

AUTUMN 2025

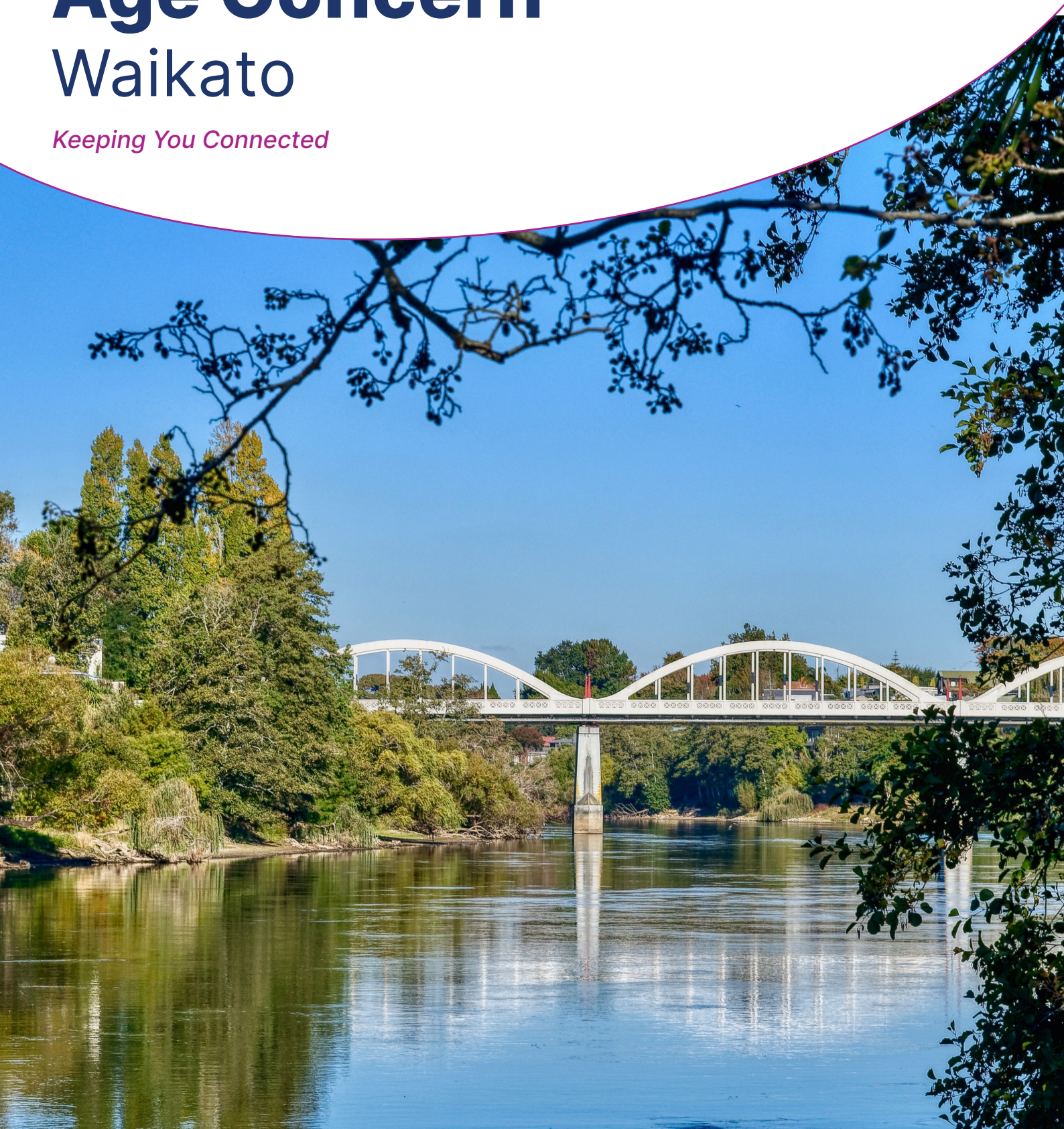


**AGE**  
**CONCERN**  
**WAIKATO**

He Manaakitanga  
Kaumātua Aotearoa

# Age Concern Waikato

*Keeping You Connected*



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



Contact Information

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Email: enquiries@ageconcernwaikato.org.nz  
Address: 150 Grantham Street, Hamilton  
Website: www.ageconcernwaikato.org.nz

Office Hours:

9am - 4pm Monday to Friday

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The views expressed in this newsletter are not necessarily those of Age Concern Waikato Region. The inclusion or exclusion of any product does not mean that Age Concern advocates or rejects its use.

We are grateful to all our funders:



Community Support:

Our team has a wide knowledge of government and community services and are able to respond to enquiries on a number of subjects.

Age Concern Visiting Service:

Our Visitor Service provides companionship to people over 65 who are lonely/ socially isolated and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests. If you're feeling lonely/socially isolated or if you know someone who would like a visitor, phone our office to speak to our Visiting Service Coordinators.

Staying Safe Refresher Driving Courses:

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with Waka Kotahi (NZTA). The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile. Please call 07 838 2266 for upcoming course dates.

Total Mobility Scheme:

We are an assessing agency for the Waikato Regional Council to access subsidised taxi fares. An assessment fee applies.

Education sessions:

Community based information & education sessions every Wednesday 1-2pm. See schedule or website for locations and speakers.

Information & Advice:

Our team is available to offer information, advice and direction to services in the area. Please give us a call on 07 838 2266 or email enquiries@ageconcernwaikato.org.nz

2023 Census Your Place, Your Data roadshow

StatsNZ will be travelling Aotearoa New Zealand from February to April, visiting towns and cities to showcase local data and insights and how to access 2023 Census data available on the Stats NZ website.

The sessions will be two and a half hours, including time for questions, refreshments, and networking. Each session will cover:

- local 2023 Census data and insights
- ways to access 2023 Census data, including interactive demonstrations of key data tools: Aotearoa Data Explorer, Place and ethnic group summaries and Map gallery.
- other regional data available
- what's still to come.



Registration form - 2023 Census: Your Place, Your Data roadshow or email: CensusExternalRelations@stats.govt.nz.

They are still confirming a few venues. You can still register for these events, and they will be in touch once a venue is confirmed.

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Age Concern Waikato



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# Live Stronger For Longer: Join Strength & Balance Classes Today

*As we age, maintaining strength and balance becomes more crucial than ever. Falls and injuries are among the leading concerns for older adults, but the good news is that it doesn't have to be that way. Strength and balance exercises can significantly reduce the risk of falls, improve your overall fitness, and help you live independently.*

In the Waikato, there's an excellent opportunity for older adults to improve their health through local strength and balance classes. These classes are designed to meet your needs, regardless of your current fitness level, and offer a supportive environment where you can gain confidence in your movements. There are a variety of class styles so you can choose activities that appeal, and finding something you like means your most likely to stick with it for longer! Do you enjoy moving to music or prefer quieter or gym type moves? Does socialising with lots of people sound good or too much? Classes styles include Age Concern's Steady As You Go, Zumba Gold, Tai Chi, Chair Yoga and general strength & balance.

Regular participation in strength and balance classes can offer the following benefits:

- **Greater Stability:** Strengthening muscles and improving balance helps prevent falls, which can lead to serious injuries.
- **Enhanced Mobility:** Regular exercise promotes better joint function, making everyday tasks easier and more enjoyable.
- **Increased Confidence:** Knowing that your body is stronger and more balanced gives you the confidence to move with

ease and engage in social activities.

- **Better Physical Health:** These exercises can also help manage conditions like arthritis, diabetes, and osteoporosis by improving circulation and muscle function.
- **Improve Mental Health:** Help prevent cognitive decline, combat feelings of depression and anxiety, and maintain a positive outlook.



Joining a local class is easy, and you don't need to be a fitness expert to get started. The friendly instructors provide guidance and encourage you to progress at your own pace. Most people keep coming back because it's fun and they meet some great people.

For more information, visit [livestronger.org.nz](http://livestronger.org.nz), where you'll find details on local classes and resources to get you started on the path to stronger and longer-lasting health. In the Waikato, you can also phone 027 419 0068 and we'll help find the right class for you. Whether you're using a mobility aid or not, very fit or not, there's a class that will cater for you. Don't wait—your mind and body will thank you for it!

**Start today and feel empowered to live stronger for longer!**



## FRIENDS OF AGE CONCERN

### 2024 / 2025 Subscription

Age Concern Waikato

Membership period is from  
1st July 2024 to 30th June 2025.

To renew your membership or join as a new member, complete the Membership Application, and post to the address provided, email the form or call into the office.

Eftpos is unavailable. Sorry no Credit Card payments accepted. If you would like to pay online, our account details are:

Age Concern Waikato | **03 0318 0087628 00**

Please use your initial and surname as reference.

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# Helping with dementia

*How can I help people with dementia? I've got several friends who have dementia and in the the main they're living quite well at home with their partners. I'd like to be able to be a bit more supportive. What do I need to know?*

The first thing to know, is that the best thing you can do is to be a friend. While the nature of the friendship will change over time your friend's partners will continue to value your friendship and support. If it's possible for you to offer your time to give the partners some time out, you'll find it's generally very well received.

The next thing to know is that there are organisations and community services in most areas of the country that can provide support too. If your friends have not been in contact with their local **Alzheimers New Zealand** or **Dementia New Zealand** service, offer to obtain information for them or go



with them to their first meeting. These organisations really know all about dementia, the issues people face (and the solutions) and how to live as well as possible with it. They also offer a range of support services such as day programmes, memory and coffee groups and fun activities. Education sessions are run regularly for spouses, family/ whānau, care partners and other support people.

*Source - Helping with Dementia: Tips and Resources | Eldernet*



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## PUZZLES

Across			24	54
1	Grand ____ ("Evangeline" setting)		Fashion designer Cardin	Pertinent
4	Mountain pass		26	Refurbishment
7	Watch feature, perhaps		Back problem	
11	Merry-go-round music		29	Daughter of Geb
13	____ Island National Monument		Elaborate party	63
15	Surefooted goat		31	Calendar page
16	Not to mention		Carbohydrate ending	64
17	Bridge support?		32	"Rise, Glory, Rise" composer
18	Remote control button		Heroic tales	65
19	Middle Paleolithic hominid		34	"Scream" star Campbell
22	Casting requirement?		Smash to smithereens	66
23	Indiana city		37	Day by day
			Hardly geniuses	67
			39	Flower holders
			Stocking stuff	68
			41	Hasenpfeffer, e.g.
			Mediterranean resort	69
			42	Bygone bird
			Sandwiches for dessert	70
			44	"Just kidding!"
			Grave marker	
			46	
			Neighbor of Ida.	
			47	
			Betrothals, old style	
			49	
			Some have weapons or cameras	
			51	
			Duane Eddy's instrument	
			53	
			Gold miner's hope	

Down		
1	Think ahead	25
2	Rub the wrong way	Prince's school
3	Lohengrin's love	26
4	When doubled, it comes before hallelujah	Comme ci, comme ça
5	"Thanks ____!"	27
6	Helmet type	Abdicator of 1917
7	Before sum or wit	28
8	It's not normal	Over and over again
9	Andrea Bocelli, for one	29
10	Radiate out	Diets
12	Neighbor of Fiji	30
13	Nonstop	____ of Wight
14	____-shifter (Sci-fi)	33
20	Oration station	Lillian of film
21	Shopper's aid	35
25	Prince's school	Fair-sized garden
26	Comme ci, comme ça	36
27	Abdicator of 1917	Dregs
28	Over and over again	38
29	Diets	Separate
30	____ of Wight	40
33	Lillian of film	Long in the tooth
35	Fair-sized garden	43
36	Dregs	Skyrocket
38	Separate	45
40	Long in the tooth	Soprano's song, maybe
43	Skyrocket	48
45	Soprano's song, maybe	Tire pattern
48	Tire pattern	50
50	Pup draught, usually	Pup draught, usually
51	Increases	51
52	Election news	Increases
53	"And there you are!"	52
56	Junk E-mail	Election news
57	Wynken, Blynken and Nod, e.g.	53
58	Chipping choice	"And there you are!"
59	Not taken in by	56
60	Egg beginning?	Junk E-mail
62	Put in stitches	57

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The St John Caring Caller programme provides a crucial, proactive safety net for those who are alone and in need of support.

For 26 years, this programme has been a lifeline, offering weekly phone calls from dedicated volunteers to individuals facing loneliness and social isolation.

Just as a medical alarm provides peace of mind by ensuring that help is available at the push of a button, the Caring Caller programme offers reassurance to both the recipients and their loved ones. Friends and family members can rest easy knowing that their loved ones are being regularly checked on by a caring volunteer. This regular contact can be the first indication that someone may need some additional support, much like how a medical alarm signals an emergency.



The Hato Hone Caring Caller programme exemplifies the power of human connection and community support, much like medical alarms provide a sense of safety and security. For more information or to get involved, visit [stjohn.org.nz/caringcaller](http://stjohn.org.nz/caringcaller).

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ANSWER

7	6	3	9	5	1	2	4	8
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# What is elder abuse?

*What is elder abuse? I'm worried about what's going on at my friend's place. What can be done?*

We know it's hard to ask for help, regardless of whether you're the person being treated in this way, the person behaving in this way or someone who is concerned about a situation. Fears of being ashamed or upsetting the family/whānau will often prevent action being taken. It's common for older people who are being abused to think no-one will believe them, that it's not that bad or it's all their fault. Both parties in the abuse may feel trapped and the concerned person uncertain about where to turn to for help.

While elder abuse is common in our homes and community, every situation is unique, So is the solution. A skilled and experienced elder abuse worker will help you find your way through all this. They know that for most people, family/whānau are important. They will work with you, and family/whānau where possible, so that each person gets the help and support they need. You are not alone.

It's helpful to know what constitutes elder abuse. The following definitions are commonly used:

**Financial abuse** is the inappropriate, illegal or improper exploitation of the funds or property of the older person. This may be without their consent, or if consent is given, it may be under pressure. Threats may be made or the PIN number of bank cards demanded; family/whānau members may move in and take over



the older person's home; there may be a sale of property or loans given under pressure that disadvantage the older person.

**Neglect** is the failure to provide the necessities of life, such as adequate meals, heating or clothing. Active neglect is the conscious withholding of such necessities. Passive neglect often results from a carer's failure to provide those necessities because of their own lack of information or a refusal to follow the directions of health professionals. Self-neglect involves the older person being neglectful of their own needs.

**Emotional and/or psychological abuse** involves behaviour that causes mental or emotional anguish or fear. It may involve humiliation, intimidation, threats or removal of decision-making powers.

**Physical abuse** is behaviour that causes injury or pain and includes actions such as slapping, hitting, bruising, squeezing, restraining, burning and inappropriate use or withholding of medication.

**Sexual abuse** involves inappropriate touching and unwanted sexual contact. Threats or force may be used.

**Institutional abuse** involves the policies and practices of organisations that negatively affect the wellbeing and the rights of older people.

Elder abuse can happen anywhere - in people's own homes, when staying with others or while in a range of community or residential homes.

## FACTORS TO BE AWARE OF

Dependency issues, a change in who makes decisions in the household, loneliness, and ageism can all play a part.

Those who cross the line and behave as described above may justify their behaviour to themselves – 'I can do what I like in my own home'; 'It's no-one else's business'; 'They'd be in a rest home if it wasn't for me'. They may tell themselves it's not theft but payment for what they do, or that they're going to inherit the money anyway.

Other times there may be a lack of awareness or disregard of the needs and rights of the older person and the process of ageing. For example, not understanding that Koro needs help with taking his pills, eating or with his personal care; or that Grandma cannot be responsible for the grandchildren now; or that older people need some privacy too and the opportunity to get out and see their friends; or that it's best for Nana to be up

and dressed each day if possible; or that the pension is for Poppa's needs and not spending money for the kids.


Issues of financial or carer stress, household overcrowding, mental health problems or drug and/or alcohol problems can add to the stress, making it harder to face the situation.

## WHERE TO GET HELP

If there is immediate danger, call 111 for the police or ambulance.

If you are feeling under pressure and are, or fear you may act inappropriately; if you are being abused, or know someone who is, you can ring the free helpline 0800 32 668 65 or call or Age Concern on 0800 65 2 105. They will be able to direct you to where you can get help.

*Source - Understanding elder abuse: types, signs, and help | Eldernet*



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Crosswords - Answer																
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# Guardian Support Services: Inspired by Love, Created for Families



*In early 2018, my wife Nikki was diagnosed with Alzheimer's. At the time, I was working full-time, but as her condition progressed and symptoms like confusion, memory loss, and disorientation became more pronounced, it became clear that her daily safety was at increasing risk. Struggling to find the right tools that would give me peace of mind while I was at work, I turned to my background in purchasing and procurement. Over the next two years, my search for reliable technologies that could adapt to Nikki's rapidly changing needs led to the development of the LifeGuard range of devices.*

As Nikki's condition advanced and her need for care grew, I made the difficult decision to leave my job and become her full-time caregiver.

Through this experience, I realized how valuable these devices could be for other families facing similar challenges. Wanting to help others, I began reaching out to providers who support caregivers and families in need. This journey became the foundation of Guardian Support Services

Over the next five years, I continued testing and refining products, ensuring they could adapt to evolving needs and remain compatible with New Zealand's changing technology landscape. I developed systems to deliver these tools effectively, always with the aim of supporting safety, independence, and dignity for those in care. Our mission is to provide innovative solutions to those navigating the complexities of Alzheimer's, dementia, and other neurodiverse conditions.

As Nikki's full-time caregiver, I learned through experience, making mistakes, trying new products only to find they weren't suitable for New Zealand, and most importantly, gaining a profound understanding of some of the challenges families face when supporting loved ones.

In the final years of caring for Nikki, her rapid decline required 24/7 support. With the unwavering help of friends and family, I continued taking small but meaningful steps to refine the service that Guardian Support Services has become today. Born from my personal experience, it is dedicated to helping families navigate some of the same challenges Nikki and I faced. We offer carefully developed tools designed to solve real-life practical issues, ensuring that loved ones remain safe, connected, and supported during some of life's most difficult moments.

Sadly Nikki passed away on December 16, 2024. But in many ways, Guardian Support Services is her legacy - a service built from love, experience, and determination to support the many Kiwi families facing the same journey she bravely and so gracefully walked.

The LifeGuard Range consists of four main devices, designed to provide peace of mind and safety for caregivers and whānau. Our self-managed system allows families to stay connected with their loved ones—whether they are providing direct, one-on-one care or simply checking in from another location.

- **Watch** – GPS, Two-way communication, Emergency SOS Alarm (app and cloud platform)
- **Pendant** – GPS, Two-way communication, Emergency SOS Alarm, Fall Monitor (app and cloud platform)
- **Vehicle GPS tracking device** – 4G (app & cloud platform)
- **Pressure matt** to monitor risk events caused by mobility issues – typically placed in front of a chair or by the bed.

The matt alarm is triggered once the person steps off of the matt.

You can find out if our support can help you and your whānau  
[www.guardiansupportservices.co.nz](http://www.guardiansupportservices.co.nz)

Give me a call or send a txt to  
JB – 0274894380, email:  
[support@guardiansupportservices.co.nz](mailto:support@guardiansupportservices.co.nz)

**Guardian Support Services –  
The Legacy of Nikki Bennett (1957-2024)**

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## Strength & Balance Classes

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FOR LONGER**

PREVENT FALLS & FRACTURES



What's on..

March

Wednesday 5th March 1-2pm

Info & Education session  
Western Community Centre  
Speaker: Healthcare NZ

Tuesday 11th March

Staying Safe, refresher for older drivers  
Otorohanga

Wednesday 12th March, 1-2pm

Info & Education Session  
Waimarie House  
Speaker: Hospice Waikato

Thursday 13th March 12 noon

65 alive Lunch meet up

Wednesday 19th March

Making the most of your phone or tablet  
150 Grantham St, Hamilton

Wednesday 19th March 1-2pm

Info & Education Session  
Glenview Community Centre  
Speaker: Resonate Health

Wednesday 26th March 1-2pm

Info & Education Session  
Rototuna Library  
Speaker: Te Kohao Health

Thursday 27th March

Staying Safe, refresher for older drivers  
Te Kauwhata

Friday 28th March 1-2pm

Coffee & Conversation  
Age Concern Waikato office, 150 Grantham St

April

Wednesday 2nd April 2025

Making the most of your phone or tablet  
Age Concern Waikato Office, 150 Grantham St

Wednesday 2nd April 2025, 1-2pm

Information & Education session  
Western Community Centre  
Speaker: St John

Welcome New Members

Welcome to all our new members of Friends of Age Concern.  
We hope you enjoy our magazine and we love hearing your feedback,  
please do not hesitate to contact our team on 07 838 2266.

Tuesday 8th April 2025, 10-12noon

Industry Speaker: Hon. Tracey Martin  
The Link, 4 Te Aroha St, Claudelands,  
Hamilton

Wednesday 9th April 1-2pm

Info & Education Session  
Waimarie house  
Speaker: Public Trust

Thursday 10th April 2025, 12 noon

65 Alive lunch meet up

Wednesday 16th April 2025

Making the most of your phone or tablet  
Age Concern Waikato Office,  
150 Grantham st, Hamilton Central

Wednesday 16th April 2025, 1-2 pm

Info & Education Session  
Glenview Community Centre  
Speaker: TBC

Wednesday 23rd April 2025, 1-2pm

Info & Education Session  
Rototuna Library  
Speaker: TBC

Friday 25th April 2025, 1-2pm

Coffee & Conversation  
Age Concern Waikato office,  
150 Grantham St, Hamilton Central

May

Wednesday 7th May 2025, 1-2pm

Info & Education session  
Western Community Centre  
Speaker: TBC

Thursday 8th May 12 noon

65 alive Lunch meet up

Wednesday 14th May 1-2pm

Info & Education Session  
Waimarie house  
Speaker: TBC

Thursday 15th May 2025

Staying Safe, Refresher for older drivers  
Morrinsville

Wednesday 21st May 2025

Making the most of your phone or tablet  
Age Concern Waikato Office,  
150 Grantham st, Hamilton Central

Wednesday 21st May 1-2pm

Info & Education Session  
Glenview Community Centre,  
Speaker: Inland Revenue

Thursday 22nd May 2025, 2pm,

Home for Life  
Lodge auction rooms, Cnr Harwood &  
Princes st, Hamilton Central

Friday 23rd May 2025, 1-2pm

Coffee & Conversation  
Age Concern Waikato office,  
150 Grantham St, Hamilton Central

Wednesday 28th May 1-2pm

Info & Education Session  
Rototuna Library  
Speaker: Volunteering Waikato



JORDAN GOSS  
Funeral Director

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Age Concern Waikato Membership Form

Please forward your subscription with this form to: Age Concern Waikato, 150 Grantham Street, Hamilton 3204.

Age Concern Waikato is a registered charitable entity (CC60823) and appreciates the generosity of the community by way of subscriptions, donations and legacies. Donations are tax deductible over \$5.00.

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- ☐ New Member ☐ Existing Member
- ☐ Receive Magazine by email
- ☐ Pakeha (NZ European) ☐ NZ Maori
- ☐ European (incl British) ☐ Pacifika
- ☐ Other.....

Subscriptions: \$20 individual, \$30 couple  
(1st July to 30th June)

Donation: \$5 / \$10 / \$20 / \$50 /  
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Internet Banking: 03 0318 0087628 00  
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Donations help us to continue to promote the welfare of older people in Waikato and are welcomed.

Thank you for your support





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