.nz](http://www.achc.org.nz) or look for the article and poster in this edition.

There are lots of interesting bits and pieces to grab your attention in this edition so, I hope you can grab a cuppa, sit down and enjoy reading.

*Best Wishes and Stay Warm, Jude*



The poster is for a photo competition by Age Concern Hauraki Coromandel. It features the organization's logo at the top right, which includes a stylized wave in blue, green, and pink, and the text 'AGE CONCERN HAURAKI COROMANDEL' and 'He Manaakitanga Kaumātua Aotearoa'. The main title 'Photo Competition' is in large, bold, dark blue letters. Below it is the theme: 'An older person in their special place'. The poster lists details: '2 sections Adults and School Students. Free to enter and prizes to be won. Entries are open from the 1st July to 2nd September, 2024.' It also provides the location 'Hauraki / Coromandel' and contact information: '027 3240249', 'coordinator@achc.org.nz', and 'www.achc.org.nz'. A vertical text on the left side reads 'Age Concern Hauraki Coromandel'. The background is blue with decorative pink and green diagonal stripes on the right side.





# Age Concern Hauraki Coromandel Photographic Competition

## **THEME:** **'An older person in their special place'**

To help celebrate The International Day of Older Persons, Age Concern Hauraki Coromandel is on the lookout for your best photo of 'An older person in their special place'.

There will be 2 sections.  
Students (school age) and Adults Prizes

**Adult:** 1 night at Corbett House in Hikutaia including a delicious breakfast and a \$25 voucher to spend at the Matatoki Cheese Barn.

**Student:** \$200 cash

### **How to enter:**

Take a photo of an older person in a place that is special to them.  
Email your image to Jo at [coordinator@achc.org.nz](mailto:coordinator@achc.org.nz) remembering to include your name, address, contact phone number, whether you are a student or adult and a brief explanation of why you chose this image.

\*Students please include your age and school you attend or if you are home schooled.

### **Who can enter?**

Any adult or student living or being taught (at school or home) in the Hauraki Coromandel area.

### **How many photos can I submit?**

You can only submit one photo each.

### **Who will be judging the photos?**

Carole Garside, who is a renowned photographer in Te Kauwhata will be judging the entries.

### **How and when will the winners be announced?**

The winners will be notified by email on September 21st. Winners will then be announced on our website and Facebook page along with the winning images.

### **Conditions of entry.**

Entries open 1st July 2024

You may not enter a photo that has previously been in another competition. Image manipulation is allowed. When submitting a photograph, you must be the owner of the image and the copyright. You must get the consent of the person you have photographed to enter their image in this competition. You give permission for Age Concern Hauraki Coromandel to use your image for publicity purposes. All Entries will be displayed on our website.

**All entries must be received via email by 5.00pm on the 2nd of September 2024.**

### *Still have a question?*

*Email: [coordinator@achc.org.nz](mailto:coordinator@achc.org.nz)*



**International Day  
of Older Persons**



# Volunteering With Us

*Age Concern Hauraki Coromandel is lucky enough to have a team of wonderful volunteers who help with our Visiting Service, Chinwags and Steady As You Go® groups. Volunteers are a very much valued part of our family and our relationships often continue after they've moved on to other opportunities.*

Volunteers often help us with administration, event management and are also involved in governance. However, if you have skills or experience in other areas and are interested in helping Age Concern to promote dignity, wellbeing, equity and respect for older people, we may have projects you can assist with. Either way, we would love to hear from you.

As a Volunteer, you can look at the work we do from a fresh viewpoint, which makes your contribution especially valuable. We aim to be an inclusive organisation and involve a diverse range of people who add value and depth to our work.

We also recognise the benefits of volunteering for our volunteers. We acknowledge our team members' individual needs, and, where possible, provide volunteers with experiences and opportunities to help them gain skills they require.

## **If you have:**

- An interest in and empathy with older people
- A genuine desire to offer friendship and companionship
- Good communication skills, including being an active listener
- Tact, objectivity, and maturity
- An interest in community service
- Respect for confidentiality
- Cultural sensitivity, awareness, and acceptance of difference

- Ability to make new friends

## **If you:**

- Can make an ongoing commitment to spend an hour or more during the day each week
- Are ready to be part of a team and receive ongoing support and training
- Have a genuine empathy with older people
- Can undertake a very small amount of admin (reporting visits each month to your Coordinator)

We particularly need people who are available from 10am to 4pm during weekdays. Please get in touch 07 868 9790 or email [coordinator@achc.org.nz](mailto:coordinator@achc.org.nz)

## **Please consider becoming a Volunteer with us**

We are so proud of our lovely volunteer Counsellor Vallanique Tamaiparea, who recently graduated from MIT with a Bachelor of Counselling. Well done. Go Val. Val has also recently commenced as the Visiting Service Social Connector.





# The Knit A Square Project

*The idea of a Knit a Square initiative popped into my head one evening when I was thinking about ways we could make a difference in our communities, and get others involved. Little did I know then, what this would become.*

Having made a post on Facebook about this initiative, and sharing to some local pages I sat back and waited, hoping that we would get SOME people offering to knit.

Well, offer they did. My phone started ringing. Emails continually pinged. Facebook Messenger alerts chimed out constantly. Before I knew it, I had over 100 people (that I knew of) willing to get involved. The Thames Museum set up a knitting station where people could drop in and knit a row or 2, as did several of our libraries across the region. Craft groups got in touch – patch workers, crocheters, knitters, all wanting to get their groups involved making squares and blankets. People donated wool, fleecy fabric for blanket backings, and the most important thing – their time.

On Friday 21st June we had a display of all the blankets in our office and invited the public to come and view them. What started out in my mind as just a small initiative, resulted in gigantic proportions! What a display it was.

Thank you so much everyone for giving up your valuable time to support us. And a big thank you to my colleagues in the office who have had to 'share' their space with boxes and boxes of knitted blankets.

We have had requests from doctors' surgeries and support groups around our area for so



*This cute little chap's mother was trying to stitch the blanket together she had crocheted for us and he said "mama, mine" and infused it with love*

many blankets, so this winter there will be many warmer bodies. Young and old!

*Jo Sanderson Community Engagement Coordinator*



# Interview with Coromandel Volunteer Peer Leader Vickie Macrae

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***What inspired you to become a volunteer for Age Concern Hauraki Coromandel?***

Age Concern had put a post up on their Facebook page asking for Volunteers. As I was new to Coromandel, I thought that this was something I could do.

***Can you share a bit about your background and how it may connect with becoming a peer leader?***

I have always been an exercise person and have held exercise classes for a very long time. I later became a teacher of exercise working for Les Mills in Auckland for many years.

When I enquired about the Volunteer job here in Coromandel in 2019, I had to give 2 referees. One referee was a boss where I had been working, and the other was the gym manager where I had been working. Whoever was going through the registration forms spotted that I had an exercise background and asked me if I would like to volunteer in setting up the Steady As You Go® program in Coromandel. I jumped at the chance.

***What specific aspect of our programme compelled you to get involved?***

I didn't know anything about the Steady As You Go® programme before I took it on, but just said yes straight away as this is what I wanted to do. I would have tried to set something up on my own if this hadn't been offered to me. I don't think the lady had even finished asking me the question before I jumped in and said Yes!

***What prior volunteer experiences, if any, have shaped your understanding of community service?***

I had not had any volunteer experience before this.

***Describe a moment during your volunteering experience that had a significant impact on you.***

There have been a few, but it is really just how helpful the program is to so many people.

One gentleman stood up one day after the class, and said to me : "You know that gate at Long Bay?" and I said "Yes, the one that goes up and over to Tucks Bay", and he replied, "Yes, I haven't been able to get under that gate for years, and now I can!!"

Another lady couldn't get up out of a chair on her own and now she can.

I do a set of extra hand and finger exercises that I found from a Parkinson exercise I learnt as my husband has Parkinsons. This has resulted in people who couldn't crochet any more, and now they can.

These are the things that have made a difference to me.

One thing I am disappointed about though is how many people over the years have joined and started to come, but then drop out and don't come back.

***What personal satisfaction or fulfilment do you derive from your volunteer work?***

I Love helping people with exercise and seeing a difference being made.

Another reason I love taking this group is that exercise is one of the most important

things for people with Parkinsons and as a result, my husband comes along. We have also met so many people in Coromandel whom we would have never met had we





not been involved in the programme. It is a fantastic social class, and I think a lot of people come for the social side as well as the exercise side of it.

***In what ways do you believe your volunteer contributions make a difference in the lives of others?***

Physically people are able to do things now when yesterday they couldn't, and also people are gaining confidence to do things once again.

***Looking ahead, what are your hopes and aspirations for your continued involvement as a volunteer with us?***

I want the Aligned To Go© programme to come here, and I am going to some training days soon to learn about it so I can take the class. Going forward, I will have one Steady As You Go© class and one Aligned To Go© Class each week.

## Five things many Kiwis can no longer afford



***New Zealanders are struggling with essential bills with more big hikes in the cost of living, latest data shows.***

Households are prioritising food and housing, but face increased costs across the board, with petrol and transport one of the highest. Eating out is getting even more expensive, but there is “good news” about the future of petrol prices.

Household living costs rose 21%-24% depending on the type of household, compared with just 6%-9% in the previous four years, Stats NZ's Household living-costs price indexes ( HLPs ) released this week show.

Many of the cost increases recorded in the HLPs have been on essentials such as interest payments (up 89% between the March 2020 and March 2024 quarters across all households), insurance (up 31%), food (up 23%), petrol (up 31%), and rent (up 19%).

These statistics show how “increasing numbers of households have been facing economic hardship since the start of the pandemic and are likely to continue to do so for the rest of this year at least,” says Rob Heyes, consultant economist at Infometrics.

*continued on pg11*



# Health Promotion News

## by Francine Hills

Contact Age Concern Hauraki Coromandel

T: 07 868 9790, M: 027 340 1785, E: [support@achc.org.nz](mailto:support@achc.org.nz)

### Hello everyone

In this regular column, I wanted to take the opportunity to provide you with an update on the Health Promotion activities happening across our region. We're excited to share that we've recently set up a Steady As You Go® class followed by a Chinwag Café in Tairua. The warm welcome from the community has been truly heartening, so to all our Tairua readers, THANK YOU! These classes are held weekly on Fridays at the Tairua Hall (pictured below—could you ask for a more beautiful view!!), and we encourage everyone to join us. There's a suggested donation of \$3 for an hour of movement class, followed by a cuppa and a biscuit.



### Tairua Community Hall

In Waihi, we've had a bit of a change with an interim peer leader stepping in after Shirley Harding relocated to Rotorua to be closer to her family. Shirley was a peer leader for over 10 years and will be greatly missed. We wish you all the best in this new chapter of your life. Fortunately, we have a fantastic team of peer leaders who have bravely stepped

forward to take on the class. Among them, Jean Tuckey, at 95 years young, is our oldest peer leader. They've been exploring the idea of adding some dance elements to the Steady As You Go® programme, so expect to hear some lively tunes coming out of Waihi Art Museum soon.



### Waihi Art Museum

Here in the Age Concern office in Thames, we have been busy behind the scenes, expanding our offerings with the introduction of our Aligned to Go® program! Designed as a step up from our beloved Steady As You Go® sessions, Aligned to Go® incorporates sequencing and dance-based moves for a different approach to strength and balance. We've recently trained two of our dedicated peer leaders to lead the Aligned to Go® sessions. Starting soon, both Ngatea and Coromandel will be offering Aligned to Go® classes, providing our community members with an exciting new way to stay active and engaged in their health and well-being. Stay tuned for more details on class schedules.





### Jeanette Cox of Ngatea

As I've spent more time with different groups, it's become evident that these sessions are about more than just exercise; they're about building connections and forming friendships. Whether you're a long-time member or new to the group, you'll experience a welcoming atmosphere, leave with a few new jokes up your sleeve and receive support from everyone involved. They really are a fab way to spend an hour, although the benefits far exceed that hour. I have heard stories of people being able to climb stairs where they once couldn't, loosen their shoulders so they can get dressed easier. As one participant said "It's really helped with my balance. I still have whoopsies, but it is really helping. The sit-to-stands have helped me tremendously when I go to the loo."

I am also keen to hear from those of you who have thoughts about introducing movement to an existing group. Maybe you belong to a creative writing group and as a group you would also like to add 10 mins of movement to music...or maybe you are a Stroke survivor and belong to a group and would like to do some moving as part of your monthly meetings...whatever it is, please give me a ring let me know how we can support you.

*continued from pg9*

The latest Household Economic Survey, which measures spending patterns, showed that Kiwis spent \$248pw more in 2023 than in 2019, with average weekly household expenditure in 2023 at \$1,597.50.

The largest spending occurred for housing and household utilities, then food, then transport..

The survey shows that households have already adjusted their spending due to higher costs, said Infometrics economist Brad Olsen. Households prioritised food and housing bills, spending less on recreation: things that could be considered extras such as sport, camping, and holidays.

It is not just the treats that households are ditching or cutting back on.

People were cutting back on education and transport, almost as much as they were cutting back on alcohol, tobacco and recreational drugs, Olsen's analysis of the figures show.

With data showing cost of living still rising, more essentials are creeping on to the list of things many New Zealanders now struggle to afford.

Recently half a sleepout in Mt Maunganui was advertised for rent at \$190pw. Then the same day the rent was increased to \$200, which the landlord said was due to "demand". He was getting so many inquiries, he said, that he realised he could get more rent, which was how a business providing a service worked he said. "It's the market at the moment."

The national median rent price is now \$650 pw, up \$50 from last year, with the most expensive areas such as Auckland and the Bay of Plenty at \$690 a week and \$685 respectively.

# Covid vaccines update

*A vaccine to combat the newer strains of COVID-19 will be available to New Zealanders from 7 March 2024.*

“If you’re eligible, you can get a vaccination if it’s been at least six months since your last COVID-19 vaccine or if you have never had one before. It’s recommended that you wait at least six months since your last COVID-19 infection.”

Dr Chamberlain says, “The XBB vaccine is especially recommended for those who are more likely to get seriously unwell if they get COVID-19.”

## **This includes:**

- people aged 65 and older
- Māori and Pacific people aged 50 and older
- residents of aged care facilities
- severely immunocompromised people aged 12 years and older
- people aged 12 years and over who have a medical condition that increases the risk of severe illness from COVID-19.

People who have had the previous COVID-19 vaccination are still expected to have protection against severe disease from recent Omicron subvariants.

Those due for a COVID-19 vaccine can book a vaccine for themselves, a family member, or a group on [bookmyvaccine.health.nz](https://bookmyvaccine.health.nz) or call 0800 28 29 26 – 8:30am to 5pm, Monday to Friday. You can also contact your local pharmacy, doctor, nurse or healthcare provider.

## **We continue to strongly encourage the public to follow this advice about COVID-19:**

- Stay at home if you are feeling unwell.
- Test with a RAT if you develop one or more of the following COVID-19 symptoms: a

runny nose, sore throat, cough, fever, vomiting, diarrhoea, headache, loss of smell or taste, shortness of breath.

- Continue to report your RAT result at <https://mycovidrecord.health.nz/> (or call the RAT helpline on 0800 222 478). Reporting a positive result enables you to be connected with any help and support you may need and provides vital insight on the number of active COVID-19 cases across the motu.
- If you test positive for COVID-19, it is recommended that you isolate for at least 5 days, even if you only have mild symptoms, starting at Day 0.
  - This includes if you have had COVID-19 before.
  - Day 0 is the day symptoms started or when you first tested positive, whichever came first.
  - You should not go to work or school, and should discuss any return to work or school with your employer or child’s school principal, as they may require additional precautions.
  - For 10 days you should stay away from healthcare facilities, aged residential care facilities, or anyone at risk of getting seriously unwell with COVID-19. If you must visit, phone ahead and remember to wear a mask.
- Household contacts are recommended to continue to test daily for 5 days using a RAT.
- Wearing a face mask remains to be an important way we can prevent the spread of COVID-19 and other respiratory illnesses in health and disability care settings. It is recommended you wear one when visiting healthcare services and when you are around people who are at higher risk of getting very sick. This includes older people and kaumātua, babies, people living in aged residential care facilities, unwell or sick patients in hospital, people with other health





## How I beat my inner ageist: Rachel McAlpine



conditions and disabled people. Mask wearing is also encouraged when you are in closed, crowded and confined spaces.

- Do not visit elderly people if you are sick even if your RAT was negative. Visiting of elderly people when you are sick should only be done if the situation is critical and cannot be delayed until you are well. In this situation you should wear a mask and seek advice from the facility.
- People with a high risk of severe illness from COVID-19 are eligible for treatment with COVID-19 antiviral medicines. People can access these medicines if they:
  - Have COVID-19 and symptoms, and
  - Became sick within the last 5 days, and
  - Are eligible for the medicine.

*The latest information about COVID-19 vaccines is available on the Te Whatu Ora website: <https://info.health.nz/immunisations/vaccines-aotearoa/covid-19-vaccines/>*

Ten years ago, aged 74, I got the shock of my life when my GP told me that I would live to 99. A bunch of online life expectancy calculators told me the same story.

But why was I shocked? After all, according to Stats NZ, average life expectancy for a New Zealand woman born in February 1940 is 92. That's regardless of ethnicity, health, education, or lifestyle.

But why did this enrage me? Because in my subconscious lurked two repulsive ageists. Glumia, who moans and wails and tells me I'm ugly and weak. Smugilla, who believes I will be young forever, thanks to my moral superiority. They both hate the future me, the very old me who is coming, ready or not. Luckily, I did something about it — instead of nothing. I set up a project.

I gave myself one year to understudy for the role of someone old. I was confused but I was committed. Month by month I tackled housing, eating, exercise, finance, hobbies, friends, voice happiness, brain, mind, identity, and lastly, nervously the existential bit.

I called this my “boot camp for the bonus years”, but it was never a boot camp. It was more like a checklist of little things to tick off,

*continued on pg15*

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# Device-Free Grandies – is it even possible?

*Devices are great – but they can also be addictive. And one of the hardest things a grandparent can face, is the loss of their precious one-on-one time with grandchildren, as devices take over their young ones' lives. So, just how can you create device-free time with your grandies – here are some tips that may help.*

## Step back in time

Be creative by setting aside a day (or part of a day) when you and the grandchildren live in a pre-modern age. Turn off the TV, the stove, and definitely the devices! And if it's evening, going without lights will be even more fun. Have some unprocessed foods you can prepare without cooking, and get out the cards and board games. Have some fun 'fines' on hand (such as running round the house 3 times, or doing press-ups) for anyone who slips up by stepping outside the chosen era!



## Backyard camping

Kids love to camp, even if it's in the backyard\*. Setting up the tent and bedding is a device-free distraction, and you can also create a flame-free fire with sticks, red cellophane, and battery operated tea-light candles. Add to the outdoor occasion by introducing campfire games, and cooking over the barbecue. \* Always think 'safety,' by having an adult camp out with children, even when the tent is close to the house.

## Op-shop occupations

Before the grandchildren come to stay, (or better still, when they are with you), head to the op-shop for next-to-nothing art and craft activities, jigsaw puzzles, and board games. Children often turn to their devices simply because they haven't thought of anything more interesting to do!

## Pamper party

Op-shops are also a great source of 'ingredients' for a pamper party. Check them out for foot spas, massage devices, nail polish, and unopened face masks and lotions.

## Make-over for the 'oldies'

Get out your makeup and hair products and challenge the grandies to make you look twenty years younger. Ramp up the hilarity with a photo shoot, and by agreeing to go public with your new look (it can be as simple as a trip to the corner dairy where you and the children buy a little treat).

## Practice makes perfect

Children are happy to spend hours perfecting a new activity or magic trick, especially if they know you're there to watch their achievements as they progress. So, introduce



them to learning new skills that take lots of practice to perfect. Juggling is perfect for this, as is knuckle bones, golf putting, rakau sticks, and learning to play a tune on a simple instrument such as a harmonica. Think ahead and have on hand the items you need. Head to the library for books on magic tricks.

### **Exhaust them!**

Physical activity is good for everyone, especially children. And if your grandies are more familiar with staring at screens than kicking a ball around or hanging out at the pool, it will soon tire them. When the grandies are at your place, get them out and active as much as possible so they are hungry at mealtimes, and ready for an early night's sleep (make the bedrooms device-free zones).

### **You rule the roost**

You don't always need to be the provider of distraction in order to have your grandchildren hop off their devices. Rules are still okay – and if your young ones don't already know it, it's time they learned some simple social etiquette. So, keep a basket in the living room where devices are deposited before children come to the table for a meal. Set aside a couple of periods during the day when devices are OK (you can discuss times and time-limits with the grandies so they don't feel dictated to). And remember – no one is asking you to share your Wi-Fi code, or to keep the router switched on. Mobile data doesn't come cheap – so use this knowledge to your best advantage!

*How ever you do it, help the young people in your life take a break from their devices, so you can all enjoy being together, even more.*

*continued from pg13*

one area per month. So easy, so satisfying. And believe it or not, that's all it took to kick my fear and loathing of old age out the door. Audit, action, and applaud those tiny changes. If you dread old age, I'm not suggesting you do the very same thing. You can't control everything, but you might plan your very own do-something project.

1. Do something, not nothing. That alone gives you confidence. And do it your way.
2. Unlike me, do it with a friend or two. So much better.
3. Include all the obvious, evidence-based danger points: smoking, exercise, food, sleep, social connections, and sticking with meds for blood pressure or heart conditions. Then add your own extras.
4. Aim small. Make tiny tweaks, take baby steps, just one or two small changes at a time.
5. Celebrate every little change you make. Never mind if some don't stick: some will, and that's enough. Seriously, pat yourself on the back every day!

Precious by-products of my boot camp I learned how to start new habits. (See The Tiny Habits Toolkit.) This is handy because our later years bring age-related changes that require us to solve problems and adapt our behaviour.

My own results still surprise me. Although my boot camp was a bitsy series of tiny changes, they created one major organic, integrated change. Now I feel I have some control over this stage of my life. I'm stronger and I have tools to cope. Glumia is gone for good, vanished in a puff of spit. Smugilla has left the building, but she is still out there somewhere ... which keeps me on my toes.

*Rachel McAlpine is a New Zealand writer, who through plays, poetry and online blogs has worked to debunk ageing stereotypes.*

# 'What's On' in our community

*If you have an item or update for this section, please email them to: [info@achc.org.nz](mailto:info@achc.org.nz)*

## **Chinwag and Steady As You Go® Groups**

- Please phone us for times and locations 07 868 9790

## **Thames**

- **Thames Community Centre**, 609 MacKay St, Thames Ph: 027 868 9797 is offering 2 courses:  
**Art Therapy** - A six week course, on Tuesdays 1.00 - 2.30 beginning July 30th at the centre. Cost \$50.00 Tutored by Dianne McLean this course looks to spark creativity and learn how to use it to foster little cost or artistic experience.  
**Mindfulness** - A six week course on Mondays 12.30 -2.30 beginning 5th August at the Centre. Cost \$50.00. Led by Deidre from Mindfulness Path ,this is an opportunity to practice meditation skills to increase resilience. Dianne aims is to give people simple, easy but rewarding methods they can use at home with enhance your mental health and daily wellbeing
- **Thames Community Club** Meets on Tuesdays at 3pm at St James Hall, Pahau Street for companionship, entertainment, and guest speakers. Transport can be arranged \$5. Phone 021 115 0543.
- **Thames Stroke Group** Meets monthly on Thursdays at St George's Hall (by the hospital). Phone 021 962 381 or email: [coromandel@stroke.org.nz](mailto:coromandel@stroke.org.nz)
- **Thames Bright Smile Organic Community Garden** Every Thursday 9-12noon at 714 MacKay St Thames. Contact via the Facebook page 'Bright Smile Thames' or just come along on Thursday.
- **Thames Qi Gong classes** Every Monday 10.30-11.30am, Jack McLean Centre,

Conference Room, Rolleston Street. Phone Jo 0272 888 316

- **JP Services Drop In Clinic** Every Thursday 12.39 -2pm, Carnegie Room, Thames Library – FREE Justice of the Peace available. No appointment necessary.

## **Paeroa**

- **Paeroa 'Drop-in'** for a cuppa and a chat. Tuesdays at 9.30am, St Johns Hall, Belmont Road, Paeroa
- **Blood Pressure and Blood Sugar testing** Every Friday 9-2pm at St Johns Hall Paeroa. Donation of \$2.
- **Community Support Trust and Hauraki Resource Centre** provides a Community Bus for door-to-door shopping every Tuesday & Friday for Paeroa or Thames shopping. Contact Val on 07 862 7346. Also available is Senior Outings, Furniture bank, Foodbank, Meals on Wheels, Grocery Shopping Service, Life Unlimited hearing services and a whole lot more. Phone 07 862 61102 or pop into 2 Mackay Street.
- **Ulysses Motorcycle Club** Rides leave from the Bottle in Paeroa every Thursday. Those who ride are young at heart senior citizens who love motorbike riding and friendship. Phone Trevor 021701466

## **Waihi**

- **Waihi Community Resource Centre** provides Senior Connect Services, Shopping Service, Transport Service, Baywide Community Law, Narcotics Anonymous, Waihi Meditation, Family/ Whānau Support, Family Harm Services and Counselling, at 4 Mueller Street Waihi. Ph: 07 863 7555 / 027 537 3996
- **Waihi Women`s Institute** Meets on 2nd Thursday at the Waihi Community Resource Centre, Mueller Street Waihi. Phone 021 1788 345



- **Waihi Beach MENZ Shed** Meet Fridays behind Waihi Beach Community Centre for coffee and chats. Phone Brian 020 4128 0576 or Bob 027 710 0771

## Ngatea

- **Hauraki RSA**, 14 Pipiroa Rd Ngatea – A small volunteer run RSA open to members and guests every Friday night for cheap meals. Open 2nd and 4th Wednesday per month at 1:00pm for company, Majong, Snooker or Bowls. Cost \$2.00 per person. All welcome. Phone 021701466  
E: t.d.birchall@gmail.com

## Whitianga

- **Whitianga Social Services** - 2 Cook Drive Whitianga. Provides Senior Connect Services, budget advice, counselling, food bank, volunteer drivers and much more. Phone 07 866 4476  
E: reception@wcst.org.nz

## Tairua

- **Tairua Care & Friendship Club** - Tuesdays 12pm Lunches at the Tairua Community Hall, \$10. Day starts 10.30 with cuppa & games. Phone Agnes 021 293 8248. Transport available within Tairua.

## Budget Advice for free confidential financial services in:

- **Waihi** - Haszard Street, Mon-Fri 8.30-2.30pm. Phone 07 863 7793 or txt 027 775 5443
- **Thames** - 415 Pollen Street, Mon-Fri 9-2pm. Phone 07 868 5964 or txt 027 8707 076
- **Paeroa** - Cnr Mackay & Willoughby Street, Mon-Fri 10-2pm. Phone 07 862 6110

## Citizen Advice Bureau –free confidential services

- **Thames:** Queen Street (by The Warehouse) Monday, Wednesday and Friday 10am-1pm
- **Hauraki:** The Information Hub Paeroa, Tuesday, Thursday and Friday 10am-1pm

## Grey Power Groups:

- **Coromandel** – Phone Patricia on 0274 985 227 or email greypowercoro@outlook.com
- **Paeroa** – Phone Gail on 07 862 6256 or email David redbadge99@gmail.com
- **Thames** - Phone Barry or Carolyn on 07 868 6353 or email barry.carolyn@xtra.co.nz
- **Waihi** – Phone Margaret on 07 863 5124 or 027 487 9972
- **Whangamata** – Phone Cushla on 07 865 7111 or email bruges@xtra.co.nz

## Dementia Waikato – Thames-Coromandel-Hauraki Service

For free advice, support, home visits, information, family education, support groups, community awareness talks and more. Contact Dementia Waikato, Hamilton Office 07 929 4042 or website [www.dementia.nz](http://www.dementia.nz)

## Stroke Foundation Community Advisor for Thames-Coromandel-Hauraki-Tauranga

Lily can support the rehabilitation and adaptation to the new normal for those impacted by Stroke. Contact 07 571 3050 / 021 962 381 or email [coromandel@stroke.org.nz](mailto:coromandel@stroke.org.nz)

## District Libraries:

- **Housebound Service** - available at Thames and Hauraki Libraries. Phone Thames library on 07 868 6616 or Hauraki Library on 0800 734 834 for more info.
- **Tech Support** - Free 'Stepping Up' classes available in Ngatea, Paeroa and Waihi Libraries and cover internet safety, online banking, computer basics and choosing the right device. You do not have to be a library member, but registration is essential. Contact [hdc-library@hauraki-dc.govt.nz](mailto:hdc-library@hauraki-dc.govt.nz) or phone 07 862 8609 / 0800 734 834.
- **Thames Library 'Need a Nerd' Service** - offers one-on-one help supporting people with their digital devices or any tech issues that you need help with. Contact Thames Library to make a booking.

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- **Hauraki Digital Drop-in sessions** - at Waihi and Paeroa Libraries on Friday's 10-12noon. No appointment needed and you don't have to be a library member.
- **Genealogy Support** free sessions for anyone wanting help with their family history research. Waihi 10am to 12pm on the 2nd Wednesday and in Paeroa on the last Saturday of each month.
- **Hauraki Book Chat** meets once a month at Waihi on the 1st Thursday of the month 10:30am at the Memorial Hall. Paeroa on the 2nd Wednesday of the month 10:30am at the Paeroa Library and in Ngatea on the 3rd Monday of the month.
- **Free Seniors' Film Session** on the last Friday of the month. Paeroa sessions are from 11am-1pm and in Waihi sessions run from 1pm-3pm. All are welcome.

**PROBUS Clubs:**

- **Paeroa** on 4th Wednesday at 10am, Paeroa Bible Chapel, Wharf Street. Contact 0272 795 854
- **Hauraki Plains** on 3rd Wednesday at 10am, Ngatea Memorial Hall. Contact 021 1818 735
- **Thames** on 2nd Tuesday at 10am, Richmond Villas, 89 Richmond St, Thames. email Barbara: barbnleo7@gmail.com

- **Whangamata** on 3rd Wednesday at 7pm, Whangamata Club. Contact 0276 765 005 or 0272 821 982

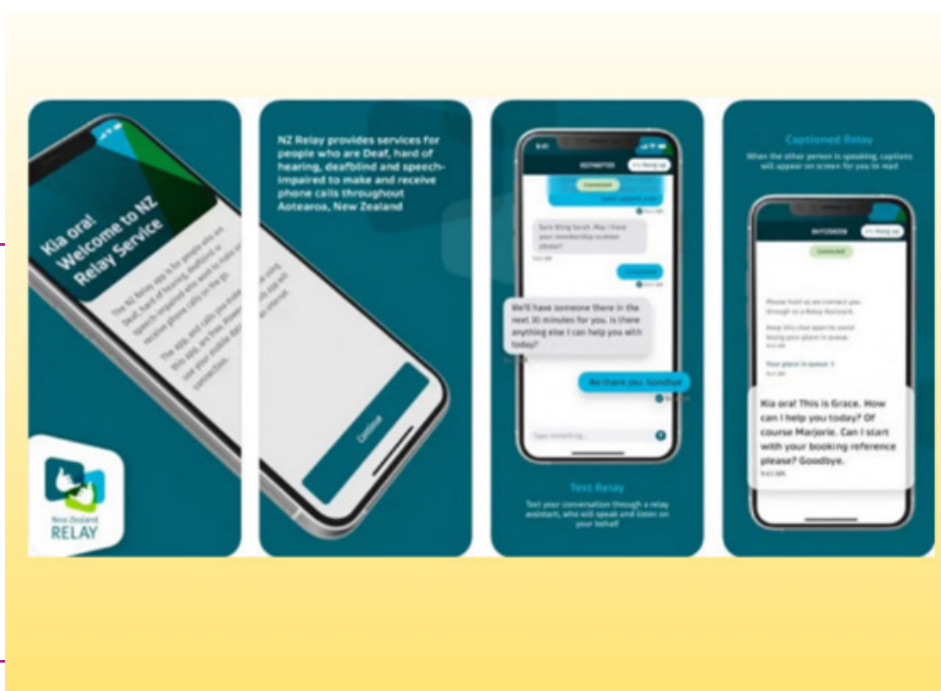
**Strong & Stable Strength & Balance Falls Prevention Classes**

with the ACC 'Tick of Approval'

- Strong & Stable **Thames** Elim Church, Mondays & Thursdays 9.30am \$3
- Strong & Stable Richmond Villas **Thames**, Mondays 11.15am \$3
- Dancing for Health, **Te Puru** Hall, Tuesdays 9.30am
- 60+ Strength, Balance & Mobility, Anglican Church **Whitianga**, Thursdays 10am \$2
- Danzit Strength & Balance, Co Op Parish Hall **Paeroa**, Wednesday 9.15am
- Strong & Stable **Whangamata**, Take a Breath Studio, 109 The Drive, Wednesdays 12.30pm \$5
- Tai Chi **Waihi**, St John's Church Hall, 134 Seddon St, Tuesday 10.30am, \$6
- Steady As You Go© Age Concern Hauraki Coromandel classes - **Thames, Coromandel, Waihi, Paeroa, Ngatea, Kaiaua, Tairua, Turua**. Contact ACHC 07 868 9790 for details.

**The NZ Relay App makes phone calls accessible**

The NZ Relay app is a communication app for people who are hard of hearing, deaf, deafblind or speech-impaired who want to make and receive phone calls anywhere in Aotearoa New Zealand. Calls made through the app are free.





Age Concern Hauraki Coromandel  
 Thames Civic Centre  
 PO Box 466 Thames 3540  
 Phone 07 868 9790  
 Email [info@achc.org.nz](mailto:info@achc.org.nz)



## Age Concern Hauraki-Coromandel Inc MEMBERSHIP FORM

### What are the benefits of membership?

Age Concern Hauraki-Coromandel is a charity, working to support the well-being of older adults who are often vulnerable, lonely or isolated. Your membership and donation help us to help others.

We provide valuable and valued services such as our Volunteer Visiting Service, Chinwag Café, Steady As You Go®, Staying Safe Driver Refresher, Total Mobility, Quarterly newsletters and we are the 'go-to' for information.

### Exclusive benefits of membership include:

- Receive the quarterly newsletter via email. Or you can choose to have this posted.
- Receive email updates and information on local events or news that may be of interest
- As a financial member, your voice can be heard at our Volunteer Board Meetings. You can meet with one or all of our Board members and/or present your case at a full Board meeting.
- You will be invited to our AGM and have voting and nomination rights.

### What will it cost?

- \$20 per couple from **1 July to 30 June** (financial year)
- \$15 for a single person or part year
- \$0 for ACHC Volunteers

NAME \_\_\_\_\_

POSTAL ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_ TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Would you like to receive our newsletter by: email [ ] or posted [ ]

### Membership Fee Paid:

Couple [\$20] Single / Part Year [\$15] ACHC Volunteer [Free] I am also donating [ ]  
 Pay online via our website [www.achc.org.nz](http://www.achc.org.nz) or by internet banking to 03-0458-0655711-000 (use your name as a reference and specify the membership type)

Please email us your details and contact information to [info@achc.org.nz](mailto:info@achc.org.nz) or post to  
 PO Box 466 Thames 3540



# Richmond Villas

LIFESTYLE VILLAGE

LIVING THE LIFESTYLE,  
*loving the choice...*

A LIFESTYLE VILLAGE IN THAMES  
ON THE COROMANDEL

All apartments and villas are within walking distance to Thames' shops, cafes, and walkways. The perfect location to enjoy your fun-filled retirement.

**PHONE US to view by appointment**  
**Come and experience the difference**

**ENQUIRIES FOR STAGE 2  
ARE WELCOME!**



**AVAILABLE NOW**

- Two Bedroom Villas
- Two Bedroom Apartment on Level 2

Our open plan, single level apartments feature covered balconies with fantastic views of the sea, Kauaeranga River and mountains. Each unit's elegantly finished kitchen, lounge and bedroom offer stylish warmth and light. All residents enjoy scenic views from each level's shared lounges, use of the Village Community Lodge and participation in all activities and amenities at your leisure.

