

February/March /April 2011

In this issue:

Manager's Memo	2
What's Coming Up	3
Noticeboard	4
Our People	5
About Us	6
Membership	8



The 'Sugar Plum Fairies' aka staff at Age Concern Hamilton performed a very lively dance routine as part of the Christmas celebrations held on 8th December 2010 for all our members, volunteers and friends.

They were ably, and light-footedly, supported by the current President of the Council, Peter Oettli while the 'Mistress of the Dance' was Kellie Butler our Elder Abuse Prevention Co-ordinator.

The popularity of the Christmas party increases each year and approximately 150 people enjoyed the entertainment which included carol singing, a children's group, rock n roll demo with audience participation, Christmas bingo, morning tea, champagne and the Sugar Plums.

A great day was had by all.

Serving the needs of older people

Manager's Memo

Welcome to the 'new look' Older & Bolder newsletter.



When it comes to us marketing Age Concern Hamilton we, like many not for profit agencies, tend to push this down our list of priorities and before we know where we are it has dropped off the bottom.....again!

My new year's resolution for 2011 is to start with marketing at the top of that list and this edition of Older & Bolder is the first step.

You will find new headings on each page, written in easy to read columns with news, views and information. Our contact details will be on every page and you will be able to read a 'real life' success story in each edition.

We want everyone who reads our newsletter to know 3 things:

Who we are

What we do

How we are making a difference

I hope you will enjoy reading the newsletter and if you have any comments or suggestions please do not hesitate to contact me. I will be only too glad to hear from you.

Kind regards,

Gail Gilbert

Telephone: 07 838 2266

email: gailg@ageconcern.gen.nz

President's Pen

A few days ago, one of my former students came to dinner with us. She now lives in Australia and was over here with her daughter who is studying to be a vet. The daughter is now as old as my former student was when I taught her!

The visit brought home to me that I have reached my three score years and ten, but that I am not really aware of it unless I look back on my various careers both in the public and the private sphere. I don't actually feel 'old' even though I now have my gold card. I regularly visit my 'old' aunt who is in a rest home and one of the staff recently made my day by addressing me as 'young man'! The aunt is twenty-odd years older than I am and when I am with her we have a great time sharing our little private jokes about both of us being 'old'.

Popular wisdom has it that you are as old as you feel. While I am reminded almost daily of some of the limitations age imposes on me, I am also reminded constantly how fortunate most of us are. Many of our health issues can now be mitigated, a host of services are available to us to ensure that we can continue to live a full and satisfying life for much longer than earlier generations, and no matter how old we are, there is always something to look forward to, no matter how small or insignificant it may seem to others.

With warm good wishes for the coming year.

Peter Oettli, President



What's Coming Up

◆ New Education Programme

The February to April seminars, starting on 4th February and are held every Friday morning from 9.30 - 11.30 in the Celebrating Age Centre. \$2 donation to hear a great range of speakers and enjoy a morning tea in the Celebration Café.

See the programme insert for more details.

◆ Agewise / Older Peoples Network Meeting

Agewise is the Waikato District Health Board model for integrated services for older people and Age Concern Hamilton, supported by Disability Support Link, hosts this meeting every quarter. Providers from health and community services are invited to attend.

The first meeting of the year is on - **Thursday 24 February, 9.30am - 12.30pm** at Community Link in Victoria Street, Hamilton.

Invitations will be sent out to service providers and interested parties.

◆ Eat Well / Live Well

This is a free nutrition course for older people which runs for 2 hours a week over four weeks and is sponsored by Waikato District Health Board. There are three courses coming up in this quarter:

Raglan:	Feb	1, 8, 15 & 22
Otorohanga:	March	8, 15, 22 & 29
Te Aroha:	April	5, 12, 19 & 26

Contact Margaret (07) 838 2266 for further information and to register your attendance.



What's Coming Up

◆ Warm Up, Walk and Wade



The annual Seniors Fun Triathlon, hosted by Age Concern, Hamilton City Council and Sport Waikato will be held at the Celebrating Age Centre on **Wednesday 23 March**.

The event starts at 9.30am with a gentle set of exercises in the centre followed by either a short, 2 Km walk, or a longer 4 km walk. There will be a wade or a swim in the heated swimming pool next door to the Centre and finally prize giving and a complimentary lunch at the band rotunda on the green behind the centre.

It is essential to register for this event. Please contact the Celebrating Age Centre to do so: Phone—Soujan (07) 838 6733 or Margaret (07)838 2266.

◆ Debbie Dorday & Jim Joll's "Costume & Comedy" Show



Venue: Celebrating Age Centre
30 Victoria St, Hamilton

Date: **Saturday, 5 March 2011**

Time: 1.30pm

Tickets: \$15 - available at the Celebrating Age Centre

Phone: Soujan, Celebrating Age Centre Manager on (07) 838 6733 to reserve your ticket.

More information — www.showman.co.nz

NOTICEBOARD



It has come to Age Concerns notice that there are some very unethical cold caller sales people in the Waikato area who seem to be targeting our older people.

Often older people do not like to, or don't know how to say no to these callers whom they see as bullying them into buying something they do not need or want. We have had reports of these sales people knocking on the doors of older people around 6am trying to sell their products. Age Concern Hamilton has contacted one company recently regarding the behaviour of their sales people and the manager stated, "If the elderly can't say no, then maybe they should not be left in their own home".

We find this kind of comment very disturbing. It reflects an unethical sales attitude which most reputable companies would never adopt.

Tips For Dealing With Cold Caller Sales People

- ⇒ If someone comes to your door please ask them for **ID**, the Company they work for, and the **Companies phone number and address**.
- ⇒ **Never invite them in.** If they want to come in and show you their products, ask them to come back at a later date and then have a **support person with you**. If they state that they cannot come back then tell them you are sorry but you can't listen at the moment. Most reputable companies will be happy to make an appointment.
- ⇒ **Never sign anything on the spot.** Ask them to come back and you will make your decision then. This gives you a chance to talk about this with someone and also reduces the risks of you buying something that maybe you do not need. If they are coming back it is always a good idea to have **someone with you**.

Kellie, Elder Abuse & Neglect Prevention Co-ordinator.

AVS Support Meetings

Hamilton:	17 February	11.45am-2.30pm
	17 May	11.45am-2.30pm
Cambridge:	7 February	1.00pm-2.30pm
	4 April	1.00pm-2.30pm
Te Awamutu:	8 March	12.00pm-2.00pm
	10 May	12.00pm-2.00pm
Morrinsville:	22 February	1.00pm-2.30pm
Matamata:	24 February	2.30pm-3.30pm
	19 May	2.30pm-3.30pm
Raglan:	14 April	12.00pm-1.30pm
Te Aroha:	15 March	10.30am-11.30am
Thames:	1 March	3.00pm-4.00pm
Paeroa:	15 March	2.30pm-3.30pm
Te Kuiti/Otorohanga:	10 March	10.00am-11.00am
Huntly:	16 March	12.00pm-1.30pm

Venues to be advised

Thanks



We would like to make mention of a very special person who has been visiting her client for 12 1/2 years - Pat Doake. Thank you so much for all that you do for your client.

I know that she has become very close to your family and you have enriched each other's lives. You are an awesome lady. **Jane Grantham, AVS Regional Co-ordinator**

New Members

Welcome to **Maxwell Martin, Marie Wring, Betty Cunningham, Mr & Mrs Holland, Barbara Crawforth, Ronda Osborne, John Nutbeam, and Malcolm Robins** - all new members of Age Concern Hamilton who have joined us since our October 2010 newsletter.



OUR PEOPLE



May, Jane & Maureen

"Time is the most precious gift" so says May, from Te Kuiti, who has a wonderful visitor.

May doesn't see herself as an older person needing sympathy. She likes talking to Maureen and keeping up to date with what's happening around town. It keeps her connected to the community. After having stopped driving over a year ago she loves it when Maureen takes her out for a drive or to have a coffee in town. May says that Maureen has been a God send, helping her with appointments and shopping. She really appreciates all that Age Concern Hamilton has done for her by bringing her such a wonderful visitor who has become a really good friend.

Loss of independence through ill-health, transport difficulties, economic pressures and neighbourhood changes all lead to older people becoming more socially isolated and increasingly lonely. Our wonderful visitors make a huge difference to the lives of older people in the community.

Thank you for your time, you are truly awesome people. We couldn't provide this wonderful service without you.

Jane and Makerita,
Age Concern Hamilton AVS Co-ordinators

OUR PEOPLE

Hello Everyone

Ever wondered why my name is spelled this way — Margrit Neukomm? People say 'that's different'. My name is Swiss-German, as my father is from Schaffhausen, northern Switzerland.



The story is my father's family left Ireland in the 1400s and sailed up the Rhine River, landing where it looked green and lush. Thus they were the 'new comers'. I have six aunts and cousins, all with the exact same name. My father's family emigrated to the US when he was a teenager—"new comers" again. Well, I've done it as well, arriving in NZ in 1985. I'm wondering where and when my son will continue the 'new comer' story.....

Margrit is our Health Promotion and Elder Abuse Prevention Trainer and has been with Age Concern Hamilton since 2008.

She has a busy time running two training courses a month across the Waikato on topics relating to the prevention of elder abuse. Staff from residential care facilities, home care provider staff, health professionals and family carers attend these courses in Hamilton, Cambridge, Thames, Matamata and Otorohanga.

On the Health Promotion side, Margrit has been running 'Eat Well, Live Well' nutrition courses for older people. So far she has delivered eleven courses, each one running over four weeks. Our celebrity chef, Clive Anderson, is one of the professionals involved in the course and his cooking demonstrations and team 'cook-off' are a big part of the fun and learning. These courses have been hugely successful and have helped 175 older people to develop a greater understanding of healthy eating / healthy living.

Margrit also runs "Through Other Eyes" experiential workshops and hosts our weekly radio show Active Age on Air.

ABOUT US



Services of Age Concern Hamilton:

Manager

Education Development Co-ordinator:

Gail Gilbert
Ph: 07 838 2266
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Office Administrator:

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email: jeni@ageconcern.gen.nz

Accredited Visiting Service Regional Co-ordinator:

Jane Grantham
Ph: 07 838 0328
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Accredited Visiting Service Regional Co-ordinator:

Makerita Wade
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Shopping Service Administrator:

Sharon Bishop
Ph: 07 838 2266 / email: Sharon@ageconcern.gen.nz

Health Education Trainer:

Margrit Neukomm
Ph: 07 838 2266
email: magrit@ageconcern.gen.nz

Council of Age Concern Hamilton:



President: Peter Oetli
Vice President: Geoff Brazier
Treasurer: Les Christopher
Secretary: Pat Bent

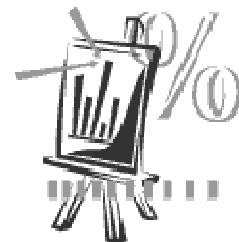
Other Council members:

Steve Booker; Irene Bryant; Peter Goble;
Bevan Grant; Brenda Gray;
Suman Kapoor; Evelyn Weir; Jan White



STATISTICS

Number of bases in Waikato:	12
Number of volunteers:	270
Number of shoppers:	100
Number of members:	300
Number of visits so far in 2011:	1068
Number of hours worked by staff so far in 2011:	932



WISH LIST

Marketing:

As part of our new marketing plan we are looking for some awesome people to help distribute brochures and our newsletter to businesses within Hamilton central business district.

We want more people to know what great services we have and how to access them.

Do you have.....

- ◆ One morning or afternoon free during May, August and November (edition dates for Older and Bolder).
- ◆ The fitness to cover the central business district (Victoria Street).
- ◆ The enthusiasm to make contact with Hamilton businesses.
- ◆ The organizational skills to keep a record of who gets what from visit to visit.

Yes? Then contact Margaret (07 838 2266) at Age Concern Hamilton before May to find out more.



WISH LIST

Active Age on Air:

Would your business like to sponsor Age Concern's weekly radio show on Community Radio Hamilton?

This programme, dedicated to the interests of older people, is the only one of it's kind on Community Radio and a great way to get your business name promoted.

During the one hour show your business will have a professionally made jingle played four times — that's 208 times a year when people hear about what you do.

All that for \$1820 a year. Interested?

Call Gail at Age Concern Hamilton, phone: 07 838 2266 or email: gailg@ageconcern.gen.nz



BEQUEST FORM / MEMBERSHIP FORM

FORM OF BEQUEST

Take or send to your legal adviser of incorporation in your will.

I GIVE TO Age Concern Hamilton Inc, Celebrating Age Centre, 30 Victoria Street, Hamilton for it's general purposes the following amount: (in words)



OR Percentage / Portion of my estate: (in words)

OR Description of Assets, Property, Shares (description of property given)

And the receipt of the Chief Executive or other authorized officer shall be a sufficient discharge to my executor.

NAME: _____

ADDRESS: _____

This is not effective until written in your will, which must be signed. Please let us know if you make a bequest so we can thank you personally

2011 MEMBERSHIP RENEWAL FORM



Age Concern depends on Membership Subscriptions as part of its funding base. If you would like to be a member of our organisation, please forward your **\$10** annual subscription (per household) or **\$50** annual group subscription to cover membership from **1 January 2011 to 31 December 2011**. For either of the above fees you will receive:-

- Quarterly issue of our Age Concern Hamilton newsletter **OLDER AND BOLDER**
- Invitations to gatherings, seminars, fun days and festivals
- Complimentary copy of the Age Concern Calendar — 'Don't Wait 'Til You're Eighty Matey'
- Access to information available at Age Concern Hamilton
- An opportunity to be part of an organisation working together to promote the well being and quality of life for older people.

Mr / Mrs Ms / Miss : Subscription / Group Subscription / (tick as appropriate)
 Donation \$5 / \$10 / \$15 / \$20 (circle as appropriate)

NAME _____

ADDRESS _____

TELEPHONE _____

Existing member / New member (tick as appropriate)

Forward this form to:- **Age Concern Hamilton Inc, 30 Victoria St, Hamilton 3204**

OFFICE USE ONLY	
CASH	
CHEQUE No.	
DONATION	
RECEIPT No.	
CARD ISSUED	
DATA ENTRY	