

August / September / October 2011

Highlights:

- ◆ **Success Story**
- ◆ **Our People**
- ◆ **Men's Health Event report**
- ◆ **World Elder Abuse Awareness Day Event report**
- ◆ **Men's Health event report**
- ◆ **Council Changes**
- ◆ **Statistics**
- ◆ **Health Expo**
- ◆ **Hydrotherapy Pool opening**

Serving the needs of older people



◆ **Men's Health Event:**

This was held Monday 13 June at the Celebrating Age Centre. The focus was to encourage men to have a WOF ie Warrant of Fitness on health issues such as checking blood sugar levels, cholesterol levels and lung peak flow.

A local pharmacist, Tim Donoghue, from Neville Kane, gave individual advice on medication and other health issues. Staff from Sport Waikato were also available to give advice and green prescriptions.

We had forty-eight men plus a few women who took advantage of the free WoF. An excellent event all round.

Planning for 2012 is already underway.

◆ **World Elder Abuse Awareness Day:**

This was our second event of the month on 15 June held at the Celebrating Age Centre. Talks were given by Age Concern staff, Hamilton Abuse Intervention Project (HAIP), Public Trust and Senior Services. These highlighted the types of abuse and what people could do about it.

A very powerful DVD, made by Age Concern Hamilton, featured older people telling their own stories about Elder Abuse and Neglect. A demonstration of Tai Chi & individual pampering sessions were well received by those who attended.



Manager's Memo

Winter is well and truly here now and with it comes an increase in the demand for Age Concern's services. It seems the cold weather affects people physically, mentally and emotionally. Perhaps it is because they do not get out and about as much, perhaps not eating enough to keep up their energy levels or suffering from the usual winter ailments. Whatever the reason it is important we all look out for each other and lend a hand where possible.

Age Concern Awareness Week is coming up in the last week of September leading up to 1 October which is the International Day for Older People. There will be lots of activities during that week including two open days at the Celebrating Age Centre when you can drop in to see what is happening and try your hand at one of the activities. It costs nothing to try and gives you a good reason to get out and about. More details can be found in the newsletter under 'What's Coming Up'

At this time of year, after our AGM, I always like to give you some idea of how much Age Concern Hamilton has achieved in the last 12 months. Those who attended the AGM in June will have heard my report so here are the figures for your information:

- ◆ 284 older people receive a visitor on a weekly basis. A total of 14,768 visits.
- ◆ 83 people have a shopping service. 
- ◆ 186 older people in need have been referred to the Fieldwork Service.
- ◆ 148 cases of elder abuse have been dealt with plus 61 other enquiries.
- ◆ 354 staff working in residential care have been trained by Age Concern.
- ◆ 1,324 men and women have attended the weekly education programmes.
- ◆ 158 men and women took part in the 'Eat Well, Live Well' nutrition courses. 
- ◆ 266 older people have attended a range of health promotion events. 
- ◆ 1,100 people have been at Age Concern presentations, workshops and lectures.
- ◆ 3,800 enquiries have been dealt with by the office staff.

We have produced 52 live radio shows and distributed 2,800 copies of our newsletter 'Older & Bolder'.

Well done and thank you to all the staff and volunteers who made this possible.

Gail Gilbert, Telephone: 07 838 2266
email: gailg@ageconcern.gen.nz

President's Pen



Hello everyone, my name is Geoff Brazier. Earlier this month, I was elected President of Age Concern Hamilton. Although I face this challenge with some trepidation, I will do my utmost to fulfil that role to the best of my ability. Our past Presidents have set a very high standard and I am honoured that I have been chosen to follow in their footsteps.

At our Age Concern Hamilton Council meeting on 5 July, the officers for the new Council were duly elected for the 2011/12 year. (see listing on page 7) Again this year, we have an excellent team of very experienced staff assisting our wonderful manager Gail Gilbert, and myself, to run this organisation. Their continued willingness to provide a viable and effective service to our older folk in Hamilton and the around the greater Waikato, is certainly very encouraging and represents the genuine care that they have for our senior citizens. .

Now in the 10th. year of my association and service to the Age Concern Hamilton Council, I have been impressed with the wide skills and corporate knowledge available to the Council by people who take time out of their very busy working day to give that knowledge and experience to the often complex matters faced by the Council in running the best Age Concern office in New Zealand. With our new members on the Age Concern Hamilton Council, we can continue to improve the way we run our Hamilton operation and use their combined skills to seek new and effective ways to improve the well-being of our senior citizens. The corporate knowledge we now have on our Council is simply awesome.

Some of you may know that I have been a member of Age Concern National Board for the past 2 years and was recently elected for another 2 year term. This involvement gives me a very wide experience in all Age Concern matters at a National level and, as such, I hope to be able to bring a lot of that experience to Age Concern Hamilton to help develop our local office into an even stronger organisation.


Kind Regards to all.
Geoff Brazier, President,
Age Concern Hamilton.

What's Coming Up

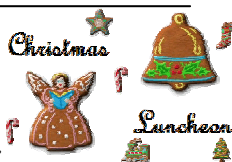
◆ *New Education Programme*

The August to October Friday morning seminars cover the topics of crossing generations, spirituality and looking after yourself. There is a great range of speakers and this sociable group is increasing in numbers



 every month. Come along and see for yourself - all for \$2. Learn something, meet new people, enjoy the social side of morning tea and treat yourself to lunch in the Celebration Café. See the programme insert for more details.

◆ *Midwinter Dinner*



Last year was such a success we have decided to do the same again and host a midwinter dinner in the Celebration Café on **Friday 26 August 2011.**

A two course lunch with a choice of roasts and complimentary wine or juice, tea or coffee will be served at 12 noon.

Tickets will be on sale from 8 August at \$15. Only 40 tickets will be available so it is first come, first served. Payment with your order please.

Tickets available from Rosemary at the Age Concern reception office (07 838 2266) in the foyer of the Celebrating Age Centre.

A very lazy employee asked for a reference when she was fired. Her boss thought carefully then wrote:

“If you get Mary Jones to work for you, you’ll be very lucky”



What's Coming Up

◆ *Celebrating Age Centre Open Days*

On **Wednesday 28 September & Thursday 29 September** the centre will be open from 10.00am - 2.00pm showcasing all the activities we provide plus more from other groups who support older people. There will be lots of opportunities to try new activities ranging from a 'taste' of our Eat Well, Live Well nutrition programme to zumba gold, Tai Chi and pampering treats.




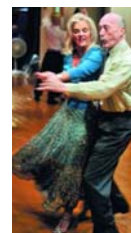
The second day will end with a great concert in the afternoon. Complimentary refreshments will be available to keep up the energy levels so put the dates in your diary now, bring your friends and family and enjoy the atmosphere.

◆ *International Day for Older People*

As well as the two open days in September, Age Concern will be hosting another event. On **Friday 30 September** we will celebrate this special day. This will take the place of the usual Friday morning education programme. There will be a Multicultural Global Walk plus entertainment and food. AND **Saturday 1 October the annual Masked Ball** will be held in the



 Celebrating Age Centre from 6.30pm until 10.00pm. A live band, free bar and light supper will all be part of the



entertainment plus of course the mystery of the masks. Prizes for best mask, ticket draw and best dressed will be given away throughout the evening. This is a free event but entry is by ticket only. They are available from Age Concern reception office in the foyer of the Celebrating Age Centre.

After Hours Medical Care

Getting medical care at night, at weekends or on public holidays is not always easy. Having a plan helps. Here are a couple of ideas from Age Concern which may help.



- 1. Find out about after hours services in your area.**
 - ◆ Ask your doctor or listen to your medical centre recorded after hours message for instructions.
 - ◆ Ring the after hours centres and find out their charges as they can be more than a visit to your own doctor. Costs are generally lower if you have a Community Services Care or High User Health Card.
 - ◆ For health advice and information about health services you can call Healthline (0800 611 116) at any time of the day or night.
- 2. Plan how you would get to the after hours service.**
 - ◆ Would you or someone else in your home be able to drive?
 - ◆ If not, is there someone nearby who could drive you?
 - ◆ Is there a taxi service? Find out about the Total Mobility taxi voucher scheme. Fares are reduced by half if you qualify.
 - ◆ Feel confident about calling an ambulance. Dial 111 for an ambulance if someone is seriously ill or badly injured and they need immediate help.
- 3. Keep health related phone numbers handy.**
 - ◆ Make a list and keep it by the phone.

A note about ambulance costs:

Transport to hospital in an ambulance will not cost you anything if you are injured as a result of an accident. In these cases ACC pays.

However, when it's not an accident you may have to pay between \$60 & \$80 for ambulance attendance and/or transport.

We would like to acknowledge Age Concern New Zealand for the above information.

AVS Support Meetings



Raglan:	Thursday, 18 August, 12-1.30pm
Hamilton:	Tuesday, 23 August, 11.30-1.30pm
Huntly /Ngaruawahia:	Wednesday, 24 August, 12-1.30pm
Morrinsville:	Tuesday, 30 August, 1-2.30pm
Cambridge:	Monday, 5 September, 1-2.30pm
Te Kuiti /Otorohanga:	Thursday, 8 September, 10am
Te Aroha:	Tuesday, 13 September, 10.30am
Paeroa:	Tuesday, 13 September, 2.30pm
Te Awamutu:	Tuesday, 20 September, 12-1.30pm
Matamata:	Thursday, 22 September, 2.30pm

New Members

Welcome



Welcome to our newest members:-

Carol Collier; Bill Marriott; Peggy Hearnden;
Carol Oliver; Lois Mundell; Marianna Kubs;
Rose Mooney, Allan Blake and Lyn Harre.

Recipe

ZIPLOC OMELETTE Use the Microwave Steam Bag or a regular Glad Ziploc bag.



Crack 2 eggs into the bag, shake to combine them. Make sure bag is sealed tightly. Put out a variety of ingredients such as: cheeses, ham, onion, green pepper, tomato, hash browns, salsa etc.

Add the prepared ingredients of choice to the bag and shake it. Make sure to get the air out of the bag and zip it up. Place the bag into rolling, boiling water for exactly 12 minutes. You can usually cook 2-3 different omelettes in a medium saucepan. For more, make another saucepan of boiling water. **Carefully open the steam bag (as steam can burn)** and the omelette will roll out easily. If you use a Glad Ziploc bag, cut the bag open as shown in the first photo and roll it out. Be prepared to be amazed. Nice served with fresh fruit and coffee.

Thanks to Margrit Neukomm, Age Concern Hamilton, for this recipe.

NOTICEBOARD

Winter Chills



◆ Prepare to be Warm, Safe and Sound this winter.

“A lot of older people are on fixed incomes, many live alone and spend a lot of time in their homes, especially in the winter months,” Ann Martin, CEO of Age Concern New Zealand commented.

“However, to deal with the colder, damp weather, they need to keep warm and active at a cost they can manage.”

“Older people are advised to heat their living rooms to 18-21°C during the day and bedrooms to around 16°C at night in order to reduce risks of respiratory illness, heart attacks, stroke and falls. This might need some planning and talking to your energy company to get a payment plan that works best for you”.

Age Concern is also encouraging older people to ‘shop around’ other energy companies, as is being encouraged in the current media campaign, although they note older people can be wary of changing suppliers because they are so dependent on reliable electricity supply.

“This is a good time to have your electric blanket checked out by an electrician and replaced if need be”, Ann Martin says. “With the expected increased use of heaters and fires, it’s worthwhile just checking that your smoke alarm is working and you have replacement batteries on hand. It’s a good idea also to remind yourself of your fire escape options and emergency contacts plan”.

Many seniors carry cell phones or wear personal alarms to keep connected with family, friends, people in the community and for use in an emergency.

Age Concern New Zealand encourages older people to have a plan on how to contact family, friends and neighbours in the event they need help or for an emergency, especially if they can’t get around easily. Ann Martin urges us all to take an interest and look out for one another this winter. “If you know an older person doesn’t have this sorted you could suggest they make a plan or help them to do so”.

The above is a press release from Age Concern New Zealand, 3 June 2011.



There will be a Health and Disability Expo at the Claudelands Event Centre: Friday 16 September (9am-4pm) and Saturday 17 September (10am-3pm). The Theme for this Expo is “My Life, My Way”.

During this two day Expo there will be 70plus health and disability organizations attending from the greater Waikato. The purpose of the Expo is to inform people with disabilities, their families, support networks and the general public about services being offered.

The Expo is a free event and open to everyone. Entertainment and lots of competitions will be available so make sure you mark this great event in your diary and come along, enjoy and be informed.

Contact: Life Unlimited, ph: 839 5506, for further information.

◆ Hamilton Hydrotherapy Pool



The long awaited hydrotherapy pool, which was under construction at Waterworld, opened with a splash on Friday 22 July. Her Worship the Mayor, Julie Hardaker, cut the ribbon across the front door and inside revealed a beautiful plaque with

assistance from Chris East and Margaret Holroyd from the Hydrotherapy Pool Trust.

This state of the art pool is the most up to date in the country and has all the necessary equipment including hoists, hi/low changing tables and special showering facilities. A gently sloping ramp leads down into the pool where the water is a wonderful 35 degrees which helps give relief to aches and pains and creates a feeling of wellbeing.

For bookings Tel. 07 958 5860 ext 7224

ABOUT US

◆ Staff Member Profile



Hello everyone.

My name is Margaret Sweeney and my role with Age Concern Hamilton is Administration Support.

I have been on the staff for eight years now and thoroughly enjoy my involvement with staff and members alike.

Just a little of my background –

I am a Hamiltonian, having been born here, had my schooling at Frankton Primary, Hamilton West, Maeroa Intermediate and Hamilton Technical College which went on to become Fraser High School in the 1960's.

My husband is Kevin and we've been married 41 years, have two adult children, a wonderful daughter-in-law and two grandchildren aged 6 & 4 years.

I love collecting shells and recently spent a day at Mt Maunganui finding several shells to add to my collection. Other pastimes are knitting and crosstitching.



Both of us are involved with the Mini's Waikato Car Club, participating in events such as Motorkhana's and Kevin races on

the circuit at Taupo, Pukekohe and Manfeild race tracks. Having participated in car club events I have gained confidence when towing our tandem trailer and long distance driving.

We lived in Melville for many years, moved to Dinsdale in 2000 and are involved at the West Hamilton Anglican church in Dinsdale.

OUR PEOPLE

◆ Three Women Sharing a House in Hamilton

Is it possible for older women to share a house?

Yes, there are three women in Hamilton who are making it work: Margaret Bond, Mary Rose, and Joy Rising. Even more surprising, we are from three cultures. One is a Kiwi, another an Australian, and the third is from the States. We are all independent, in our 70s, have been married at least once, and all have grown children, and grandchildren.

Each of us is a part owner of the house. The benefits of house sharing are financial (low cost), personal (friendship, lack of loneliness), and the fact that we can afford a nicer house than we could separately. We usually eat dinner together and take turns preparing the meal so one cooks only every third night. We share the chores and garden which means one may not have to do the kind of chore one doesn't like!

In the five years of house sharing there have been five different people living full time in the house.

Currently Mary Rose has been living here for 5+ years, Margaret for 3+ years, and Joy for 1 ½ years. There are also two other women who come in to share part time.

The things that make it work are shared values, written agreements, and warm hearts. Also we have house meetings. When one has something to discuss, she sets up the agenda around "Delights, Doubts, Difficulties, Dreams". Each of us can write into those spaces whatever we wish. Within a week of starting the agenda, we have a house meeting. The shared bank accounts are looked over.

The decisions are written into Minutes so that we can look back and refer to them. For this to work, each of us must be truthful in expressing our feelings and thoughts. Things do get difficult sometimes, but with all the advantages we are committed to work hard to find win-win solutions for everyone.

OUR PEOPLE cont....

Continued from page 6.....

The written agreements cover things such as finances that are shared (food, house rates, maintenance, etc.), guests, leaving the house permanently, etc.

We also have a written list of all the furniture and who owns what or what is bought with house funds. Each year we put together a house maintenance list of what we think should be done during the year.

We appreciate this way of living and are willing to talk to people who are interested in sharing a house, and are happy to pass on our learning.



◆ **Confessions of a Train Driver:**

Your delay this evening is caused by the line controller suffering from E & B Syndrome: not knowing his Elbow from his Backside. I'll let you know any further information as soon as I'm given any.



Success Story

◆ **HEALTH PROMOTION**

Eat Well – Live Well Thames

35 participants Our largest ever!

The success of our nutrition course appears to gain momentum with new each town we visit in the Waikato.

Our largest response in three years happened in Thames. Over 65 seniors enrolled. We gulped, took a breath and split the group into two, adding a second course in August. The majority of folks are resident at Richmond Villas retirement village with many from the wider Thames community.

Thanks to Christine Rogers, manager of Richmond Villas for her amazing recruitment skills.

Denise Irvine, Food Writer for Waikato Times, interviewed seniors for a story on nutritional 'easy to cook' recipes.

The Peninsula Press (Thames local rag) also reported the success of the course. Age Concern Hamilton in the news!



Senior Chef John Ewers



Look for easy omelette recipe on page four



BEQUEST 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

About the Staff

Manager / Education Development Co-ordinator:

Gail Gilbert

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

Office Administrator:

Rosemary Solly

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

Office Administration Support:

Margaret Sweeney

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Elder Abuse Prevention Co-ordinator:

Kellie Butler

Ph: 07 839 6714 email: kellie@ageconcern.gen.nz

Fieldworker:

Jeni Hawker

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Accredited Visiting Service Regional Co-ordinator:

Jane Grantham

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Accredited Visiting Service Regional Co-ordinator:

Makerita Wade

Ph: 07 839 6716 / email: makerita@ageconcern.gen.nz

Shopping Service Administrator:

Sharon Bishop

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Health Education Trainer:

Margrit Neukomm

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About the Council

Council of Age Concern Hamilton:

President: Geoff Brazier

Vice President: Jan White

Treasurer: Les Christopher

Secretary: Pat Bent

Other Council members:

Steve Brooker; Irene Bryant; Brian Findsen; Bevan Grant; Brenda Gray; Jenny Magee; Peter Oettli; Evelyn Weir.

Congratulations to Geoff Brazier, our new Age Concern Council President, and to the newest Council members — Jenny Magee and Brian Findsen.



Jenny will be known to many members as she facilitated the Friday morning seminars for quite some time. Brian is a Professor at the University of Waikato.