

Age Concern Hauraki Coromandel



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

SUMMER 2025 MAGAZINE



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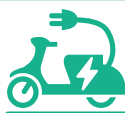
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Cover Photo



Photo taken by Jo at Long Bay, Coromandel

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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:

on the opposite page

Hello Summer!

Happy summer everyone!

After months of cold, damp weather and long nights, it's wonderful to finally welcome the sunshine back. The days are longer, the gardens are bursting into life, and the beach walks are calling once again. Of course, before long we'll be saying it's too hot, we're never quite satisfied are we?

This summer issue is full of ideas to help you make the most of the season. Inside, you'll find practical tips for staying cool during the warmer months, simple and healthy meal ideas that won't break the bank, and a few creative ways to keep the grandchildren entertained when they come to visit.

We've also included stories and updates from across our Hauraki-Coromandel community, a reminder that staying connected is just as important as staying cool.

Whether you're enjoying a Chinwag Café, joining a Steady As You Go® Group, or simply reading this with a cuppa in the garden, we hope you'll feel part of our big, friendly Age Concern family.

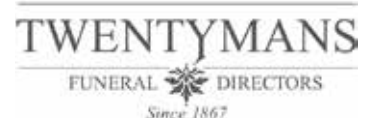
Here's to laughter, sunshine, and making good memories this summer. Warm wishes,

Jo

Magazine Coordinator
Age Concern Hauraki Coromandel



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A Christchurch Training Adventure

On a bright and sunny spring morning, I left Thames with trainers on and plenty of enthusiasm in my stride. By the time I landed in Christchurch, I was full of ideas about visiting the art gallery and exploring the city before training began the next day.

However, Christchurch weather had other plans! Before I even got off the bus, the wind and rain swept in. Now, being from the UK, I'm no stranger to a bit of drizzle, but this was something else entirely. With my little suitcase in tow, I splashed my way through the streets, arriving at my accommodation soaked through, trainers squelching, and quite determined that the only adventure that evening would be finishing my book.

The training itself was held at Age Concern Christchurch's beautiful open-plan offices. It was wonderful to see how another Age Concern operates

— such a large set-up with around 25 staff. The Steady As You Go® training was a chance to brush up our skills, share experiences, and learn new approaches. Best of all, it was a space to connect with others, exchange stories, and strengthen the work we all do in supporting older people.

It was especially wonderful to have Margaret Dando there — the original creator of the programme — gently drawing our attention to the little things that make a big difference. From placing a hand on our tummy as we breathe, to noticing the connection between Steady As You Go® and a mindful approach to walking and posture, these details reminded us that the programme isn't just about movement, but about cultivating awareness, confidence, and balance in everyday life.

Dr Francine Hills



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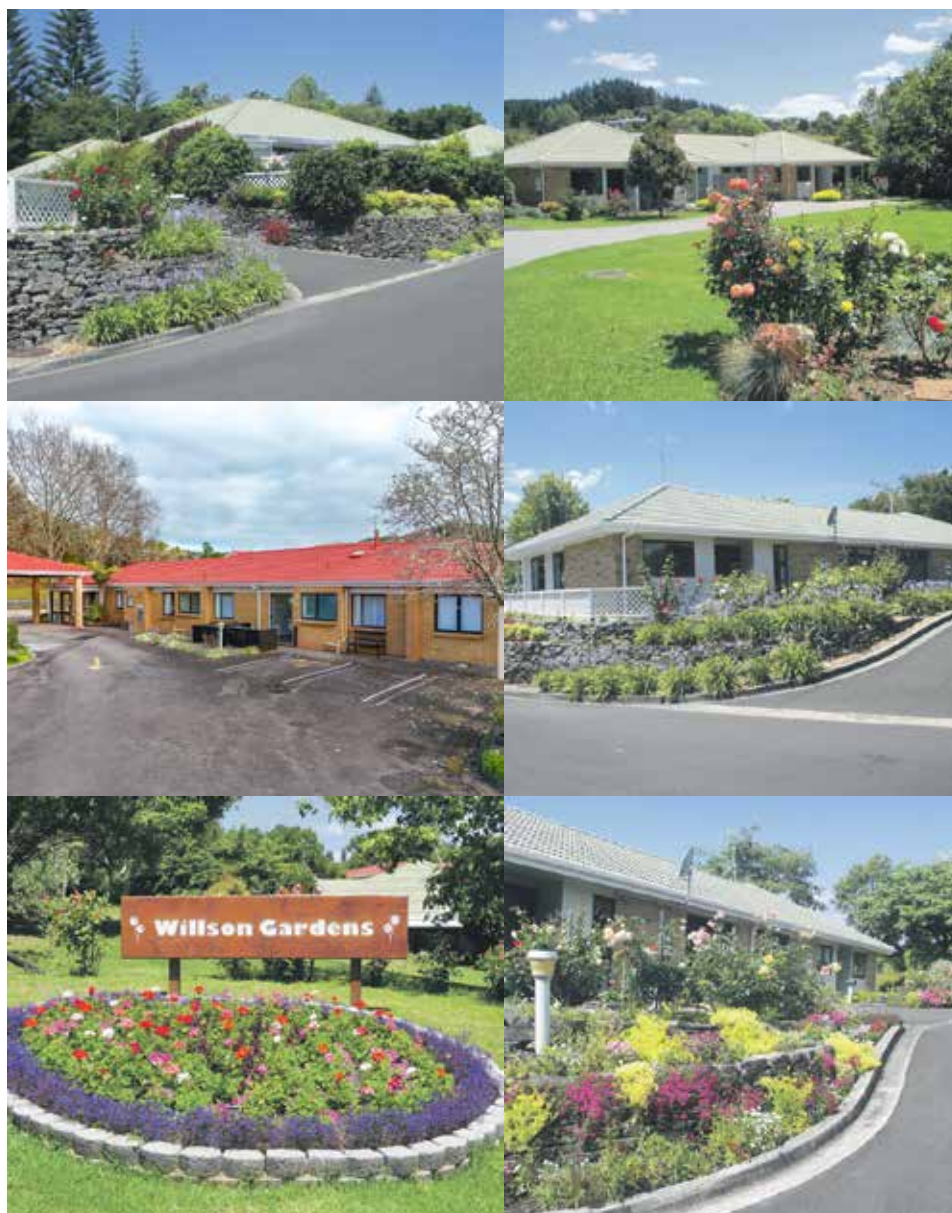
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We have a wonderful activity team that services the whole site with a variety of activities and trips out.

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

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Deborah Padfield (General Manager)
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Keeping Grandchildren Engaged Over the Holidays

The school holidays are a wonderful opportunity for grandparents to spend quality time with their grandchildren. Whether you're caring for them full-time during the break or just enjoying a few days together, planning ahead can help keep little ones entertained, active, and happy. Here are some simple and fun ideas to make the most of the holidays.

Get Outdoors

Children thrive on fresh air and movement, and New Zealand has no shortage of beautiful spaces to explore.

- Nature walks – explore local reserves, beaches, or even your own garden with a scavenger hunt.
- Picnics – pack sandwiches and fruit for a relaxed outing at the park.
- Backyard camping – pitch a tent outside and enjoy a night under the stars.

Creative Fun at Home

Rainy days don't have to mean boredom. Keep little hands and minds busy with creative projects:

- Arts and crafts – painting, bead threading, or making cards for family and friends.
- Cooking together – bake biscuits, decorate cupcakes, or make homemade pizza where kids choose their own toppings.
- Storytime theatre – encourage children to act out their favourite stories, complete with costumes and props.

Share Your Knowledge and Skills

Grandparents hold a treasure trove of skills and stories that can be passed down.

- Teach a hobby – knitting, woodworking, gardening, or fishing can be wonderful lessons.
- Family history – look through old photo albums and tell stories about "the old days."
- Music and dance – share favourite songs, sing together, or teach a simple dance.

Community Adventures

The holidays are a great time to explore what's happening locally.

- Library programmes – many libraries run free holiday activities.
- Museums and galleries – educational



and fun, especially interactive exhibitions.

- Local events – check council websites for free festivals, markets, or performances.

Quiet Time and Balance

It's important to balance busy activities with downtime.

- Puzzles and board games – encourage problem-solving and teamwork.
- Reading corners – create a cosy nook with books suited to their age.
- Mindful moments – simple breathing exercises or gentle stretches can help children wind down.

Final Thought

The best holiday memories aren't about spending money, but about time together. A mix of outdoor adventures, creative projects, and quiet moments will keep children engaged, while also strengthening the bond between generations.



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Eating Well (and cheaply!) Over Summer

When the weather warms up, so do our appetites for fresh, light meals — but with food prices still climbing, many of us are keeping a close eye on our budgets. The good news is that eating well doesn't have to mean spending a lot. With a few clever tricks, summer can actually be one of the easiest (and cheapest) times of year to eat healthily and enjoyably.

Shop Smart and Seasonal

Summer is the season of abundance! Local fruit and vegetables are at their best — and cheapest — when they're in season. Think juicy tomatoes, crisp lettuce, courgettes, cucumbers, beans, and sweetcorn.

Buying from local growers' markets, roadside stalls, or even the "odd-shaped seconds" section at the supermarket can save dollars while supporting local producers. If you can, stock up on cheap fruit like peaches or berries and freeze them for later — they make perfect smoothies or desserts on a hot day.

Cool Meals, Less Cooking

Who wants to stand over a hot stove in summer? Try simple, no-cook meals like:

- **Cold pasta or rice salads** with leftover veggies, tinned tuna, or hard-boiled eggs.
- **Wraps or sandwiches** packed with grated carrot, lettuce, and hummus.



- **Omelette or frittata** with whatever's in the fridge — it's quick, filling, and affordable.
- **Homemade smoothies** using frozen fruit and milk or yoghurt — a delicious breakfast on the go.

Stretching What You Have

Little savings add up. Try:

- Turning leftovers into something new — last night's roast veggies make a great salad or soup base.
- Using cheaper cuts of meat in slow cookers or casseroles (yes, even in summer!) — they're tender and flavourful.
- Cooking once, eating twice — make double portions and freeze for later.



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If you're on your own, cook in small batches and freeze single serves. It saves money and prevents waste.

Grow a Little of Your Own

Even a few pots of herbs or a tomato plant on the windowsill can make a difference. Fresh herbs lift simple meals without needing fancy ingredients. Community gardens around the Coromandel are also a

great place to share produce — and meet people, too!

Stay Hydrated and Happy

Don't forget the simplest trick of all — drink plenty of water. Add slices of lemon or cucumber for flavour. It's free, refreshing, and essential in the heat.

In a Nutshell

Summer eating is all about simplicity — fresh food, light meals, and a little creativity. Whether you're picnicking with friends or enjoying lunch in the shade at home, remember that good food doesn't have to cost the earth. A little planning, a dash of local produce, and some shared meals with neighbours can make this summer healthy, affordable, and full of flavour.



Reflections on International Day of Older Persons

1st October 2025

I am still beaming as I sit here reflecting on our International Day of Older Persons celebration. My heart feels so full. There was such a sense of joy, laughter, and community as we came together to mark this special day.

The theme that carried us was Flowers for Friendship. Flowers came in from every corner of the rohe — lovingly made by community groups, schools, kaumātua rōpū, and individuals. Knowing that our day of celebration began long before the first scone was served, with hands busy weaving, folding, and arranging, and groups laughing, talking and sharing in the communal craft of flowers making gave such richness to the occasion. Among the vases was even one with a note tucked inside saying "from Romania". A colleague told me that she was talking to a man who, on being given a harakeke putiputi, said it reminded him of his wife because she used to make them. These were not just decorations (although they were beautiful!!) but stories of love, memory, and connection.

Te Korowai Hauora o Hauraki provided the most spectacular high tea — a feast for the senses — and many took up the offer of health checks, which were so warmly received. St John's joined us to share their services, while raffles, music, and laughter filled the room. The tables were alive with

community members, friends from The Booms, kaumātua from Te Uru Kahika, and even the Mayor.

Of course, for me the highlight was the dancing (no surprise there!). The Te Puru dancers, our Parkinson's dancers, Te Uru Kahika and many others who had been in a dance group all came together. What made it even more special was the audience participation — people of all ages (our oldest participant on the day was 99) taking part in a hand jive, a folk dance, and to move in rhythm with one another. Joy shared in movement is joy multiplied, in my opinion.

Later that evening, I found myself wondering what was happening not only here in Thames but all over Aotearoa and across the world as people marked this international day. Sometimes I have questioned the need for "special days" — but this one feels different, and truly important. Ageing is something that touches us all, and from the outside, I see that it is not always easy. I notice the challenges just in the navigation of everyday life: uneven footpaths, slippery entrance ways, heavy doors, endless online



forms. That is why International Day of Older Persons matters. It reminds us that older people are still vibrant and I hope it reminds our older friends, how important they are to their communities.

When the day ended, the flowers kept travelling — carried out into the community, to the hospital and Tararu and the Booms Rest Homes, so that others too could share in the gesture. The act of giving and receiving, is also a part of what it means to be well together. As Health Promoter, I am often thinking about what it means to live well — how we define health, and how we support it. Yesterday, lying in bed after the event, I realised the day had been an absolute embodiment of what it means to have whole-health. Good food cooked with aroha, a warm welcoming environment, opportunities to participate and contribute, laughter and conversation, health checks, music and movement. It was a day that nourished body, mind, spirit, and relationships. A day to celebrate ageing together, and to be reminded that health is found not only in

clinics and gyms, but in moments of connection, joy, and belonging.

It was, quite simply, a day to treasure.

Dr Francine Hills

Harcourts Thames

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When Home Still Feels Right: Navigating the Move into Care

For many older New Zealanders, the thought of moving into a care home can bring up mixed feelings — sadness, fear, even anger. After all, our homes hold our memories, routines, and independence. It’s natural to want to stay where we feel comfortable and in control.

If you or someone you love is facing this decision, know that you’re **not alone**, and that there are **options, supports, and voices that matter — including yours.**

Start with an honest conversation

The first step is to talk openly — with your family, GP, or a trusted advocate. Moving into care doesn’t have to mean “giving up.” It might simply mean **getting extra help** when health or safety at home becomes harder to manage.

Ask questions such as:

- What specific help do I need day to day?
- Could I get more support at home instead?
- What does residential care really involve?

Sometimes fear comes from not knowing what’s available — or from feeling like the decision is being made for you rather than with you.

Explore support options first

Before making any big changes, it’s worth exploring **home-based services** and community supports. In New Zealand, there are many ways to stay at home safely longer:

- **Home and Community Support Services (HCSS)** – funded help for cleaning, shopping, or personal care.
- **District nursing, Meals on Wheels, and mobility aids** – these can make day-to-day living easier.
- **Social connection programmes** like **Chinwag Cafés, Accredited Visiting Service, and Steady As You Go® classes** run by Age Concern Hauraki Coromandel.
- **Total Mobility cards** for affordable transport.

Ask your GP or Age Concern Hauraki Coromandel about a **Needs Assessment (NASC)** — this helps determine what level of care or support is best for your situation, whether at home or in a facility.

If care becomes necessary

Sometimes, despite everyone’s best efforts, moving into care becomes the safest option. If that happens:

- **Visit several rest homes** before



deciding — each has a different atmosphere and approach.

- **Bring familiar items** (photos, blankets, music) to help your room feel like home.
- **Stay involved in decisions** about your care, routine, and visitors.
- **Keep up your social connections** — many people find new friendships in care once they settle in.

A good rest home should feel like a community, not an institution. You should feel respected, listened to, and supported to live your life your way.

Remember — your feelings are valid

It's okay to grieve the change, or to feel uncertain. Moving into care is a big life transition, but it doesn't erase your independence or your story.

You still have choices, rights, and relationships that matter deeply.

If you're struggling, reach out to us. We can connect you with advocates, visiting services, and people who've walked this path before. You don't have to navigate it alone.

In summary

Moving into care can feel like losing control — but with the right information and support, it can also be a new chapter of safety, comfort, and connection. Take time to ask questions, explore all options, and make decisions that feel right for you.

Age Concern Hauraki Coromandel is here to help you stay informed, respected, and connected — wherever you call home.

Osteoporosis Treatments

Lifestyle Factors

So you've just been diagnosed with osteoporosis, what's next?

Getting an osteoporosis diagnosis can feel like a substantial shift in your life. All of a sudden you may feel concerned about your bone health.

On the plus side however, learning you have osteoporosis gives you a chance to do something about it. There are several choices you can make and several strategies you can employ that can make a big positive difference in your bone health.

Lifestyle Factors

Exercise

Weight-bearing exercises, such as brisk walking, dancing, and jogging, help stimulate bone formation and strengthen the skeleton.

Strength training with weights or resistance bands is also beneficial. This type of exercise increases muscle mass, which supports and protects your bones.

Balance and flexibility exercises such as tai chi and yoga are crucial for improving stability and coordination. These exercises help prevent falls by enhancing your

ability to maintain balance and move with ease.

Before you start a new exercise routine, talk to your

healthcare provider, especially if you have any health conditions. They can



recommend safe and effective exercises tailored to your needs.

Avoid Bone-Weakening Habits

Moderation is key when it comes to alcohol. It can make you unsteady on your feet and more likely to trip, fall and break a bone. Limiting yourself to no more than two to three standard drinks per day and having at least two “alcohol-free days” each week, can help keep your bones healthy.

Don't smoke. Smoking has been shown to increase fracture risk substantially.



High levels of caffeine – 8-10 cups of instant coffee or 6 single espresso-type coffees – can interfere with calcium absorption, so try to limit your intake of coffee, cola and energy drinks.

By being aware of these habits and making healthier choices, you can help maintain healthy bones.

Maintain a Healthy Weight

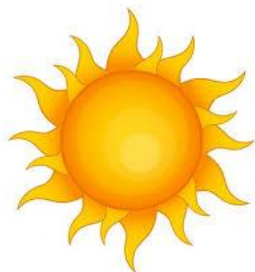
Maintaining a healthy weight is crucial for bone health. Being underweight, losing weight very quickly or repeatedly gaining then losing weight can lead to lower bone mass and a higher risk of fractures. This is because low body weight means less bone tissue, making bones more susceptible to breaks. Also, older adults with low body weight have less fat padding around their hips, increasing the likelihood of hip fractures from falls.

To achieve and maintain a healthy weight, focus on eating well with a wide variety of foods rich in essential nutrients like

calcium, vitamin D, and protein, combined with regular physical activity.

Vitamin D and Safe Sun Exposure

Vitamin D is essential for maintaining strong bones because it helps your body absorb calcium.



Your body makes most of the vitamin D it needs in your skin when exposed to direct sunlight. Spending time outdoors with your face, arms, and

hands exposed, allows your skin to produce vitamin D. However, it is important from September to April to protect your skin from excessive sun exposure, especially between 10 am and 4 pm and whenever UV levels are high to reduce the risk of skin cancer.

Nutrition for Bones



A balanced diet rich in calcium, vitamin D, and protein is key for bone health and helps to reduce your risk of osteoporosis.

Calcium is a key nutrient for bone health. It is found in dairy products, leafy green vegetable, nuts, tofu, and calcium-fortified plant milks. Whole canned fish with soft edible bones, such as sardines and salmon are also a good source of calcium. Aim for at least two to three servings of calcium-rich foods daily.

Vitamin D is essential for maintaining strong bones because it helps your body absorb calcium. It is produced through exposure of the skin to sunlight and can also be found in some foods and supplements.

Protein is also important for bone health and supports muscle strength, which in turn protects your bones. Meat, chicken, seafood, eggs and dairy foods are good sources of protein but plant sources such

as nuts, seeds, tofu, legumes (lentils, chickpeas, kidney beans and soybeans) are also good. Aim to include a protein-rich food at every meal.

In addition to calcium, vitamin D, and protein, other vitamins and minerals such as magnesium, phosphorus, vitamin K, and zinc are important for bone health.

Having a variety of healthy foods will help you get a wide range of nutrients necessary for strong healthy bones and muscles. If you have dietary restrictions or concerns about your nutrient intake, talk to your healthcare provider or dietitian. They can help you develop a nutrition plan that supports your bone and overall health.

How do you contact the Fracture Liaison Service?



Email:
FractureLiaisonService@waikatodhb.health.nz

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

Please feel free to let us know if you have anything you specifically would like us to write about.

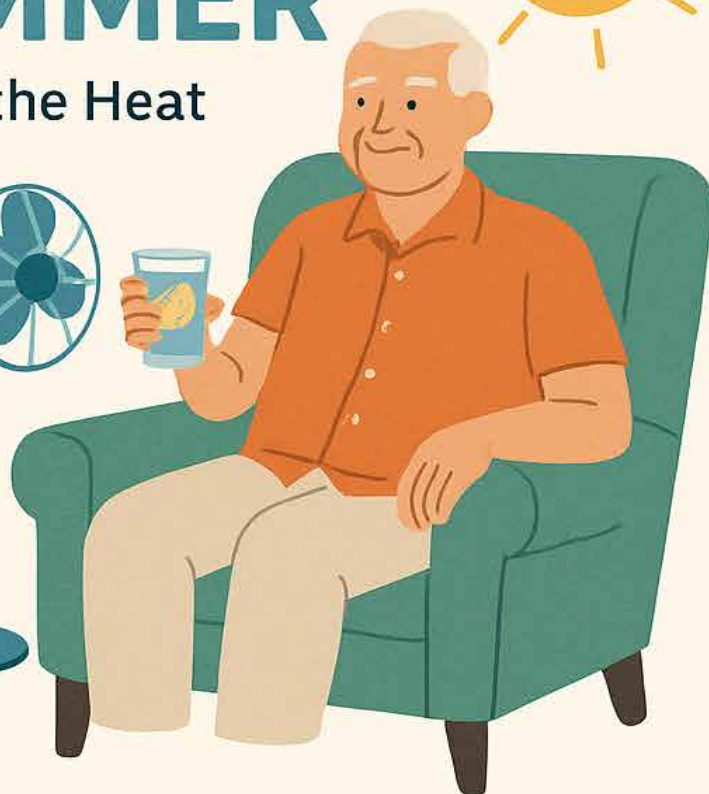
Stay tuned to read more about **medications for osteoporosis** in the next edition of the Age Concern Hauraki Coromandel Magazine.

STAYING COOL THIS SUMMER

Simple Ways to Beat the Heat

Keep Hydrated

- Drink plenty of fluids—water is best
- Avoid too much caffeine or alcohol
- Keep a jug or bottle nearby as a reminder
- Enjoy foods with high water content



Keep Your Home Cool

- Close curtains or blinds on sunny sides
- Open windows in the early morning or evening
- Use a fan or air conditioner if possible
- Place a damp cloth on your shoulders or forehead



Stay Out of the Midday Sun

- The sun is strongest between 10am and 4pm
- Plan activities for early morning or evening



Dress for the Weather

- The sun is strongest between 10am and 4pm
- Plan activities for early morning or evening
- Seek shade if you need to be outdoors



Check on Others

- Look out for neighbours or friends
- Encourage older relatives to stay inside





“Flowers While We’re Here”

My grandpa once said something at a funeral that I’ll never forget:

Isn’t it strange how far we’ll travel for the dead — yet how seldom we walk across the street for the living?”

It hit me hard.

I thought of the miles people drive for funerals, the flowers piled high on a casket, the words spoken in trembling voices. And then I thought of the days before that — the lonely hospital rooms, the unanswered calls, the quiet struggles no one showed up for.

We are quick to honor people when they’re gone... but slow to show up when they’re still here, still breathing, still needing us.

But what if we changed that?

What if we walked across the street with a warm meal before the fridge went empty?

What if we called just to listen before loneliness settled in?

What if we gave flowers while hands were still alive to hold them?

A supportive community doesn’t wait for funerals to show up. It shows up now.

It’s the knock at the door when you’re tired. The hug when you didn’t ask. The simple words: “I see you. You matter.”

Because at the end of the day, what people need most isn’t a crowd at their graveside.

It’s company at their kitchen table.

Let’s not wait until someone is gone to remind them they were loved.

Let’s build a world where kindness isn’t delayed — it’s delivered daily.

Dementia Waikato

What is Anosognosia?

- Anosognosia is a medical term for the condition where a person has a lack of insight or awareness into the condition they have. It is common among people living with a diagnosis of dementia. People with anosognosia are very likely to make light of their symptoms and resist treatment or help.
- The term in Greek means "without knowledge of disease."
- Anosognosia occurs because of physical changes that are thought to occur in the right frontal lobe of the brain. It is NOT about "being stubborn" or in denial regarding their condition. You may notice that the person's abilities are changing, however, it is very difficult to persuade them that they are no longer able to do some things when they don't recognise that they are unwell.
- This can create challenges for those who care about the person and health professionals who provide care.
- They may have fluctuating levels of awareness about their condition and when they need help. This could place them with increased safety risks and a heightened vulnerability to people taking advantage of them.
- Here are some examples of situations where anosognosia comes into play:
 - Avoiding or refusing to discuss their condition with those close to them or Medical Professionals- this may present as angry or distressed outbursts or relationship changes with those close to them.
 - Wanting to drive their car after their driver's licence has been cancelled.
 - Getting lost on a walk with a route they usually take but insisting that they have memorised the route.
 - Struggling to cook recipes they have made regularly – but refusing help from others.
 - Being scammed but believing that they have their "wits about them".

What Anosognosia might look like

- A person with anosognosia is more likely to forget their dementia diagnosis and how it affects their day-to-day life.
- They could have inaccurate self-estimates regarding how their day-to-day life looks like now and blame others for the problems they are experiencing.

What you can do to help: 1. HUGS

H – Honour the person's perspective.

- Seek to understand what the person believes or understands about themselves and the situation. Highlight the strengths the person has. i.e. What are they capable of. Look for what the person does well and provide opportunities to do those things and/or talk about them.

U – Use Empathy

- Hold awareness that a person is not deliberately being difficult, they are unwell, and that the part of the brain that would help them know they need help is damaged.
- Have compassion for yourself-supporting a person with anosognosia can be difficult.

G – Get alongside

- Avoid using trigger words like “memory loss” or “dementia.”
- Identify a family member/ friend/ health professional that is trusted by the person to support, guide, advocate and /or have the more difficult conversations with e.g. stopping driving

S – Strategise interactions and support

- Only ask questions the person can answer or assign a task that they can achieve. Simplify or modify tasks if needed.
- Set up third party consent at the medical practice to enable open communication with whanau.
- Set up EPOA with your lawyer.

2. Other things you can do to help.

- Maintain the person’s independence for as long as safely possible.
- Work at doing activities together, to help minimise feelings on their behalf, that you are “taking over”.
- Acknowledge/Validate any emotions experienced. This can provide a sense of wellbeing and help to diffuse difficult situations.
- Don’t take things personally.
- Rather than trying to convince the person that they are unwell and therefore unable to do what they

use to do, listen to what they are saying.

- Establish a workable routine that encourages safe independence for as long as possible.
- Make dementia friendly changes around the home that facilitate successful completion of activities.
- Continue to offer choices in as many aspects of daily life as possible.
- Make sure the person’s GP is involved with their care. It is helpful to keep a running list of concerns or issues to discuss with him /her.
- Contact your local Dementia New Zealand affiliate for support.
- Be kind to yourself. Caring for someone who struggles with insight into their condition will have its moments, so it’s important that you have someone to talk to as you care for them.

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 or contact:

Janine Appleby, Senior Dementia Advisor, Dementia Waikato
Mobile: +64 27 808 4837



GP's Corner

December 2025

Healthcare update

Kia ora

This episode I am touching on health behaviours, as very often this is at the centre of healthcare. Many of the biggest health challenges we face — like heart disease, diabetes, and cancer — are closely linked to our everyday habits, both around preventing these conditions evolving, as well as being part of the management once they are established. All healthcare providers should be trying to incorporate this into every contact they have with people, but as our work has become more complex this important kaupapa can be often overlooked.

The good news? Small, positive changes can make a big difference. Wellbeing is holistic, with Hauora Māori / Māori health concepts being particularly good ways to understand this — caring for the body, mind, spirit, and community.

Stay Active

Regular movement keeps our bodies and minds strong. We recommend at least 150 minutes of moderate exercise each week — that's just half an hour a day, five days a week, of whatever is physically manageable for you. Use every little opportunity to accumulate this time. Modern conveniences can



Dr Alex McLeod

sometimes be a distraction to this, as they can drain our attention from being present, so be smart about it.

You don't need a gym membership: walking the dog, gardening, cycling to work, or joining a local sports team all count. Exercise helps our hearts, bones, and muscles, and it's one of the best ways to reduce stress and boost mood.

Eat Well

A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and water supports lifelong health. While healthy food can sometimes seem expensive, planning and considered choices make a big difference to cost, and leave you feeling happier. Many communities are also finding creative solutions through community gardens, and food co-ops / shared kai.

Try to limit sugar, salt, processed and individually-packaged foods. Enjoy more fresh, in-season, local, and plant-based options, they usually taste better and you won't want to go back!

Avoid Harmful Habits

Smoking and alcohol are still major causes of poor health. Quitting brings immediate benefits, and helps many others also. Cutting back on alcohol also supports better sleep, mood, and long-term wellbeing, and reduces its cancer-causing potential.

Stay Connected

Health isn't just physical — it's social and emotional. People who stay connected with whānau, friends, and community tend to live longer and feel happier. However we need to be careful not to let the illusion of social media connections become a substitute for this. Volunteering, cultural activities, or just spending time together all strengthen much more our sense of belonging and purpose.

Building a Healthier Future

Living well is about balance — moving more, eating well, avoiding harm, and staying connected. When we support one another to make healthy choices, we create stronger, happier, and healthier communities across Aotearoa.

Mauri ora / well wishes to all,
Dr Alex McLeod



Pearl Movements



PEARL

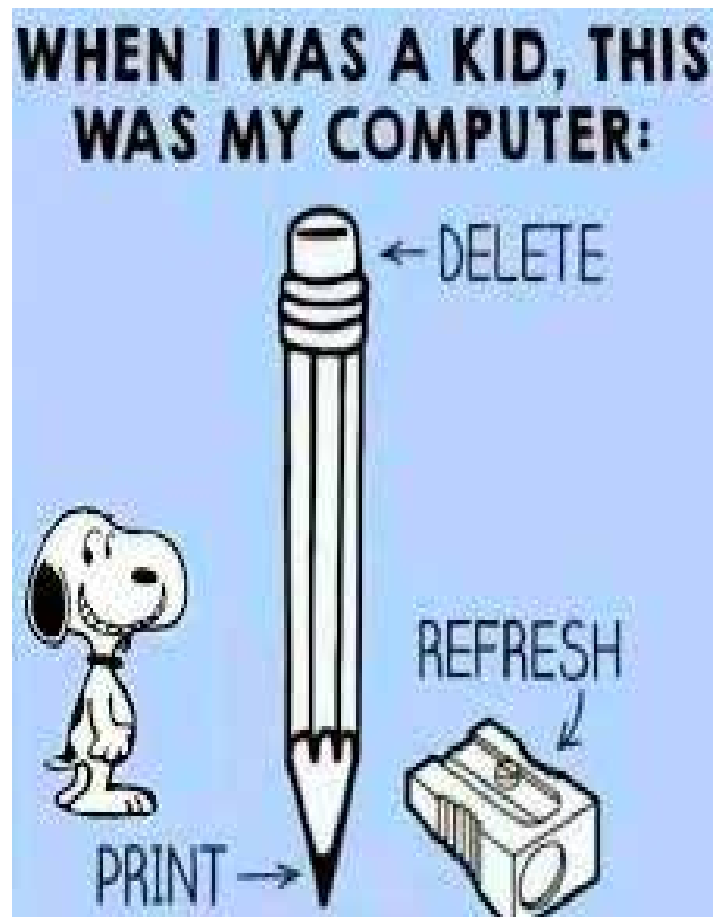
EVERYDAY LIVES
IN MOTION

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.

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



Estate admin essentials:

Your questions answered

Estate administration is the process of identifying and distributing someone's property, assets and possessions and getting their affairs in order after they die. Public Trust specialist Jacqui Beilby explains.

When someone dies with a will in place, the will outlines their wishes of what they wanted to happen with their estate and who they want to complete the estate administration process.

Estate administration begins when a person dies and ends when everything has been distributed. An estate doesn't just refer to real estate - it can be any material or financial asset that a person owns solely. Estate administration can be completed in several months. For more complex situations, it can take longer.

The estate administration process involves:

- Getting legal authority to administer the estate (called probate)
- Carrying out the deceased's wishes in accordance with their will
- Collecting any assets owned in their sole name
- Managing any outstanding debts or accounts in their sole name (including any tax obligations)
- Distributing the estate as directed by the will
- Adhering to New Zealand legislation
- Dealing with any disputes or claims made against the estate

When a person has created a will, they will usually have named an executor. This is the person who will manage the estate administration process. It could be a loved one or could be Public Trust. If Public Trust has been given this role, it was most likely requested in the will. (We may also be appointed by the Court in some cases).

What is probate?

When someone dies and they have assets worth \$40,000 or more in one institution (e.g. their KiwiSaver account, investments, a bank account or a house), probate is a necessary part of the estate administration process. This involves an application to the High Court for the will to be recognised and approved legally. Applying for probate is done by the executor of the will for



Public Trust specialist Jacqui Beilby.

the High Court to confirm they are authorised to act. If the executor is anyone other than Public Trust, they won't be able to deal with any of the assets until they have probate. Public Trust is a little different in that we have the power to call in certain assets while waiting for probate.

The application for probate is done to confirm the following:

- That the will maker has died.
- That the will is understood to be the last will created by the deceased.
- That the will is valid.
- That those applying for probate are indeed the executors of the will and;
- That they will carry out the wishes of the deceased in line with the law.

When there is no will

When someone dies and hasn't left a will, it's called dying intestate.

If the person has assets worth \$40,000 or more in one institution, then someone will need to be appointed by the Court to deal with the estate administration. The process for managing someone's estate when there is no will is longer and more complex than if there was a will.

Commonly asked questions

Is the will always found before a funeral?

When someone has died, it's important to find their will as soon as possible - the will could contain instructions for their funeral, or other final wishes. We know that a will is not always able to be located before a funeral is held. As such, we encourage our will makers to let family know of their funeral wishes and not rely on them finding them out



Public Trust's Executor Assist service can provide as little or as much support as an executor needs to complete estate administration.

in the will. Imagine a family arranging cremation and then later finding a will which says the person wanted their body to be donated to science.

How soon can money be accessed from the estate for a funeral/burial costs?

If enough money is held in the deceased person's bank account, the executor of the will or a family member can approach the bank directly with the funeral account and a certified copy of the death certificate and ask that the bank pay the funeral director, directly. Depending on the bank's requirements being met, this can usually occur prior to probate being obtained. This doesn't extend to KiwiSaver accounts.

There will be times where Public Trust is administering an estate and there are minimal cash assets and we need to sell a property or other assets in order to be in a position to pay the funeral account. This can take time.

Can probate be delayed?

It takes around 15 working days for the High Court to process the application but depending on the complexity of the application and how busy the High Court is, it can take longer.

How long does estate administration take?

The time required to administer an estate can vary depending on the circumstances of the particular estate. Generally, an estate will take 4–12 months to complete, due to the legal, financial and administrative processes that must be worked through. This includes the probate process and the timing of this is beyond Public Trust's control.

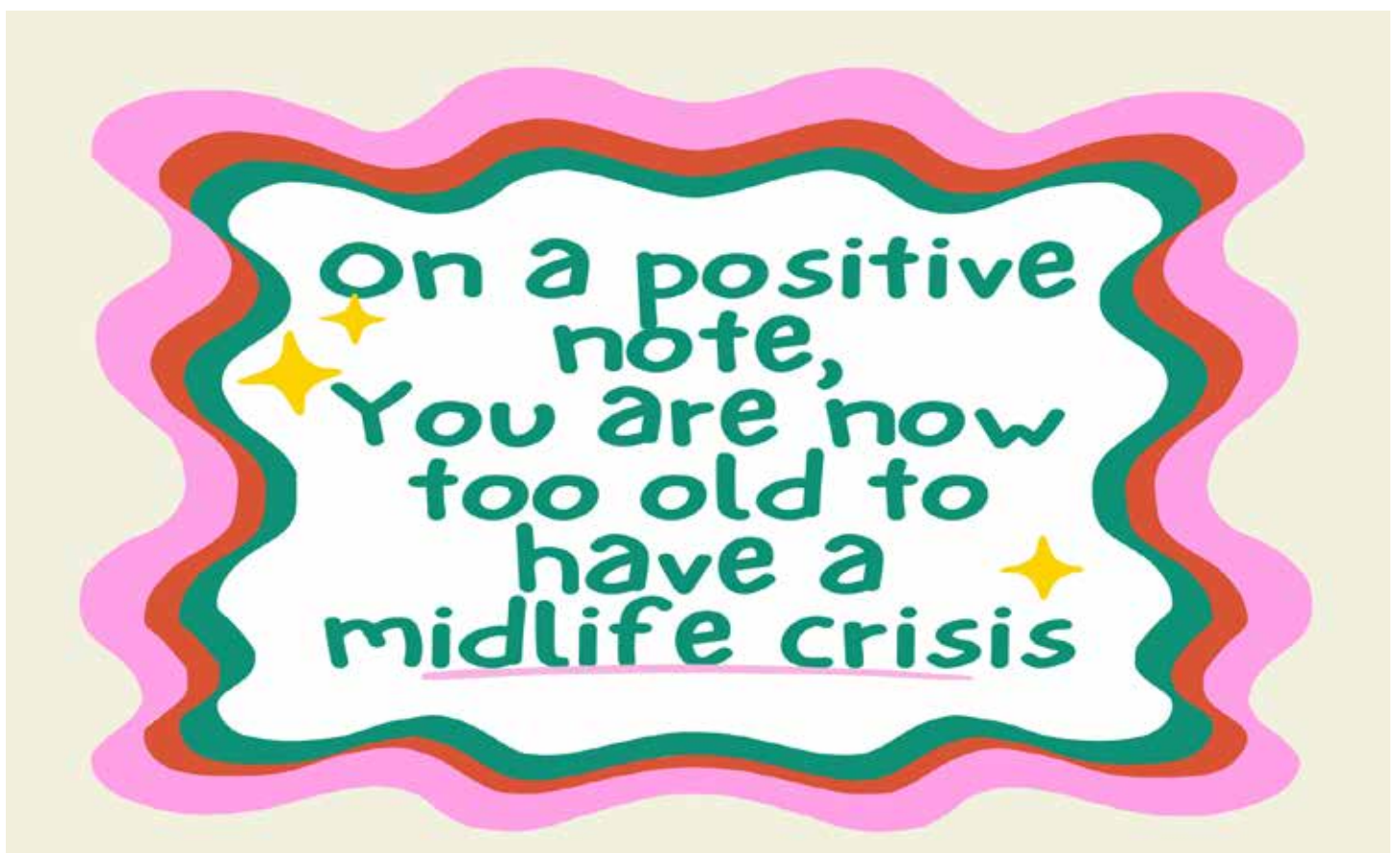
The estate administration process can take much longer if the estate is complex. The process can be significantly extended where a legal

challenge is made, property takes longer than expected to sell, if there are complex family dynamics, or there are difficult assets to manage like overseas property or a business.

I'm executor - what if I need some help?

There will be occasions when an executor needs help and guidance on things. For example, next steps when the person has died without a will or help with accessing funds. This is where Public Trust's Executor Assist service can come in handy. We can provide an overview of the process, estimated costs, our charges, and timeframes and provide as little or as much support as they may require.

Feel free to contact the team on 0800 783 932 or by email at executorassist@publictrust.co.nz for more information.



Kindred Spirit. Heather & Lola

There's a special kind of magic in friendship — the kind found in shared laughter, familiar stories, and a comforting cuppa. For Lola, an 86-year-old retired post office worker, those moments have brought light back into her days.

Though there may be challenges, Lola's spirit remains as lively and full of warmth as ever.

Heather and Lola are enjoying a friendly game of Rummy when she learned about the Age Concern Visiting Service, Lola was delighted by the idea of welcoming someone new into her life — and that's when she met Heather.

A retired, wonderfully kind lady who opened her heart and time to become a golden volunteer visiting companion.

From their very first visit, the two connected effortlessly. "Heather is a lovely lady, and we talk about everything over a cuppa," says Lola with a smile. Their weekly visits are now a highlight in Lola's week — filled with stories, laughter, and companionship.

Heather feels the same: "Each time I finish visiting Lola, I leave feeling great knowing that we had a lovely time."

What began as a volunteer visit has blossomed into a genuine friendship — one that brightens both their lives. The Visiting Service is more than companionship; it's about forming real connections that remind us of the meaning of simple kindness.

Compiled by Vallaniqué van der Wal — Accredited Visiting Service Coordinator.



A Story About High Eye Pressure Toward Glaucoma

Edith Robinson: High Intraocular Pressure

Edith loves her family very much. You can hear it in her voice as she speaks about her grandchildren. You can hear it even more as she mentions her great-grandchildren.

Her glaucoma journey has been long. It started by chance. Her friend's glasses had been stolen, so she was taking that friend to get a new pair.

While at the optometrist, Edith was asked 'Have you had your eyes checked lately?' Her answer was 'never'. She had just turned 50.

"I was lucky to be diagnosed with high intraocular pressures back about 1997 and then asked to be on a new eyedrop trial in 1999 which was an

interesting experience - especially when my eyelashes grew long and dark!" says Edith.

High IOP, also known as Ocular Hypertension (OHT), is different from glaucoma because there are no detectable changes in vision. There's no evidence of visual field loss, and no damage to the optic nerve.

OHT is not a disease on its own. And not everyone who has OHT will get glaucoma. But it puts you at risk of developing glaucoma. Sometimes this, in addition to other risk factors, can class you as a 'glaucoma suspect'.

Sadly in 2013, Edith's mother passed away. When putting her mother's



affairs in order, she discovered that she unknowingly had a family history of glaucoma.

"I didn't know that my mother was blind in one eye from glaucoma - she never told us. I was able to warn my siblings, and both my sisters have high eye pressures and are being monitored" explains Edith.

Just one year later, in 2014, Edith developed irreversible glaucoma damage in her eye. "The drops kept the pressure under control for quite a few years and then suddenly they just started going up and up" she said.

At this time, she had a trabeculectomy in both eyes. She was also introduced to Glaucoma NZ, and she has appreciated keeping up with the latest developments.

Though she had lost some sight, she

could continue to do things she loved, like flying. Something she had done since she was 17 years old.

Edith is now passionate about spreading awareness to ensure others know to have an eye health check. She donates to Glaucoma NZ to help to save sight.

"It is my privilege and pleasure to be able to donate" says Edith. "If my donation helps towards preventing glaucoma in another person then it is worth every dollar."

If you or your loved ones have risk factors such as a family history or high pressure, you should have eye checks more often than those without them. For a full list of factors that may increase the risk of glaucoma for you and your loved ones go to glaucoma.org.nz.

DISCOVER THE COROMANDEL'S CFM APP!

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Competitions: Enter through the app and win great prizes!

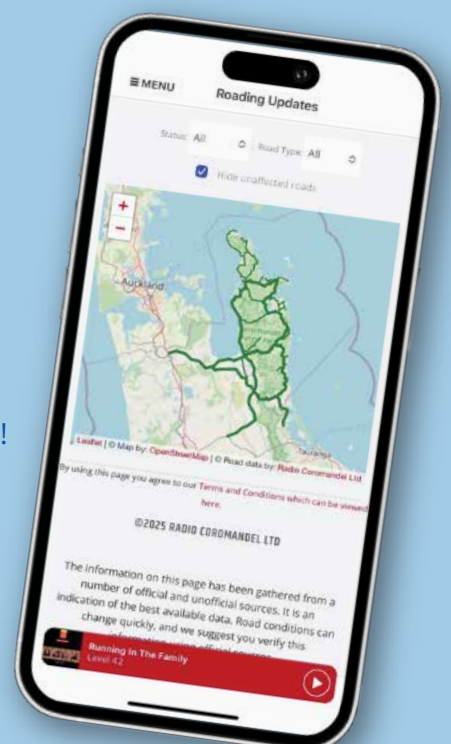
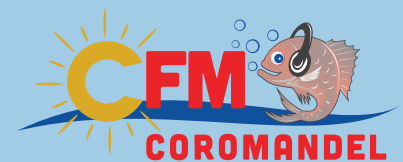
Local News & Interviews: Read or listen to the latest updates and bulletins.

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