

AUTUMN 2026



AGE
CONCERN
WAIKATO

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Kaumātua Aotearoa

Age Concern Waikato

Keeping You Connected



www.ageconcernwaikato.org.nz

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9am - 3pm Friday

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Administration Coordinator:

Jennifer Landrum

Rural Development Specialist: Monique Jeffs

Community Navigator: Loryn Scanlan

Elder Abuse Support: Lian Buckett

Elder Abuse Practitioners: Mark Bartram,
Michelle Davies

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Chair: Meredith Osmond

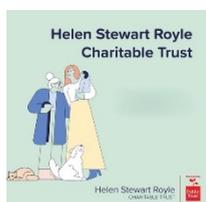
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We are grateful to all our funders:

TAURANGA DISTRICT STAMP CLUB



Community Navigator:

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

AI and the marvel of modern medicine

In the ever-evolving landscape of modern medicine, New Zealand finds itself at the intersection of both challenge and hope, with advancement in AI and technology providing a pathway to help our strained healthcare industry.

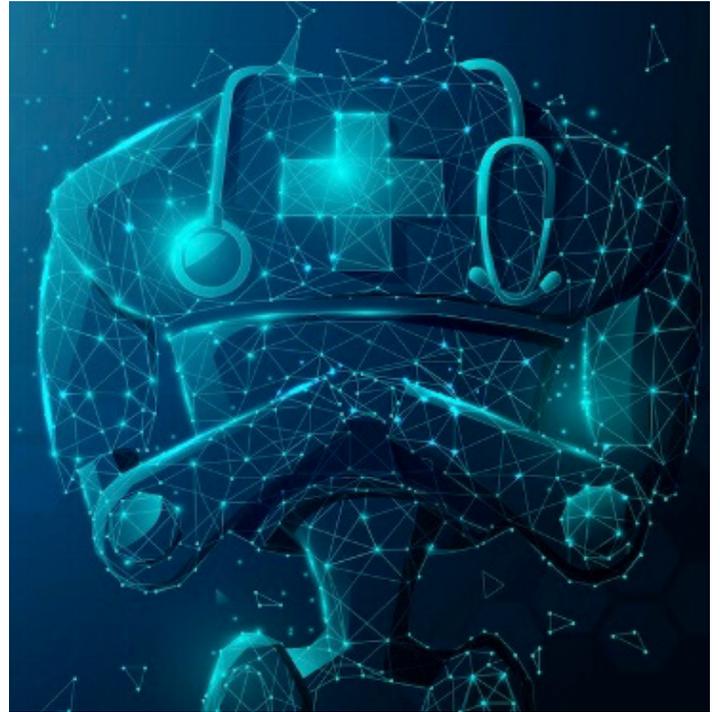
While the demand on our healthcare systems continues to grow, with increasing patient counts, an aging population and soaring treatment costs, there's never been a more urgent call for innovation, or the ability to harness technology to improve outcomes for our collective health and wellbeing.

Traditional models of delivering care, which have often been siloed and static are being replaced with new models that can do a much better job of anticipating people's healthcare needs in a more efficient, affordable, and convenient way.

In recent years, the focus has shifted toward utilising medical platforms and devices that focus on real-time, outcome-based care. The next decade will be all about moving towards medical solutions using AI, robotics, and virtual and augmented reality, to deliver intelligent solutions for both evidenced-based and outcome-based health.

This will lead to what I believe will be a previously unimagined 'precision medicine', down to the family and individual level, which one day may even be able to predict and potentially prevent disease. While AI and robots have long been a theme in science fiction, the reality is that they are here now. In the healthcare world they are having some amazing impacts in alleviating some of the pressure our overwhelmed healthcare workers are experiencing.

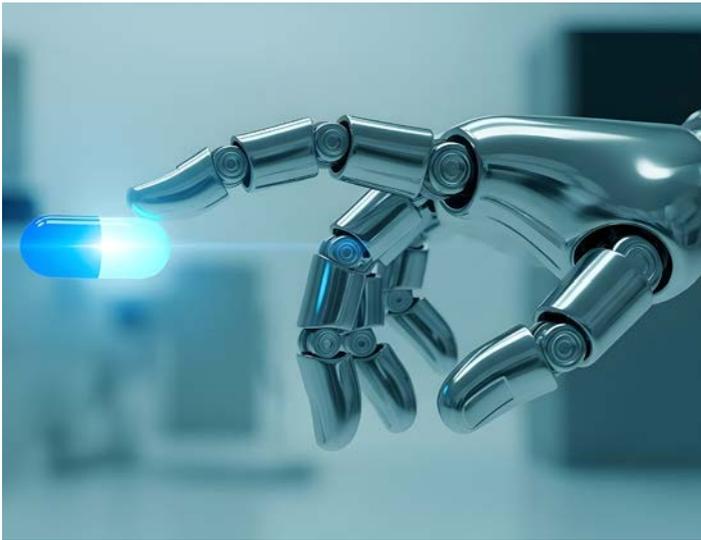
Imagine a world where hospitals can accurately predict patient influx or the



onset of disease outbreaks. With predictive analytics, this isn't just a dream. By leveraging vast data sets, AI can provide insights that were previously beyond our reach. Such insights can help in reducing hospital re-admissions and, more importantly, enhancing the quality of care and patient outcomes. Think about how useful this could have been at the advent of Covid.

One very exciting development in the AI space is around medical scans. Right now, comparing 3D medical scans is challenging – it can take two hours or more to see what's changed. And that presents an issue for surgeons, who may have to bring patients back to the operating room if a tumour removal wasn't a complete success. Thankfully, AI technology is slowly starting to eliminate that issue. An MIT-led research team has crafted a machine learning algorithm that can analyse 3D scans up to 1,000 times faster than before.

This makes it possible to study changes almost in real time – in less than a second on a PC with a fast graphics card. While the MIT study has focused on brain scans, it could also



be useful for lungs or any other organ where fast analysis could make life easier for both doctors and patients.

Picture a surgeon, assisted by a robot, performing surgeries with an unmatched level of precision. Robot-assisted surgeries are not the stuff of sci-fi movies anymore. They represent a fusion of human expertise with robotic accuracy, reducing complications, ensuring faster patient recovery, and offering the possibility of intricate procedures that were once deemed too risky.

But let's not stop there. What if you had your own virtual or digital health assistant available 24/7? A digital aide that reminded you of your medications, checked your symptoms, and offered preliminary diagnosis? The strain on our medical professionals is immense. By having virtual assistants handle routine queries, we can free up our medical staff to focus on more critical cases and intricate medical challenges.

Our GPs across ProCare practices tell us that each patient visit generates an average of around seven minutes of additional care outside of the patient contact time. GPs spend at least 15 percent of their time outside of consultation on maintaining and updating patient records.

If you're seeing a patient roughly every 15 minutes throughout the day, that's a lot of extra time and workload that isn't covered by funding from the government or what the patient pays. So, it's little wonder that around 30 percent of our GPs tell us that they're burnt out, and that one of the key causes is 'prolonged overwork and a lack of resources'.





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Two years ago, we set out trying to change things and we began developing a digital assistant – which is effectively a computer programme – that can carry out what you and I might call mundane, repetitive, and routine tasks such as email inbox management.

Our digital assistant, which is using robotic processing, is designed to make life easier for our healthcare practices and is about turning the administrative task of checking patient data such as blood pressure and blood test results, into fast, accurate and preventative steps to avoid cardiovascular issues. We've seen some great improvement in this space.

Diving deeper into the realm of AI's possibilities, its potential shines even brighter. Drug discovery and vaccine development are processes which traditionally take years and cost billions of dollars. With AI and machine learning, these processes can be vastly accelerated.

No conversation about healthcare's future can be complete without mentioning remote monitoring and telemedicine. In a world that's increasingly connected, real-time monitoring of patients, especially those with chronic conditions, can drastically reduce hospital visits. Around **320 million** health wearable devices were shipped worldwide in 2022. By 2024, it will reach around **440 million**. Wearable technologies, like smart watches, insulin trackers or bio stickers are expected to

reduce 16 percent of hospital costs by 2027, and by 2037, it could save **\$200 billion** with its remote patient monitoring devices.

While the benefits are many – from cost savings to improved patient outcomes, through to reducing the burden on our workforce are undeniable – we must also approach this 'new frontier' with caution. There are of course challenges including data privacy concerns, through to integration with existing platforms and ensuring potential biases in AI functionality are removed. This last point is especially important in Aotearoa where we have a significant equity gap in healthcare and Māori and Pacific are more likely to die seven years earlier than their European counterparts.

Health matters. It matters to each of us as individuals and to society as a whole. It lies at the heart of our economic, political and social prosperity and is one of the largest industries in the world. And while there are challenges ahead, and a careful approach is needed, the vast benefits technology can offer us provide plenty of hope for the future.

This article was originally published in the June 2024 issue of NZBusiness magazine.

By Bindi Norwell



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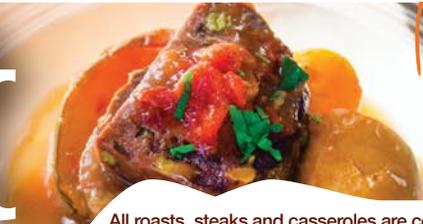
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All roasts, steaks and casseroles are cooked long and slow and should be very tender

MENU ONE

Delivery week starting
 19-23 January 2026 (Wgtn An)
 23-27 February
 30 Mar-03 April (Good Friday)

- Pure NZ roast pork** with caramelised apple, roast vegetables, peas and broccoli. **\$15.20**
- Our famous meatloaf** with our own relish, roast potatoes, pumpkin and buttered cabbage. **\$14.90**
- Tender NZ beef steak with mushroom sauce**, roast vegetable medley and steamed baby beans. **\$14.90**
- Steamed hoki with capsicum pesto**, summer ragu and spaghetti. **\$14.90**
- Golden chicken** with leek, spinach, pea trio and potato au gratin. **\$14.90**
- Beef hotpot**, slow cook beef and vegetables with a scalloped potato top. **\$14.90**
- Chicken and chorizo Paella**. **\$14.90**
- Beef and Bacon pie (Pastry top)** with roastie potato's and broccoli. **\$14.90**
- Summer vegetable gratin**. **\$13.50**

MENU TWO

Delivery week starting
 26-30 January (Auck An)
 02-06 March
 06-10 April (Easter Monday)

- Pure NZ roast beef** with cauliflower cheese and roast vegetables. **\$15.20**
- Corned beef with mustard sauce**, mash potato, buttered silverbeet/cabbage and carrot. **\$14.90**
- Slow cooked beef steak with red wine jus**, potato au gratin, carrots and steamed green beans. **\$14.90**
- Smoked salmon and spinach penne pasta**. **\$14.90**
- Sweet and sour chicken** with Vegetable fried rice. **\$14.90**
- Melt in your mouth' beef stew**, carrot and potato mash, buttered spinach. **\$14.90**
- Baked chicken with Romesco sauce**, new potatoes and creamed spinach. **\$14.90**
- Tasty Beef kofta and chickpea sauce** and a vegetable couscous. **\$14.90**
- Creamy coconut, lentil and spinach curry** with steamed rice. **\$13.50**

MENU THREE

Delivery week starting
 02-06 February (Waitangi)
 09-13 March
 13-17 April

- NZ lamb shank** braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.00**
- Tarragon Pork steak**, with creamy mash, pumpkin and baby beans. **\$14.90**
- Tender NZ beef steak with fried onion**, creamy potato, pumpkin, broccoli. **\$14.90**
- Our very own white fish pie**. **\$14.90**
- Red Thai chicken curry** with steamed rice. **\$14.90**
- Beef and Beer casserole**, potato roasties and green beans. **\$14.90**
- Boneless chicken with coriander and peanut pesto**, with vegetable salad. **\$14.90**
- Traditional Pork sausages**, balsamic onion gravy and bubble & squeak. **\$14.90**
- Pasta Pomodoro**. **\$13.50**

MENU FOUR

Delivery week starting
 09-13 February
 16-20 March
 20-24 April

- Free Range roast chicken** with whole cranberry sauce, roast vegetables and peas. **\$15.20**
- Glazed Ham with Cumberland sauce**, roasted vegetables, caramelised Pineapple. **\$14.90**
- California beef steak with a citrus based sauce**, comes with potato au gratin and steamed green beans. **\$14.90**
- Yellow fish curry** with steamed rice. **\$14.90**
- Free range chicken and vegetable Pie with pastry top**. **\$14.90**
- Beef stiffado** with buttered baby potatoes, carrots and baby beans. **\$14.90**
- Hoisin Pork** with rice and green sunshine salad (Edamame beans, corn, onion, celery, green beans). **\$14.90**
- Beef lasagne**, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.90**
- Spinach, mushroom and lentil bolognese** with spaghetti. **\$13.50**

MENU FIVE

Delivery week starting
 16-20 February
 23-27 March
 27 April-01 May (Anzac Day)

- Roast Lamb**, with pea and mint pesto, roast vegetables and creamed spinach. **\$15.50**
- Swedish meatballs (pork)** with creamy mash, pumpkin and baby beans. **\$14.90**
- NZ beef steak with béarnaise sauce**, sauté potatoes, pumpkin and baby beans. **\$14.90**
- Pan-fried NZ fish, lemon caper sauce**, chunky roastie potatoes and stir fried vegetables. **\$14.90**
- Classic mild chicken curry** with steamed rice. **\$14.90**
- Braised beef and vegetable casserole** with potato colcannon **\$14.90**
- Chicken cacciatori** with garlic buttered baby potatoes and green beans. **\$14.90**
- Traditional cottage pie** (premium NZ beef) with creamy mash top. **\$14.90**
- Macaroni cheese**. **\$13.50**



EXTRAS

This full range of yummy soups, desserts and home baking is available on all menus

- SOUPS \$6.00**
 - Chicken veg and noodle
 - Minestrone soup
- PUDDINGS \$6.00**
 - Apple and berry crumble
 - Rice pudding with apricot
 - Chocolate self-saucing
 - Blueberry sponge
 - Passionfruit cheesecake



- BAKING \$8.00**
 - Boiled sultana cake
 - Carrot cake with cream cheese icing
 - Chocolate caramel slice
 - Ginger slice

DAILY DEALS!

Fresh Meal Deals

- (applies only to eat fresh standard meals)*
- 6+6 Deal - \$120**
6 different meals and a choice of 6 from the soup and dessert menu
 - 5+5 Deal - \$100**
5 different meals and a choice of 5 from the soup and dessert menu
 - 7 meals for the price of 6 Deal**
Buy 6 different meals and we will give you a vegetarian meal for FREE!
 - Fresh From the Freezer Pot Luck Boxes** (excellent variety no more than two of anything)
12 meals \$150, 8 meals \$100
 - Eat Tiddly** (Goldilocks sized meals, not too big, not too small but just right)
16 meals \$140 (box contents change weekly)

TIDDLY eats



This is the dinner Goldilocks was looking for when she ventured into the kitchen of the three bears. Not too big, not too small but just right.

Our frozen variety box of delicious has 16 x 260gm meals. These are made up of eight different meals packaged as 'twin packs' so you get two of every delicious dish.

The meals are 'Potluck' and have no relation to the current week's fresh menu.

For the best and tastiest results thaw meals first.. before heating.

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PUREE MENU

- Beef Bolognese with creamy broccoli and glazed carrot. **\$11.50**
- Butter chicken with rice and peas. **\$11.50**
- Salmon with herb beetroot and creamy broccoli. **\$11.50**
- Omelette with beans, spinach and baked beans. **\$11.50**
- Devilled beef with cauliflower gratin, roast pumpkin and glazed carrots. **\$12.50**
- Slow cooked lamb with minted peas, cauliflower gratin and roasted vegetables. **\$12.50**
- Hickory pork with glazed carrots, cauliflower gratin and roasted vegetables. **\$12.50**
- Creamy fish with herb beetroot, minted peas and roast vegetables. **\$12.50**
- Golden chicken with creamy broccoli, roast pumpkin and braised cabbage. **\$12.50**
- Pork sausage with omelette and baked beans. **\$12.50**



DELIVERIES

- Wellington (Set day) **\$16.00**
- Kapiti - Pukerua Bay- Waikanae (Set day) **\$16.00**
- Manawatu - Otaki - Palmerston (Set day) **\$18.00**
- Wairarapa (Set day) **\$18.00**

- Hutt Valley (Set day) **\$16.00**
- North Island next day **\$18.00**
- South Island next day **\$35.00**
- Sorry - No rural delivery

- Menu only available until stock sold out
- Standard meal NOT less than 400gm
- Up size to 500gms+ for \$1.50

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Food for Ageing Well

Dr Sue MacDonell, Senior Lecturer in Nutrition & Dietetics, explains why protein is key to strength and independence as we age.



Photo of Sue MacDonnell

As we age, our bodies change - and so do our nutritional needs. Eating well isn't just about preventing illness; it's about staying strong, independent, and enjoying life.

Nutrients help with muscle strength, a strong immune system, and keeping energy levels up. Eating well is not about dieting or losing weight - the focus should be on nourishing your body to feel your best.

Focus on Protein for Strength and Vitality

One of the most important nutrients is protein. As we age, we naturally lose muscle mass, which reduces our balance, mobility, and strength. Staying physically active, especially with strength-building exercises combined with getting enough protein, helps preserve muscle and supports recovery from illness or injury.

Protein is found in many foods, including fish, eggs, dairy products, lean meats, and plant-based alternatives like beans, lentils, chickpeas, tofu, nuts and seeds.

Moving the focus away from body weight

For older adults, maintaining muscle and strength is far more important than simply losing weight. In fact, losing weight without meaning to can be a sign of poor nutrition or underlying health issues. Carrying a little extra weight provides a cushion and a reserve of energy for when we are unwell. Instead of worrying about the number on the scale, try these top tips:

- Aim to have three meals each day (breakfast, lunch, and dinner) with snacks in-between. This is especially important when your appetite is low or if you have lost some weight.
- Include protein foods at each meal (and snack if possible). High protein snacks include a boiled egg, some nut butter or a handful of nuts, or try some hummus or a slice of cheese with wholegrain crackers. Try some overnight oats or porridge made with milk for a great protein-packed start to the day.
- Choose 3-4 serves each day of high calcium foods to help with bone health. Dairy products* (milk, cheese, and yoghurt) are the richest sources of calcium. Canned fish with bones (salmon or sardines) and nuts such as almonds or Brazil nuts are good non-dairy sources of calcium and are also packed with protein.

*** If you need a plant-based dairy alternatives, choose one with added calcium.**





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27th February - 7th June 2026



Image: Medical Chest, Maker unknown, Gift of Betty Seddon, Collection of Te Whare Taonga o Waikato Museum and Gallery.

If you're unsure where to start, talk to your GP or ask to see a registered dietitian. They can help you find a way of eating that supports your health while still enjoying the foods you love.

Good nutrition is one of the most powerful tools we have to age well. It's never too late to make positive changes. Whether it's adding an extra serving of vegetables, choosing whole grains, or enjoying a protein-rich breakfast, every small step counts.

This approach helps support a healthy body - more muscle - which is key to staying mobile, independent, and well.

Seniors Newsletter
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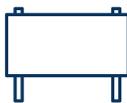
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CROSSWORD

Across	
1 Larger-than-life	28 Uzbekistan's ___ Sea
5 Pal, in Picardy	29 British capacity unit
8 One way to fall	31 "Olympia" painter
12 Musical finale	32 Reliever's triumph
13 Kind of part	33 Climbing plant
14 Carnival attractions	34 Apply gently
16 Views	35 "___ to Betsy!"
18 Some are debated	37 Don't dump it
20 Actress Spelling	41 Hydrocarbon suffix
21 Fraternity letter	42 Disney dwarf
22 Windsor, for one	43 Big Apple park, once
23 Atoll in the Marshall Islands	44 German titles of respect
26 Casbah headgear	47 Tibetan denizen, maybe
27 City on the Rhine	48 Elmer's nemesis
	49 Heroic poem
	50 Dog holder
	51 Burrowing rodent
	53 "Give ___ break!"
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	58 Small amount
	62 Reservations
	63 Bullfight cheer
	64 Dabbling duck
	65 "Shucks!"
	66 Psyches
	67 Kachina doll maker

Down
1 Author Umberto
2 How the weasel goes?
3 Infamous Amin
4 Some horizontal beams
5 Native Australian
6 Subcompact
7 "___ De-Lovely"
8 One of the "Katzenjammer Kids"
9 Repeated, singer who sang with Cult Jam
10 Plugs
11 Brunnhilde, e.g.
15 Saint-Germain's river
17 Accelerator bit
19 Transmitted
21 It may be smoked
23 Quite a party
24 Requiem Mass word
25 Polynesian intoxicant
26 After horse or house
27 Plant with tiny white flowers
30 Hosp. injections
31 Slicker
34 Wipes out
36 Print measures
37 "Hogwash!"
38 Fish bait
39 Danish toy company
40 Sunrise direction
42 TV room
44 Fashion lines
45 Swordplay items
46 Bellowed
47 "Dee-lish!"
50 Crow
52 Colony member
54 Middle-Eastern bread
55 Like the Old West
57 Setting for many a joke
58 Cocoyam paste
59 Prefix with classic
60 Kalansuwa, e.g.
61 Clockmaker Terry

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Donations help us to continue to promote the welfare of older people across Waikato and are welcomed.

Thank you for your support

WHAT'S ON at Age Concern Waikato?

Welcome to New 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**.



MARCH 2026

Tuesday, 3rd **9.45am -2pm**
STAYING SAFE Refresher for older drivers workshop
Cambridge

Bookings essential via Age Concern Waikato 07 838 2266

Wednesday, 4th **1-2pm**
INFO & EDUCATION Western Community Centre, 46 Hyde Ave, **Nawton**

Speaker: Women's Refuge

Wednesday, 11th **1-2pm**
INFO & EDUCATION Waimarie House, 53 Wellington St, **Hamilton East**

Speaker: Inland Revenue Department (IRD)

Thursday, 12th **12 Noon**
65 ALIVE LUNCH MEET UP
 Contact Age Concern Waikato office for details

Wednesday, 18th **1-2pm**
INFO & EDUCATION Glenview Community Centre, 12 Tomin Rd, **Glenview**

Speaker: Civil Defence

Friday, 20th **1-2pm**
COFFEE & CONVERSATION CAMBRIDGE Salvation Army Community Room, 27 Williamson St, **Cambridge**

Tuesday, 24th **9.45-2pm**
STAYING SAFE Refresher for older drivers workshop
Putaruru

Bookings essential via Age Concern Waikato 07 838 2266

Wednesday, 25th **1-2pm**
INFO & EDUCATION Rototuna Library, 40 North City Rd, **Rototuna North**

Speaker: Volunteering Waikato

Friday, 27th **1-2pm**
COFFEE & CONVERSATION HAMILTON Age Concern Waikato office, 150 Grantham St, **Hamilton Central**



APRIL 2026

Wednesday, 1st **1-2pm**
INFO & EDUCATION Western Community Centre, 46 Hyde Ave, **Nawton**

Speaker: Live Stronger for Longer

Wednesday, 8th **1-2pm**
INFO & EDUCATION Waimarie House, 53 Wellington St, **Hamilton East**

Speaker: Bowel Cancer Screening

Thursday, 9th 12 noon

65 ALIVE LUNCH MEET UP

Bookings essential via Age Concern Waikato
07 838 2266

Wednesday, 15th 1-2pm

INFO & EDUCATION

Glenview
Community Centre,
12 Tomin Rd,
Glenview

Speaker: City Safe, Hamilton
City Council

Friday, 17th 1-2pm

**COFFEE &
CONVERSATION
CAMBRIDGE**

Salvation Army
Community Room,
27 Williamson St,
Cambridge

Wednesday, 22nd 1-2pm

INFO & EDUCATION

Rototuna Library,
40 North City Rd,
Rototuna north

Speaker: True Colours

Friday, 24th 1-2pm

**COFFEE &
CONVERSATION
HAMILTON**

Age Concern Waikato
office, 150 Grantham
St, **Hamilton Central**

Wednesday, 29th 1-3pm

**HOME ENERGY
PERFORMANCE
WORKSHOP**

Te Runanga O
Kirikiriroa – The Hub,
51A Rifle Range Rd,
Hamilton

Bookings essential via Age Concern Waikato
07 838 2266

Thursday, 30th 10am -12 noon

**COMMUNITY &
INDUSTRY EVENT**

The Link, 4 Te Aroha
St, Claudelands,
Hamilton

Speaker: Nicky McDonald,
Office for Seniors



MAY 2026

Wednesday, 6th

INFO & EDUCATION

1-2pm

Western Community
Centre, 46 Hyde Ave,
Nawton

Speaker: HMS Trust

Thursday, 7th

STAYING SAFE

9.45am -2pm

Refresher for older
drivers workshop,
Otorohanga

Bookings essential via Age Concern Waikato
07 838 2266

Wednesday, 13th

INFO & EDUCATION

1-2pm

Waimarie House,
53 Wellington St,
Hamilton East

Speaker: ACW Board

Thursday, 14th

65 ALIVE LUNCH MEET UP

12 noon

Bookings essential via Age Concern Waikato
07 838 2266

Friday, 15th

**COFFEE &
CONVERSATION
CAMBRIDGE**

1-2pm

Salvation Army
Community Room,
27 Williamson St,
Cambridge

Wednesday, 20th

INFO & EDUCATION

1-2pm

Glenview Community
Centre, 12 Tomin Rd,
Glenview

Speaker: Settlement Centre

Friday, 22nd

**COFFEE &
CONVERSATION
HAMILTON**

1-2pm

Age Concern Waikato
office, 150 Grantham
St, **Hamilton Central**

Wednesday, 27th

INFO & EDUCATION

1-2pm

Rototuna Library,
40 North City Rd,
Rototuna North

Speaker: Hospice Waikato

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