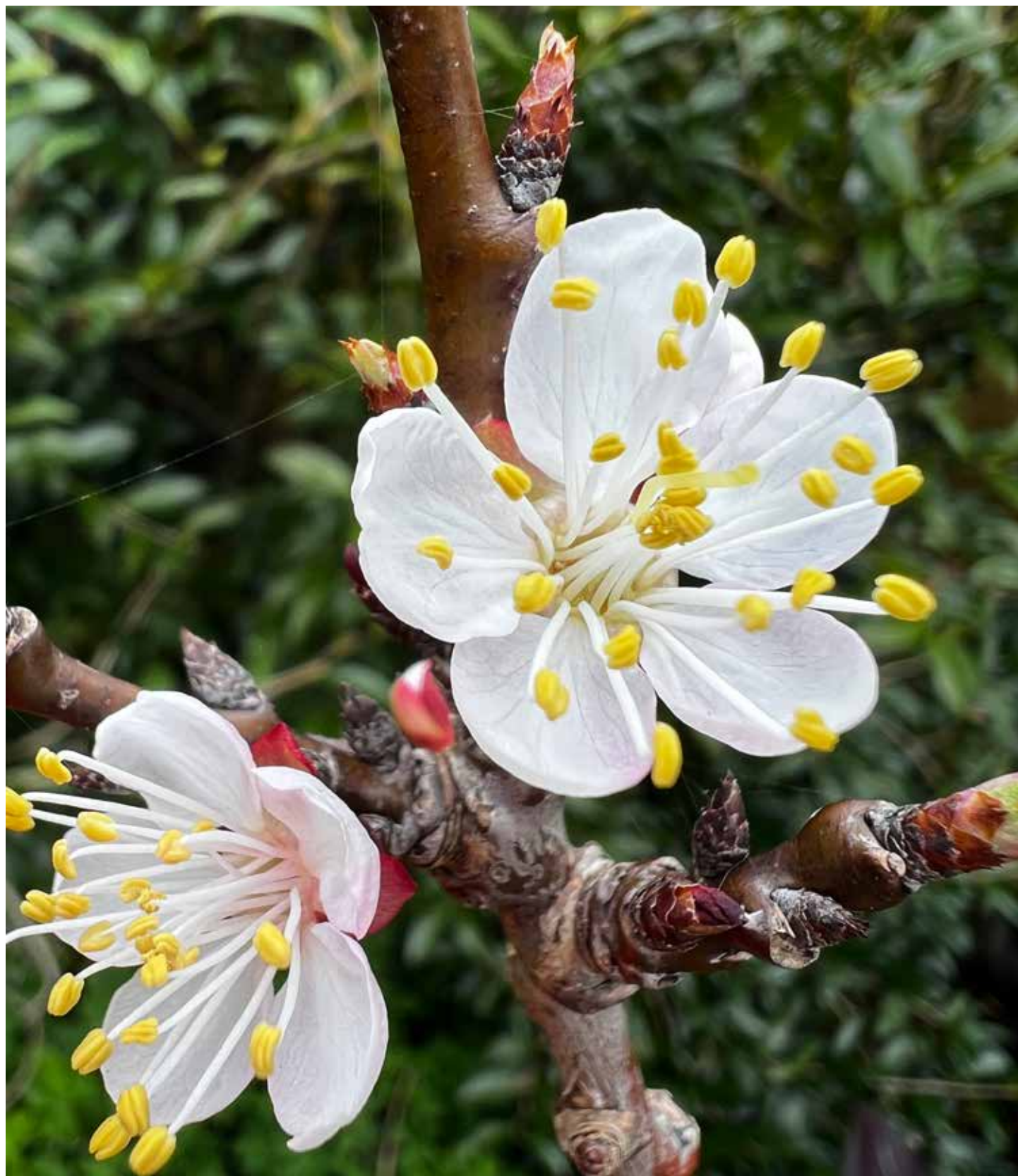


# Age Concern Hauraki Coromandel



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

## SPRING 2025 MAGAZINE



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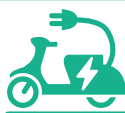
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## Age Concern Hauraki Coromandel Contact Information:

**Phone:** 07 868 9790

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

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

**Facebook:** Age Concern Hauraki Coromandel

**Address:** Thames Civic Centre,  
200 Mary Street,  
Thames, 3500.

**Postal** PO Box 466, Thames, 3540

**Office:** Open Monday 10am– 2pm

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## Cover Photo



Jo's Food Forest in Coromandel Town. It is Amelanchier blossom, also known as, Serviceberry, Juneberry, or Saskatoon. It produces a delicious blueberry tasting and looking fruit.

### Disclaimer

The views expressed in this magazine are not necessarily those of Age Concern Hauraki Coromandel. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

**Age Concern Hauraki Coromandel**

**Published by:** T&T Publishing Limited  
27 West Crescent, Te Puru 3575

**Phone:** Craig Flint 0274 597 621

**Email:** [craigTandT@gmail.com](mailto:craigTandT@gmail.com)



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**VISIT OUR WEBSITE**





# What We Do

At Age Concern Hauraki Coromandel, our goal is to empower communities of older adults to actively manage their health and well-being. We believe that health and wellbeing goes beyond physical fitness, encompassing a sense of identity, purpose, and a deep connection to community and land. We support older adults in living their version of a better later life, acknowledging that this vision is different for everyone.

Our services cater to a wide range of needs, from combating social isolation to providing educational programs that update your skills such as driver refresher courses. We also offer initiatives like the Chinwag Café and Movement classes that foster connection and engagement while helping you build strength and balance. We're a small, caring team, and we welcome volunteers who want to make a difference.

## 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, connection and conversations. It usually involves coffee and cake and lots of laughter. Held in Thames,

Whitianga, Ngatea, Paeroa, and Waihi.

## Steady As You Go® and Aligned to Go®

- Weekly gentle exercise groups to help build strength and 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, Waihi, Whitianga, Paeroa, Longridge Paeroa, Pauanui, Tairua, Whangamata, Tapu and Coromandel.

## Movement for Parkinson's

- Movement for Parkinson's is a welcoming and inclusive movement class designed to support people living with Parkinson's and whānau. This class is suitable for all abilities and mobilities, including those using mobility aids and wheelchairs.

## Total Mobility Assessments

- 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. Look on our website or 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 or look on our website to find a course near your town?

## 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.

## Age Concern Hauraki-Coromandel thanks the following sponsors:

The Lion Foundation, The Moorings Lifestyle Village, Diprose Miller Community Fund, CFM Coromandel, Subway Thames, Live Stronger for Longer, Valder Ohinemuri Trust, ACNZ Innovation Fund, Catholic Caring Foundation, Creative Communities.



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# And Spring has Sprung!!

As the days lengthen and the air softens, spring greets us with a gentle reminder of renewal. After the quiet of winter, the world begins to stir again—trees blossom, tūī and bellbirds call, and gardens burst with colour. It is a season of fresh beginnings, not only in nature but also in our own lives.

For many of us, spring invites us to open our windows, shake off the dust of the colder months, and reconnect—with the outdoors, with one another, and with ourselves. It is a time to move a little more, to share a cup of tea in

the sunshine, or to simply notice the beauty in small things: a new bud, a bright sky, or the laughter of friends gathering again.

At Age Concern Hauraki Coromandel, we see spring as a symbol of possibility. Just as the earth rejuvenates, so too can we find fresh energy to engage with our communities, try something new, or return to activities we love. Whether it's joining a movement class, attending a Chinwag Café, or simply taking a walk, these little steps enrich our lives and remind us that growth is always possible.

On the 1st of September we welcomed a new staff member. Cate Maunsell-Terry will be our Office Coordinator and is taking over most of my role as I am 90% retiring! Going forward, I will be coordinating the production of this magazine, the Staying Safe Driver Refresher courses and the videography of our movement videos for our YouTube channel.

This magazine is twice as big as the last one, and I would like to thank all the advertisers who make this possible. Please look at their adverts and support them where you can. 😊

Enjoy this issue everyone!

*Jo*







# HETHERINGTON HOUSE WAIHI

*Community-Governed Care You Can Trust*

At Hetherington House, we believe your loved ones deserve the very best.

As a Community Trust governed by local residents, we're dedicated to providing exceptional care for Waihi's elderly in a warm, homely environment that truly feels like home.

## Our Comprehensive Care Services:

- Resthome Care - Comfortable living with assistance when needed
- Hospital Level Care - Professional medical support around the clock
- Dementia Care - Specialized, compassionate care for memory-related conditions

**Why Choose Hetherington House?** ✓ Community-owned and operated - accountable to local families  
 ✓ Experienced, caring staff who treat residents like family ✓ Beautiful, homelike setting in the heart of Waihi ✓ Tailored care plans to meet individual needs

*"Where community values meet professional care"*

**For more information or to arrange a visit: Contact Hetherington House Waihi today**  
**[www.hetheringtonhouse.co.nz](http://www.hetheringtonhouse.co.nz) • Ph: 07 863 8526**

An elderly couple walked into a McDonald's and sat down at a table near some young people who were having dinner.

The old man approached the counter and placed an order for one meal. He returned, unwrapped the hamburger, carefully cut it in half, and placed one half in front of his wife. Then he gently counted out the fries and split them evenly between them.

He placed two straws into the soda and set it between them.

The old woman began to eat her half of the burger while the man just watched. From time to time, he took a small sip of the drink, but he never touched the food.

People around them started to notice and looked on with quiet sympathy. A young man approached and politely offered to buy them another meal so they wouldn't have to share.

The woman smiled and said kindly, "Thank you, but we're used to sharing everything."

Still, the man hadn't eaten a bite. He simply watched as his wife enjoyed her meal.

The young man returned and offered again.

This time, the old man responded, "Thank you, but we really do share everything."

The young man paused for a moment, then asked:

"But sir... what are you waiting for?"

The old man smiled and said:

"The teeth."

## Beachside independence in Whangamata with future peace of mind

Retire in style by the sea at Wilson gardens retirement Village in Whangamata. Set within a friendly enclave of just 14 homes, residents can enjoy their own space and pace of life, whilst still feeling part of a caring, connected neighbourhood.

The units are fully refurbished, two-bedroomed with open plan living. The single storey, easily accessible units with internal garage, underfloor heating are maintained by our wonderful maintenance team, with ranch sliders, that lead to your own outside seating area where you can enjoy the summer evenings. You can leave your worries at the gate as you enter a lifestyle of relaxation and enjoyment in your new home.

The units are set within beautifully kept landscape gardens, just a short walk from Whangamata harbour and beach. Take a stroll through the Village, browse the local arts and crafts before having a coffee in one of the street front cafes or enjoy the sunset and a glass of wine with a bite to eat at one of the restaurants or bars. In addition, Whangamata boasts an RSA, a golf club, a sports club and a heated outdoor pool and a gym. A skate park and mini golf for the grandchildren when they come to stay. You can be entertained with events like the Beach Hop and live theatre or just enjoy the quieter things Whangamata offers, like a gentle stroll along the shoreline at sunset.

There is something for everyone, if you need a little support, then we can provide this too. We have one-bedroomed serviced apartments with your own parking and entrance. From the units and apartment residents are able to access Moana House rest home and hospital should the need arise, and level of care be available. The apartments are supplied with a microwave, fridge freezer and a washing machine. A small



courtyard for those warm days and evenings to watch the world go by or enjoy the outlook towards our gardens. Coming soon is our community vegetable plot and nature walk where you can pick herbs from around the world for your evening meal.

There is always something to do, no matter what the weather. Onsite activities Coordinator is there to help plan exciting events and the Village courtesy van is there for organized trips into the Village and outings. Located within Moana House facility. The apartments offer independent living with support on hand at rest home level care. Moana house itself offers rest home and hospital level of care, hosts GP beds for short stay as well as respite care.

Just an hour from Thames and the Coromandel and thirty minutes from Waihi, Wilson Gardens is a little haven not far from great township connections.

A great new lifestyle awaits you, all wrapped up in sun, sand and sea at Wilson Village Whangamata.

Make the move that gives you freedom now, and plenty of options later, contact us on 07 865 9643 to come and walk around our beautiful picturesque site and view both 2 bed independent units and our perfectly situated supported living one bed apartments.

We would welcome the opportunity to meet and greet you.



# *Come HOME to paradise* **WILLSON GARDENS HOMES FOR SALE**

For sale 2 bedroom village units under ORA contract. Open home at number 12 Wilson Gardens. Please note number 5 will be coming on the market shortly.

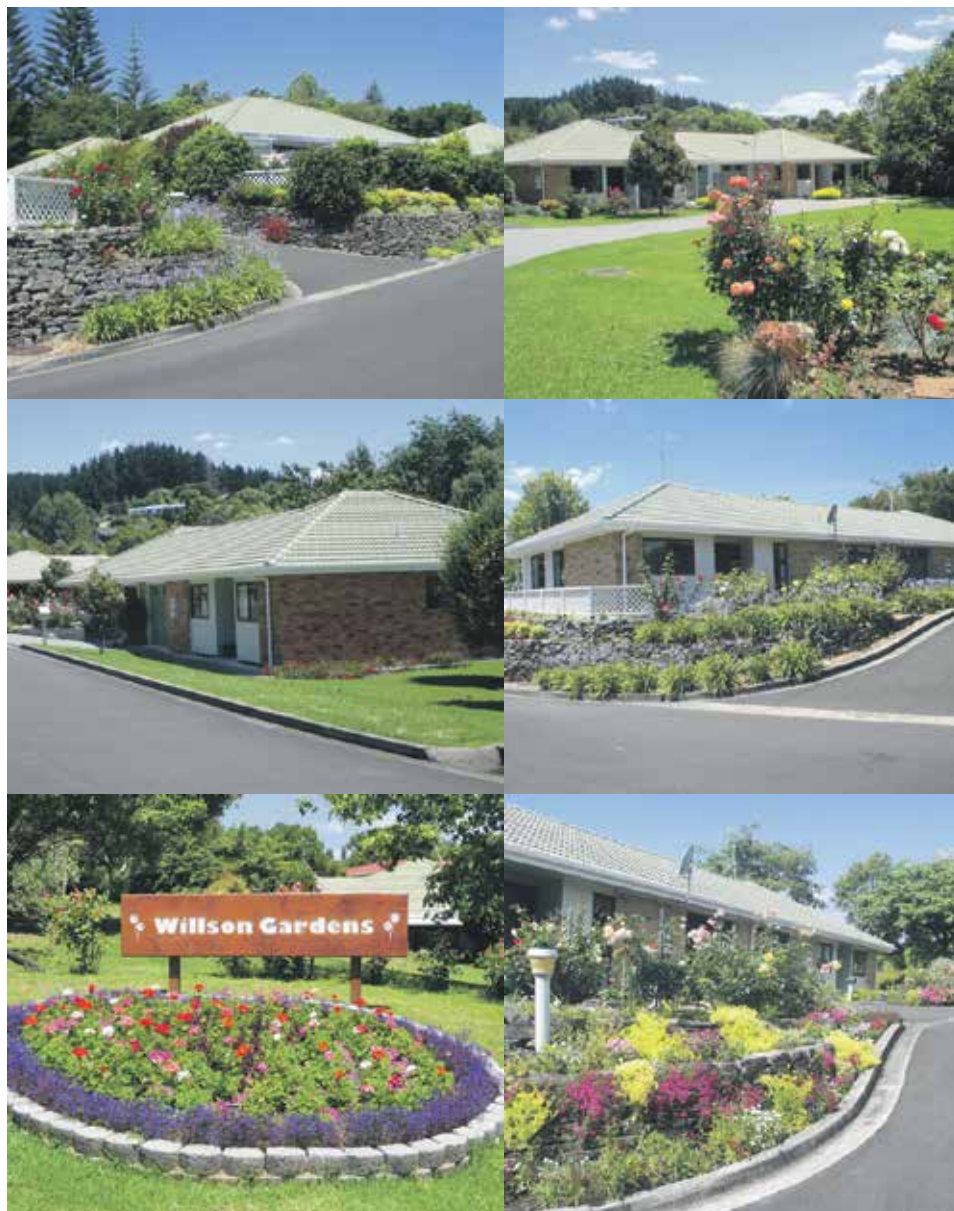
You will be entering a fully refurbished home with 2 bedrooms, an open plan lounge/diner and new modern kitchen with all new appliances. Heat pump in the lounge and under floor heating. Internal access to a single garage with laundry. A beautifully kept garden area attached to the units, that is maintained by our gardeners.

Great location close to all amenities and the beach.

Also available - one-bedroom serviced apartments within the main facility building, also under ORA. For those not ready for permanent care support but want to maintain their independence. We can provide services such as medication management and meals provision for an additional cost. These have one parking space available and exit either onto a small patio area or into the beautifully kept enclosed garden area. For more information and to view the serviced apartments please contact the facility on 07 865 9643 and we will be happy to chat through this option with you.

Moana House Rest Home and Hospital has vacancies for those who require just a little bit more daily support from our wonderful Health Care Assistants and Nurses. A nurse is on duty 24 hrs a day 7 days a week. Personalised Care Plans that support spiritual and cultural needs to be met as well as assistance with all your daily needs. Our day centre is a great way to get to know us and for you to have some social activity.

Thinking of spoiling yourself, how about using our meals on wheels service. We



have wonderful volunteers who deliver a nutritional meal to your door. Prices on enquiry.

A little time away from home or give your caregiver a break. We provide respite services, where you can come and stay for a short time. (room

availability) We have a wonderful activity team that services the whole site with a variety of activities and trips out.

If any of these services sound like you, please feel free to give us a call and we can chat through the options

For more information, please phone (07) 865 9643  
*Deborah Padfield* (General Manager)  
353 Tairua Road, Whangamata

**MOANA HOUSE & VILLAGE**

*He whare ahuru – a caring safe place*

# What is an enduring power of attorney and why do you need one?

## Life is full of unexpected twists and turns.

While we can't predict what might happen, we can take steps to help ensure we are protected, especially when we might not be able to speak for ourselves. Public Trust explains how enduring powers of attorney, also known as EPAs, are a way to help protect you and your loved ones.

## What is an enduring power of attorney (EPA)?

EPAs are legal documents that allow a trusted person you've chosen to make decisions when you no longer can about your property, finances and personal care and welfare. There are two types of EPAs: personal care and welfare, and property. Both need to be made while you're mentally capable.



Public Trust experts say enduring powers of attorney, also known as EPAs, are a way to help protect you and your loved ones. EPAs can be created in-person at a customer centre, over the phone or online at Public Trust.



This is important because EPAs include decisions that affect you and your future.

### What are the benefits of EPAs?

EPAs let you choose and give you peace of mind. Setting up EPAs before they are needed gives you the peace of mind that comes from making your own choices ahead of time – like nominating a person you trust. Trustee corporations (like Public Trust) can also be appointed as property attorneys.

### EPAs can make things easier.

If you no longer have the mental capacity to make decisions and you don't have EPAs in place, someone will need to apply to the Family Court to have the right to make these decisions on your behalf. Making a Court application can be expensive, take time, and be stressful for loved ones. A spouse does not automatically have the right to take over things, and the person the Court appoints may or may not be someone you would have chosen.

### EPAs can help avoid time delays.

A good example of this is if an older loved one suddenly ends up in hospital. They may need to move from the hospital into an aged care facility for the first time. Many aged care services require a person to have EPAs before entering care. This means your loved one would have to get an EPA in order to move. If they are not mentally capable anymore, a court application is required to put a property manager or welfare guardian in place (this is a different role to an attorney under an EPA).

## Lets talk to create a meaningful farewell for you & your loved ones

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## Common questions we get asked

### Can you get an EPA if you have dementia?

If you or a loved one has received a diagnosis of dementia, it is crucial to put EPAs in place if you still have the mental capacity to do so. Doing so early can help make things smoother further down the track. It means decisions about your wellbeing, finances and property can be made by those trusted and chosen by you.

If there is any doubt about your capacity, the first step we'd usually suggest is to make an appointment with a medical professional to determine whether you have capacity to create an EPA. This is an important step because an EPA includes decisions that affect you and your future. If you sign an EPA without capacity, this can cause legal issues at the time the EPA is activated and the EPA may not be valid.

### Do spouses automatically have enduring powers of attorney?

No, spouses don't automatically have enduring powers of attorney. That's why we recommend (if you decide your spouse is the right person for this) appointing them legally by making an EPA.

### What if a person has lost capacity already?

If a doctor does confirm your loved one has lost capacity to put EPAs in place, you or your family may apply to the Court to be able to look after your loved one's finances or make decisions about their welfare on their behalf.

If there is not a family member available for or willing to manage finances, then Public Trust can be appointed by the Court to do this and a family member can act as a welfare guardian. The Court can also authorise for a will to be put in place for that person.

### Can an attorney be changed?

If a person is mentally capable, they can revoke an EPA or an attorney's appointment at any time by written notice.

### What about younger people. Should they have EPAs too?

An EPA becomes more important as you get older, but we encourage every Kiwi over 18 to have EPAs in place as you never know what the future may hold. Serious accidents and injury can and do happen at any stage in life. If you have younger family members, encourage them to get their EPAs in place too.





# THAMES

## Citizens Advice Bureau



301D Queen Street,  
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Open 10am to 1pm

Email: [thames@cab.org.nz](mailto:thames@cab.org.nz)  
Phone: 07 868 8405  
Monday, Wednesday, Friday

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We help people know what their rights are and how to access services they need.

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**Health & Wellbeing** Health, Your rights, Community.

**Housing, Land & Environment** Tenancy, Social housing, Disputes, Sustainability.

**Money** Benefits, Loans, Credit, Debt.

**Travel & Transport** Driving and licenses, Alcohol and disqualifications, Buying and selling, Insurance.

**Local** Community directory, clubs, Support Services.



## HONO MAI

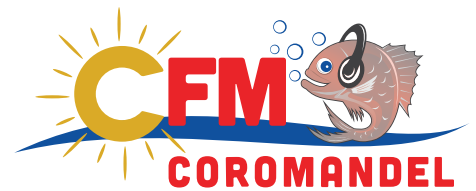
## JOIN THE TEAM

Citizens Advice Bureau

Nga Pou Whakawhirinaki o Aotearoa



# TUNED IN FOR SAFETY: COROMANDEL'S CFM AS YOUR COMMUNITY LIFELINE



Living in the stunning Coromandel and Hauraki districts, with our 400km of coastline, it sometimes feels like we're exposed to everything nature can throw at us, making us susceptible to many natural hazards - especially for the 34% of our community who are older adults. As part of this tight-knit community, we understand the challenges our Age Concern families face, from mobility issues to living in remote areas. That's where our local radio station, Coromandel's CFM, steps up - **a friendly voice broadcasting 24 hours a day, seven days a week**, keeping our communities informed, supported, and connected when it matters most.



CFM's coverage spans a vast area, powered by five strategic transmitters in Hauraki, Coromandel Town, Whitianga, Tairua/Pauanui, and Whangamata. This ensures clear signals reach our homes, cars, businesses, and portable radios across the districts. With main studios in Thames and Whitianga, plus a mobile studio in a retro caravan, we can broadcast from anywhere - whether it's a community hall during an evacuation or a roadside spot post-disaster. We use cutting-edge technology, like Starlink satellite internet, to keep programming uninterrupted. **Backup power at every site gives us up to four days of independent operation, ensuring we stay on air even if the grid fails.**

Our technical strength is matched by deep community ties with the Thames-Coromandel District Council Civil Defence teams. As a key communications partner, CFM shares emergency alerts, road updates, and safety advice. Our staff can remotely access broadcast systems from anywhere, enabling real-time updates. **When we get word of potential hazards, CFM responds quickly with notices going to air and social media, prioritising life-saving information over regular shows.**

We all felt the impact of Cyclone Gabrielle in February 2023, when heavy rain, strong winds, slips, and flooding devastated our region. Power outages affected 88% of households, with 20% facing blackouts for over three days. Telecommunications towers failed, leaving many without internet or communication other than local radio. Roads became impassable, stranding 38% of us for three to five days. **In that chaos, CFM was a source of reliable information.** A survey of 400 locals showed 78% of those tuning into local radio chose CFM for updates. For our older adults, this meant reassurance without needing smartphones - just a battery-powered radio to hear familiar voices guiding us through.

All of this provided without government funding makes its future lie in the hands of advertisers and sponsors.

Beyond crises, CFM's daily programming strengthens community bonds, easing loneliness for those in rural corners. As natural hazards challenge our peninsula, Coromandel's CFM remains essential for our Age Concern families. **Here in Hauraki and Coromandel, tuning into CFM isn't just about entertainment; it's about empowerment, safety, and knowing we're all in this together.**





# Eastern Coromandel Community Services Trust



We are a dedicated social services centre committed to supporting you and your family. Our services are free, confidential, and accessible to all community members.



## Our services include:

- Counselling
- Takawaenga (Māori Liaison)
- Foodbank
- Van Trips and Personal Shopping
- Social Work
- Medical Transport
- Weekly Free Community Meal
- School Holiday Programme

## We serve Whangamata through to Tairua.

Contact us to find out how we can help or self-refer to our services using the referral form on our website [www.communityservices.org.nz](http://www.communityservices.org.nz) or

**Call:** 07 865 7065

**Email:** [info@communityservices.org.nz](mailto:info@communityservices.org.nz)

**Address:** 505 Port Road,  
Whangamatā 3620

## DISCOVER THE COROMANDEL'S CFM APP!

**Listen Live:** Tap play and tune in wherever you are.

**Competitions:** Enter through the app and win great prizes!

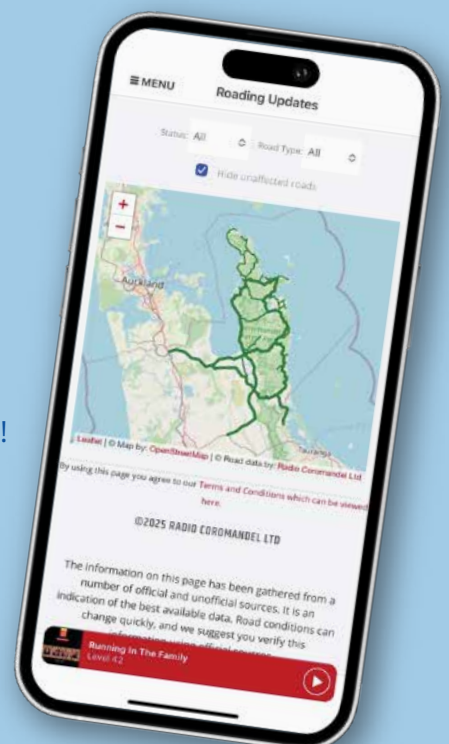
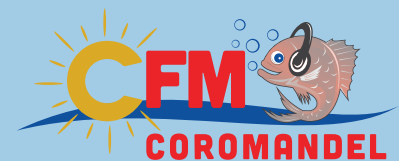
**Local News & Interviews:** Read or listen to the latest updates and bulletins.

**Road Updates:** Live info on closures, accidents, and roadworks - plus instant alerts.

**What's On:** Find festivals, events, and local gatherings.

**Music Info:** Check recently played songs or request your favourites!

Downloading is easy - visit the App Store or Google Play and search for 'CFM Coromandel' (look for the fish!). Or simply scan the QR Code. Install and enjoy!



**100% LOCAL RADIO AT YOUR FINGERTIPS!**

# Nicole Rusk, Connector at Here to Help U

Navigating health and social supports can be difficult (trust me, it's a full-time job!) At Here to Help U, our team of connectors can chat with you over the phone to 'connect you with the right help, at the right time'. Help options include budgeting, mental health, employment, legal/advocacy, and more.

Our process is simple. You can submit a help request online or via our freephone (0800 568 273). We'll call you back to discuss the services you're wanting, what you've tried before, and other relevant information. Dependent on your eligibility for local



supports, we'll refer you directly to an agency or provide information for next steps. We cover the Waikato region and areas within the Bay of Plenty.

To get the ball rolling, reach out via 0800 568 273 or <https://heretohelpu.nz/>

## Age Concern Hauraki Coromandel

01

### Visiting Service

Friendly volunteers matched with older people for regular companionship and conversation.

02

### Strength & Balance Classes

Fun, evidence-based movement to boost confidence and reduce the risk of falls.

03

### Parkinson's Movement Classes

Creative, inclusive dance sessions supporting mobility, wellbeing, and connection for those living with Parkinson's and their whānau.

04

### Chinwag Café

A warm, welcoming space to enjoy a cuppa, a chat, and build social connection.

At the heart of what we do is a simple mission: To promote services and support for the well-being of older people across the Hauraki Coromandel Peninsula.



05

### Total Mobility Scheme

Supporting eligible people with discounted transport for essential local travel in Thames.

06

### Driver Refresher Courses

'Staying Safe' workshops to help senior drivers stay confident and safe on the roads.

07

### Community Partnerships

Collaborating with council, health providers and community groups to extend our reach and impact.

08

### Information & Advocacy

Local, trusted guidance to help navigate health services, entitlements, and support options.



# Our New YouTube Channel



**[www.youtube.com/@Age-ConcernHauraki-Coromandel](https://www.youtube.com/@Age-ConcernHauraki-Coromandel)**

Over the past couple of months, Francine and Jo have been busy filming a series of movement videos designed for all levels of mobility, whether seated or standing.

These sessions can be enjoyed from the comfort of your own home, which has been especially popular during the recent wet weather. Some of our videos have already received more than 200 views, showing just how valued they are in our community.

The videos are led by Dr Francine Hills, a dance practitioner and researcher who specialises in movement for health and wellbeing. Francine is a certified Dance to Health teacher, a qualified Level 4 Postural Stability Instructor (Later Life Training), and an experienced researcher in dance, ageing, and health.

Her approach combines movement, imagery, and “no right or wrong-just follow along” activities to exercise both your body and your mind, leaving you feeling strong, confident, and energised.

Join her online and explore how creative movement can support strength, balance, confidence, and connection.

**Visit our channel at [www.youtube.com/@Age-ConcernHauraki-Coromandel](https://www.youtube.com/@Age-ConcernHauraki-Coromandel)**

# What is loneliness?

**Loneliness is when you have less connection with others than you would like. It's different to solitude, which is being alone but feeling content with that.**

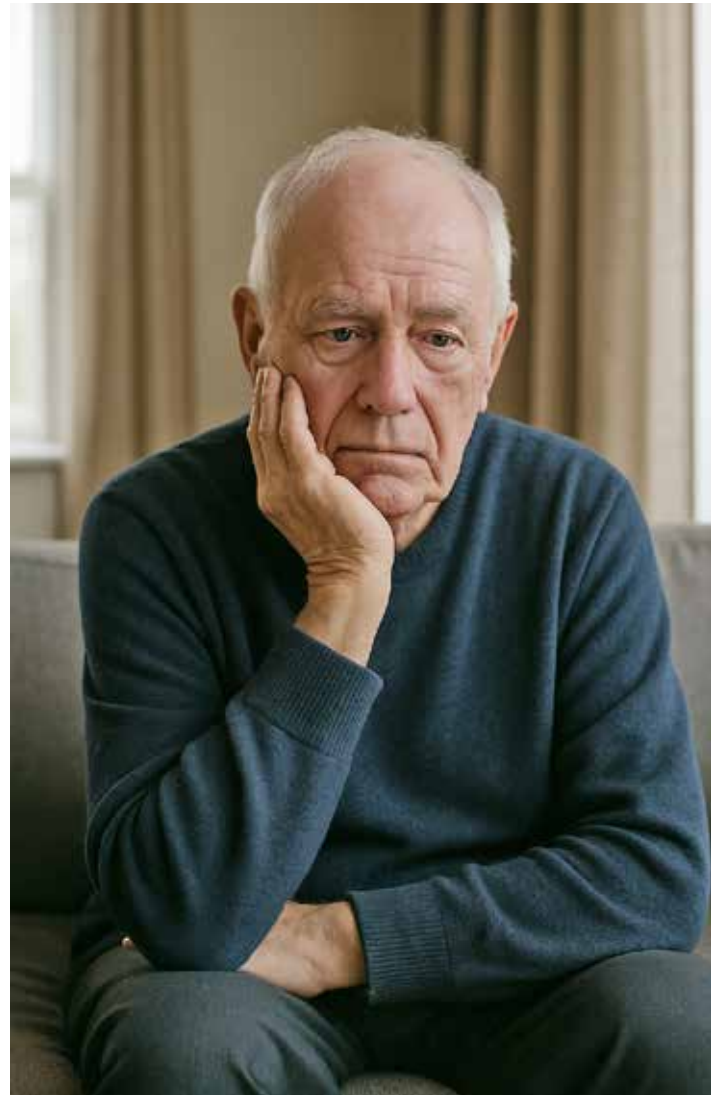
Loneliness has many different causes. It's often linked to things such as living alone, experiencing a major change in life (e.g. retiring, moving house) illness or disability, losing someone close or having a fear of going out.

Overtime, loneliness can lead to low levels of physical activity, it can increase the production of stress hormones and affect your sleep which leads to weakened immunity and depression. The good news is, there are things you can do to overcome your loneliness.

Overcoming loneliness in older people is best achieved through a mix of social connection, meaningful activity, and emotional support. Here are some evidence-based approaches:

## 1. Strengthening Social Connections

- Regular contact with family and friends – phone calls, video chats, and visits can reduce feelings of isolation.
- Community groups and clubs – joining social groups, choirs, dance classes, book clubs, or hobby groups provides regular interaction.
- Intergenerational programmes – connecting older adults with younger people (e.g., school visits, mentoring, volunteering) helps build purpose and joy.



## 2. Meaningful Activities

- Creative arts and movement – dance, music, gardening, crafts, or storytelling create a sense of identity and engagement.
- Volunteering – offering skills or time fosters belonging and usefulness.
- Learning opportunities – adult education or online courses stimulate the mind and encourage new friendships.



### 3. Emotional & Practical Support

- Befriending services – We have our Accredited Visiting Service, which pairs volunteers with older people for companionship.
- Support groups – especially for those living with health conditions, grief, or caring responsibilities. For people with Parkinson's and stroke survivors, a welcoming and inclusive movement class designed to support people living with Parkinson's, Stroke survivors and their whānau. This class is suitable for all abilities and mobilities, including those using mobility aids and wheelchairs. More details are on our website <https://www.achc.org.nz/movementmatters>.
- Pet companionship – pets (or pet therapy visits) reduce loneliness and encourage routine.

### 4. Health & Accessibility

- Regular exercise – walking groups, tai chi, or falls-prevention classes like our Steady As You Go® classes improve well-being and social ties. Or you can do classes in your own home by watching our YouTube video channel where we have made a series of movement videos for any level of fitness and mobility.  
[www.youtube.com/@Age-ConcernHauraki-Coromandel](http://www.youtube.com/@Age-ConcernHauraki-Coromandel)
- Transport support – ensuring access to community transport so older adults can attend activities – apply for our Total Mobility Card if you qualify, which gives you a 75% discount on taxi fares in participating towns.

### 5. Building a Sense of Belonging

- Cultural and spiritual connection – attending church, marae activities, or cultural events strengthens identity.
- Neighbourhood initiatives – “good neighbour” programmes and coffee mornings create local safety nets. Join one of our Chinwag groups.
- Positive ageing messaging – encouraging older adults to see themselves as valued, not a burden.

**Please visit our website [www.achc.org.nz](http://www.achc.org.nz) for all our options available.**

Our Age Concern Visiting Service is a befriending service that matches older people who are lonely or socially isolated with volunteers who are keen to spend time getting to know them. The volunteers are police-checked and trained, and spend about an hour each week sharing conversation and activities with their older friend. Matches are made carefully, on the basis of personality, shared interests, cultural needs, and location.

If you know someone who is lonely, ask them if they would like a visitor.

Then contact Val at Age Concern Hauraki-Coromandel on 0274 948 465 or 07 868 9790.

If you would like to know more about becoming a volunteer visitor, we would love to hear from you!

*Excerpts taken from the NZ Health Navigator website [www.healthnavigator.org.nz/health-a-z//loneliness/](http://www.healthnavigator.org.nz/health-a-z//loneliness/)*

# Support for Whānau Affected by Dementia Mate wareware available in Hauraki, Thames and Coromandel

Dementia Mate wareware could affect anyone- it is not a normal part of aging, and the truth is that anyone can get dementia mate wareware

An early diagnosis means:

1. Access to services, education, and support.
2. Sets up a strong network of support.
3. Allows the chance to plan for the future.

## Is someone in your whānau affected by dementia mate wareware?

Dementia Waikato provides free, local support for Whanau, families and carers navigating this journey.

The Dementia Advisors, based in the Hauraki-Thames-Coromandel area, are here to help you and your loved ones with personalised advice and practical guidance.

Referrals can be made via your GP practice, Hospital specialist or your Disability Support Link (DSL) assessor.

Services available include:

- Phone/email Consultation and advice
- Home visits for personalised one-on-one support (referral based)
- Navigation through the health care system – services to help during the



initial days of diagnosis and post-diagnosis

- Support groups for carers to share experiences and receive expert guidance (referral based)
- Free educational resources.

No two dementia mate wareware journeys are the same, that's why we are here to walk alongside you. Whether you're looking for advice on managing daily care, or simply need someone to talk to, the team is here to support you.

For more information on how we can help, visit Dementia New Zealand at [www.dementia.nz](http://www.dementia.nz).

**Janine Appleby**  
Senior Dementia Advisor  
Dementia Waikato



# Grey Power Thames

Grey Power Thames numerically is one of the largest community groups in the town. Although originally a lobby group on behalf of older people Grey Power Thames has been steadily developing into a group with wider community interests.

A good example are the cooking classes run by our Vice President Carolyn Young. We recognised that some older men in the community for one reason or another found themselves alone without much idea of how to cook.

The first class was very successful and we were then approached by Te Korowai Hauora O Hauraki which led to Carolyn teaching a group of kaumatua how to cook themselves a nutritious meal.

The lessons were only made possible by Moanataiari School for use of their classroom kitchen, Pak N Save for ingredients and Grey Power Thames members for initial funding.

We continue to be involved in issues beyond Thames through



other Grey Power groups in the Coromandel region. One such issue is recommending the continuing use of sirens to alert communities to potential dangers such as tsunamis.

Grey Power Thames is also a member of the Thames Business Association which enables us to be aware of what is being discussed that may affect older members of the community.



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# Revealing Risk In Your Eye Pressure

Written by Jina Bae, Specsavers Optometrist

Did you know that intraocular pressure is important when it comes to glaucoma? We asked Specsavers Optometrist, Jina Bae, to explain what intraocular pressure (IOP) is and what it has to do with glaucoma.

## What is intraocular pressure (IOP)?

Intraocular pressure (IOP) is simply the pressure inside your eye. All eyes produce and drain fluid at different rates, leaving the eye with a varying rate of pressure. Normal IOP falls between 10-21 mmHg, but this can vary from person to person.

## Why is IOP linked to glaucoma?

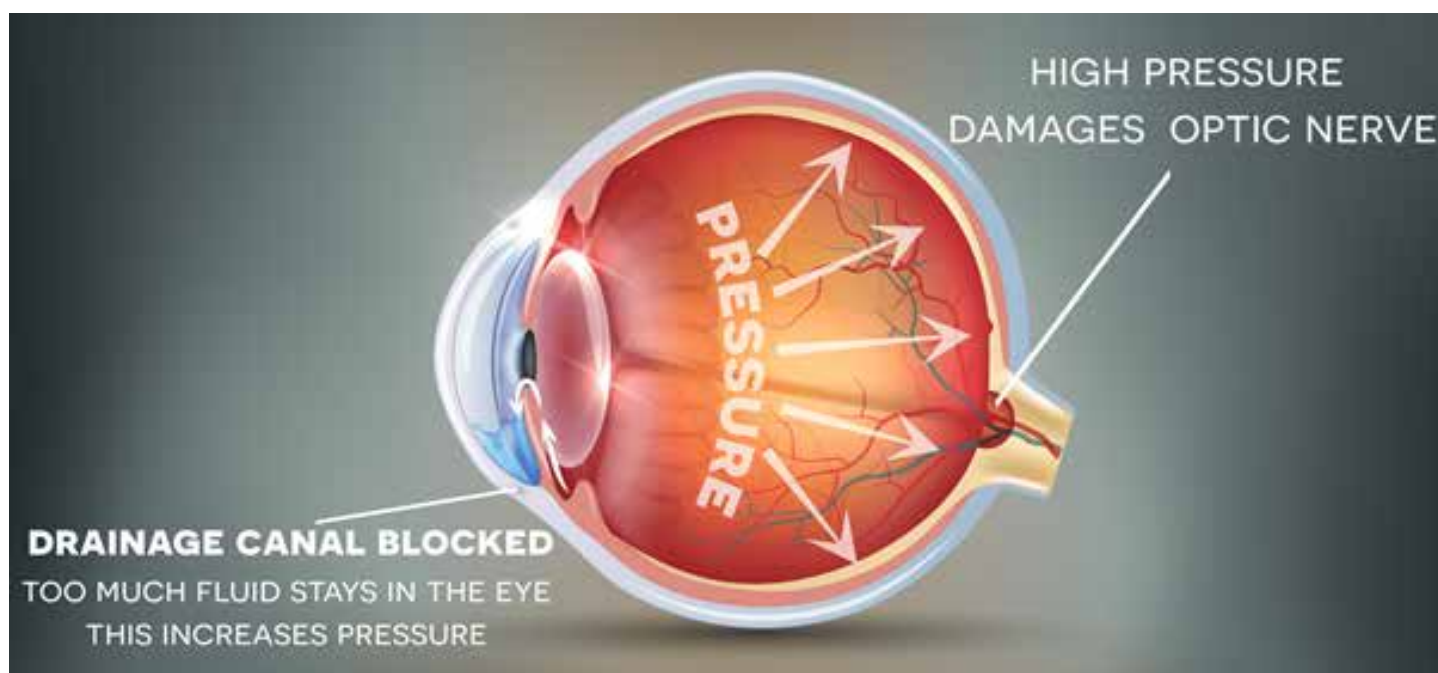
Glaucoma is an eye disease that damages the optic nerve, which is responsible for sending visual



information to your brain. High eye pressure is the biggest risk factor for glaucoma, though some people can still develop glaucoma with normal IOP—this is called normal-tension glaucoma.

## Why is controlling IOP so important?

Lowering eye pressure can reduce the risk of glaucoma progression. While not everyone with high IOP develops glaucoma, it's still the most important modifiable risk factor. That's why regular eye exams are crucial—to catch and manage high IOP to reduce the risk of preventable vision loss.



### Does everyone with high IOP get glaucoma?

Not always. Some people can have high eye pressure but never develop glaucoma (this is called ocular hypertension). On the other hand, some people do get glaucoma even with normal IOP. But regardless of the numbers, keeping your IOP in check is key to protecting your vision.

### How is IOP controlled?

To control your IOP, your specialist may recommend one or more treatments to reduce fluid production or improve fluid drainage:

- Eye drops
- Oral medications
- Laser treatments
- Surgery

### Can you feel the difference if you have a high IOP?

If you have high IOP, you most likely would never know until you have

an eye test and it is measured. If you waited until you experienced symptoms relevant to high IOP or glaucoma such as blurred vision, halos around lights, eye pain or nausea, it is likely damage would have already been done to your optic nerve. The best thing to do is to have regular eye tests so that you can ensure your eyes are healthy and anything detected can be managed early and effectively.

### The bottom line:

Glaucoma usually has no symptoms until advanced vision loss occurs. That's why regular eye check-ups at least once every two years or more often is clinically recommended or you experience any changes to vision or eyes are a must. Catching eye conditions like glaucoma early and keeping your intraocular pressure under control are some of the best ways to protect your sight for the long run.

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# Pearl Movements



PEARL

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IN MOTION

Our bodies love to move and life feels better when we do. Pearl Movement is an approach to movement and wellbeing, born from research with older adults: fun, do-able, and beneficial, seated or standing — which blends gentle, creative routines with music and flow. Move with confidence, enjoy the music, and celebrate everyday wellbeing.

## Subscription plans

**10-week subscription** a subscription to our video library of movement-to-music routines. Gentle, flowing, and flexible — seated or standing, short bursts or longer sessions — so you can move in the way that feels right for you, at home, when you want.

**Community Class Licence-** A package so you can hold your own group-or groups! Includes Pearl's 45 min video sessions, resources, and guidance to help leaders bring safe, creative, and engaging routines into their community.

Email [pearlmovements@gmail.com](mailto:pearlmovements@gmail.com)

Ph 022 050 3005

website: [www.pearlmovements.com](http://www.pearlmovements.com)

[www.youtube.com/@pearlmovements](https://www.youtube.com/@pearlmovements)

[www.facebook.com/pearlmovement](https://www.facebook.com/pearlmovement)

*For inspiration, our Facebook and YouTube pages share interviews, photos, and stories that celebrate the art of living well.*

# Pearl Movement in Paeroa.

We've developed a brand-new peer-lead movement programme—designed to help you stay active, improve balance, and enjoy moving together.

**When:** Mondays, 10.00–11.00am

**Where:** St John Hall, Paeroa

**Cost:** \$3 per session

Each 45-minute class uses our new online movement programme, so no experience is needed. Can be done seated or standing. Just wear comfortable shoes, bring a smile, and join the fun.

**For further information phone Francine 027 3401 785**



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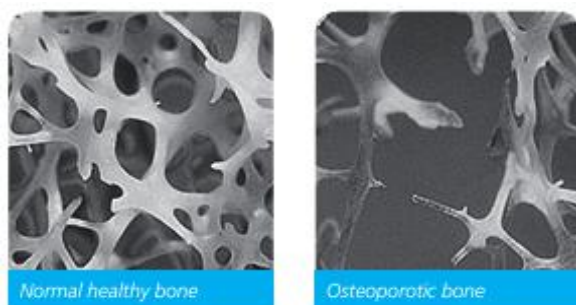
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E: [maria.flint@harcourts.co.nz](mailto:maria.flint@harcourts.co.nz)

# Osteoporosis, Fragility Fractures and the Fracture Liaison Service

## What is Osteoporosis?

Osteoporosis literally means 'porous bone'. It is a condition where bones become thin and lose their strength as they become less dense and their quality is reduced.



This can lead to broken bones, which cause pain and disability. Broken bones due to osteoporosis can be life-changing, with serious impact on quality of life, mobility and independence.



Worldwide, one in three women and one in five men aged 50 years and over will suffer an osteoporotic fracture.



## The Care Gap

Can osteoporosis and fractures be prevented?

**Yes, if action is taken early!**

Fractures due to osteoporosis have a devastating impact on millions of people worldwide and result in enormous socio-economic costs to society and healthcare systems. Yet, despite effective medical advances to reduce fractures, a minority of men and women receive treatment. This is where the Fracture Liaison Service comes in.

## Who are the Fracture Liaison Service (FLS) and what do they do?

Fracture Liaison Services (FLS), which are the gold standard for fracture care, play an important role in identifying, assessing and treating osteoporosis in people over the age of 50 with a fracture. Improved access to DXA (dual energy x-ray absorptiometry) scanning, which measures bone density, and support around drug treatments through an FLS can help to reduce the risk of further fractures.



Back row from left to right:

Sandra Cate Clinical Nurse Specialist: Orthogeriatrics,  
Kerry Smith Clinical Nurse Specialist: FLS

Front row from left to right:

Dr Simone Macindoe  
Orthogeriatrician and  
Clinical Lead FLS, Amrita  
Perring Clinical Nurse  
Specialist: FLS.

## How do you contact the Fracture Liaison Service?

Email:  
[FractureLiaisonService@waikatodhb.health.nz](mailto:FractureLiaisonService@waikatodhb.health.nz)

Call us:  
Amrita Perring: 027 2359130  
Kerry Smith: 027 5202089



## Key messages for the public and patients:

### Ensure a bone-healthy diet



- Eat well! A bone-healthy diet is a balanced diet with adequate intake of calcium, protein, vitamin D, vitamin K and other nutrients.

### Know your risk

- Be aware of any potential risk factors – take the know your bones quiz. If you have risk factors, talk to your doctor, and ask for testing and treatment if needed. Visit: <https://www.knowyourbones.org.nz/>

### Move your bones

- Bones, like muscles, get stronger when you use them. Exercise helps build bone in children and teens as they grow, and helps maintain bone in adults.
- At any age, the best types of exercises for bone health are weight-bearing and muscle strengthening. Lift, push, run, jump, and ‘step’ your way up to stronger bones!

### Avoid bone-damaging habits

- Smoking and excessive alcohol intake are risk factors for osteoporosis
- Maintaining a healthy body weight is important - and being underweight with a BMI below 19 is a key risk factor.

### Prevent recurrent fractures

- If you’ve broken a bone after age 50 following a minor fall, see your doctor and ask for assessment and treatment to prevent further fractures.
- Fracture Liaison Services are available all our hospitals. These coordinator-based multidisciplinary services help ensure that fracture patients receive the

necessary treatment and follow-up care to prevent further fractures.

## Diving into Vitamin D

Vitamin D is needed to absorb calcium from the intestine to support healthy bones. Vitamin D also plays a role in supporting the growth and maintenance of the skeleton and regulating calcium levels in the blood.

New Zealand's climate and lifestyle can affect vitamin D levels. Sunlight is the primary source of vitamin D production in



the body, but factors like skin pigmentation, indoor lifestyles, and winter months can limit exposure and vitamin D synthesis.



Efficient vitamin D<sub>3</sub> synthesis reduces with increasing age (>50 years) and the kidney is less able to convert vitamin D<sub>3</sub> to its active form. Balancing time of sunlight exposure to maintain adequate vitamin D levels, while avoiding an increased risk of sun damage and skin cancer is the key most especially in New Zealand.

You can get some vitamin D from food such as fatty fish, liver, egg yolks, some fortified foods and supplements. While most adults get sufficient vitamin D from everyday activities, supplements may be necessary for those at risk of deficiency. If you are at a risk of vitamin D deficiency you may benefit from supplementation. Talk to your doctor about this. Colecalciferol (capsules or oral liquid), is a funded medication in New Zealand, and taken once a month provides adequate Vitamin D for most individuals.

# Chicken and Cider Pie

**This creamy chicken and cider pie is packed with flavour. Using ready-made pastry and simple ingredients, it's a fuss-free dish with a delicious twist.**



## Ingredients:

- 30g butter
- 600-700g skinned boned chicken thighs – cut into generous chunks
- 1½ tbsp plain flour
- 250ml dry cider
- 3 tsp dried tarragon – just as good as fresh in this pie and easier to obtain
- 2 tsp Dijon mustard
- 200ml sour cream
- 1 medium to large apple – peeled, cored and thinly sliced
- 50g small white button mushrooms cut in half – wipe, do not wash or peel
- Salt and freshly ground black pepper
- 1 packet ready-made puff or flakey pastry
- 1 egg lightly beaten with a little water for glazing

## Method:

Heat the oven to 180°C.

In a plastic bag mix the flour and a generous grind of pepper then add in the chicken and toss until evenly coated. Melt the butter in a large frypan over a moderate heat. Add the chicken and stir until coated in butter then pour in the cider and continue to stir until it bubbles and thickens. Add the mustard, tarragon and season with salt and pepper. Pour this into a casserole dish, cover and cook in the oven for about 50 minutes.

When cooked, remove from the oven and stir in the sour cream, apple and mushrooms and allow to cool. It can be made to this point the day before and cool overnight if you wish.

When the mix has cooled, heat the oven to 200°C. Roll the pastry to fit the pie dish (or individual pie dishes if used) and set aside to rest. Spoon the chicken mix into the pie dish, moisten the rim of the dish and cover with the pastry, decorating with the offcuts. Brush with the egg wash and bake for 25-30 minutes.

*Recipe courtesy of GrownUps*



# AGE CONCERN HAURAKI COROMANDEL MEMBERSHIP FORM

## What are the benefits of membership?

Your membership and donations help us to help others. We provide valuable and valued services such as our Volunteer Visiting Service, Chinwag Café, Steady As You Go®, Driver Refresher, Total Mobility, Dance for Parkinson's, quarterly newsletters, and we are the 'go-to' for information.

## Exclusive benefits of membership include:

- A Free 6" subway sub with all new memberships – voucher to be collected from our office in Thames.
- A Free Total Mobility Card if you qualify.
- Receive email updates and information on local events or news that may be of interest.
- 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.
- An emailed copy of our quarterly newsletter.

## What will it cost?

- \$20.00 per couple from 1 July to 30 June (financial year)
- \$15.00 for a single person

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