

SPRING 2025



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**CONCERN**  
**WAIKATO**

He Manaakitanga  
Kaumātua Aotearoa

# Age Concern Waikato

*Keeping You Connected*



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

## Contact Information

Phone: (07) 838 2266

Email:

enquiries@ageconcernwaikato.org.nz

Address: 150 Grantham Street, Hamilton

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

### Office Hours:

9am - 4pm Monday to Thursday

9am - 3pm Friday

## Staff Team

**Co Leader Finance and Accountability /**

**Operations Lead:** Vicky Phillips

**Co Leader People and Community / Social**

**Connector:** Martin Poppelwell

**Community & Education Liaison:**

Kirsty Bridson

**Administration Coordinator:** Julie Hopkins

**Rural Development Specialist:** Monique Jeffs

**Community Navigator:** Loryn Scanlan

**Elder Abuse Support:** Lian Buckett

**Elder Abuse Practitioners:** Mark Bartram,  
Michelle Davies

## Age Concern Waikato Board

**Chair:** Meredith Osmond

**Vice-Chair:** Amanda Bedford

**Board:** Lee Owens, Aldrin Arguelles,  
Renee Stevenson, Amber Hammill

*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:

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](mailto:enquiries@ageconcernwaikato.org.nz)



# Ageing smarter: Boomers lead with improved cognitive abilities, says IMF



***An International Monetary Fund report highlights that older generations, particularly Baby Boomers, are cognitively stronger because of better education and nutrition.***

## ANALYSIS

Fitter, faster, stronger – and smarter. I'm paraphrasing, but that's how researchers at the International Monetary Fund (IMF) recently summed up the Baby Boom generation in a recent report on the consequences of global ageing.

The developed world may be running out of lithe young things to drive our economies forward as birth rates collapse, but the oldies that remain are brainier than any generation before and can pick up at least some of the slack, it said.

The IMF's findings rely on data from 41 advanced and emerging market economies and show that, on average, older people from around the age of 50 are smarter or more cognitively able today than ever before.

Moreover, of all the indicators of healthy ageing (better retained agility, flexibility,

strength, stamina etc), it is an improvement in our mental capacities that is most marked in the data, says the IMF.

"We aim to offer a new perspective on the old argument that ageing will lead inevitably to slumping economic growth and mounting fiscal pressures," say Bertrand Gruss and Diaa Noureldin, lead authors of the new report.

Boomers are ageing smarter and lead the way with improved cognitive abilities, says the IMF.

"When it comes to cognitive capacities, the 70s are indeed the new 50s: a person who was 70 in 2022 had the same cognitive health score as a 53-year-old in 2000. Older workers' physical health – such as grip strength and lung capacity – has also improved."

The IMF isn't the only organisation that has looked at this trend. A 2022 study from the University of Wisconsin-Madison in the US shows that when it comes to brain power, Baby Boomers (born between 1946 and 1964) beat the Greatest Generation (1901-27) on all the researchers' key measures of cognition.

A study shows older workers' physical health – such as grip strength and lung capacity – has also improved.

"We found better age-adjusted performance in the cognitive domains of processing speed, executive function, attention and verbal fluency in more recent generations compared to the Greatest Generation," said its authors.



So why is the world seemingly getting smarter? Prof Axel Börsch-Supan, director of the Munich Centre for the Economics of Aging at the Max Planck Institute for Social Law and Social Policy, says improvements in education have been key.

“That [Boomers] are smarter is essentially a function of their much better education than earlier generations”, he said. “If you look at the years of schooling, that immensely increased in Europe, particularly in the Mediterranean countries, but also in the north and the east.”

**Education and better** nutrition in childhood does not just help preserve good cognition in later years but improves employment prospects. And the longer we stay in employment, with all the mental and social stimulations that brings, the better things are for our brain health.

Improved cognitive and physical health in

older workers can help offset economic challenges from ageing populations.

Given the proportion of over-65s participating in the British labour market has been slowly rising, and has more than doubled since 2000 (participation was at 7.8% over the first three months of that year, increasing to 15.7% in 2025), no wonder our mental firepower is improving.

Further Department of Work and Pensions data reveals that in Britain, 10% of 70 to 74-year-olds were still in employment in 2024 (up from 5% in 1984) as were over a quarter of those aged 65-69 (27.6%, up from 9.5% in 1984). In 2024, the average age of people exiting the workforce hit its highest level since the 1960s (65.7 years old) and its highest level on record for women (at 64.5 years).

On Saturday, the Oxford University Longevity Project was gathering for the Smart Ageing

Summit 2025 in Rhodes House in the heart of Oxford. The meeting brings together leading longevity experts and enthusiasts from around the world to explore “how we can age smarter and better now”.

Leading lights will include the runner and academic Sir Christopher Ball, 90, the pioneering physiologist Prof Denis Noble, 88, and the broadcaster Angela Rippon, 80.

Physician Sir Muir Gray, 80, a director of the Longevity Project and a pioneer in the area of evidence-based ageing, said the first thing to grasp about ageing is that “ageing by itself” is not the problem. Instead, “controllable factors” including loss of fitness (mental and physical) and environmentally-linked disease were the things to look out for.

**“The trick to healthy ageing is for all of us to have a plan,”** says Gray. “A plan to understand ageing, a plan to regain lost fitness, a plan to reduce the risk of disease striking, a plan to better adapt to your environment... It’s knowledge that’s the elixir of life.

“In the 12 years since my myocardial infarction [heart attack], I’ve had 400 boxes of pills and not one prescription of exercise or diet from the NHS. The pills keep me going but it’s all the other stuff that keeps me young.”

“All the other stuff” includes the internet – Gray believes it has contributed to gains in cognition by keeping older people engaged with the world. The same applies not just to staying in the labour market for longer, but particularly to career changes – an increasingly common phenomenon that forces us to start over again in our learning and greatly broadens our knowledge and experience.

Volunteering has a similar impact. “Becoming a volunteer is a very good way of reducing your risk of dementia,” says Gray, because, as with staying in the labour market, it allows

you to keep yourself “mentally and physically challenged” by keeping you engaged with society and your local community.

The threat of dementia is the perfect reason to heed Gray’s call for people to better understand the process of ageing and plan for it. Only around 60% of it is caused by Alzheimer’s, leaving 40% linked to behavioural and environmental factors – many of which we can avoid or mitigate.

According to Gray, this also includes looking after your vascular health through regular exercise; a good diet and the avoidance of binge drinking, smoking and so on; and protecting the brain tissue from damage “caused by stress, sleep problems and over medication”.



Lifestyle factors, such as levels of physical activity, body mass index, and smoking, have been identified as significant determinants of the functional capacity of older individuals.

Working has already proved its cognitive worth: a 2020 study by the Fisher Centre for Alzheimer’s Research Foundation in the US found that American women who had paying jobs as young adults into middle age had slower rates of age-related memory decline than women who didn’t, while women who did not have much paid work between the ages of 16 and 50 tended to have faster declines in memory later in life.



Medical understanding has also completely changed in a generation, says Gray. “We know now we can form new neural circuits at any age, whereas doctors who qualified before 2000 were taught that after 20 all that happened was that brain cells died off.”

Until recently there has also been prejudice in the medical establishment, says Gray – some of it quite subtle.

“The effects of ageing on intellectual capacity have been greatly exaggerated because researchers have used tests that concentrate on quick decision-making, which does slow with age. But quick decision-making is only needed in pub quizzes and landing planes and [now] AI will do it for you. We actually get better at complex decision-making as we live longer. As Oscar Wilde said, ‘experience is the name we give our mistakes.’”

But while the trend from the Greatest Generation to the Baby Boom generation shows an uptick in brain power, there are important caveats and nuances. Although the IMF points to an average gain in cognition worldwide, there are outliers who are faring less well, particularly in disadvantaged groups among Generation X (born between 1965 and 1980).

“Average health scores are significantly lower for individuals in rural locations, individuals with at most primary education, and lower-wealth households,” says the IMF. “Further analysis reveals that lifestyle factors, such as levels of physical activity, body mass index, and smoking, are significant determinants of the functional capacity of older individuals [even] after age and socioeconomic characteristics are controlled for.”

“The biggest changes in the UK are in the lower [socioeconomic] groups,” agrees Börsch-Supan. “There’s definitely a social gradient and it has a lot to do with health

behaviours, nutrition and the big disaster of cheap prefab food. Look at the pizza which you buy for a pound – they’re really bad quality.”

In short, the trend can only continue if we don’t sit on our laurels. Only those people cycling to work each day, climbing stairs or going to night classes will get a boost in the smart charts. To gain personally, you’ve got to put in the hard yards (and plenty of fruit and veg) yourself.

Still, as the rest of the world continues to get smarter, the Boomer generation are the poster boys: it’s why Mick Jagger, 81, and Iggy Pop, 78, are still touring. We just need to be wealthy, clean-living, gainfully employed and well-connected to make it last.

*By Paul Nuki*

*Daily Telegraph UK*



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# Consumer NZ launches scam campaign, petition to force banks and Government into action

New Zealand's consumer affairs watchdog is on the offensive against scams, launching a campaign and petition this morning with the hope of forcing banks, the Government and other agencies to act in stamping them out.

Consumer NZ is calling for banks to refund scam victims; for a national anti-scam framework with telecommunications companies and digital platforms; and for a centralised anti-scam centre where organisations can work together.

More than a million Kiwi households are targeted by scammers each year and some 185,000 New Zealanders have had their money stolen, Consumer NZ research shows. This was half of all households in the country. About \$200 million was stolen from scam victims in 2023 alone.

All New Zealanders were at risk of being scammed, Consumer NZ said. This was regardless of age, gender, ethnicity, income or educational achievement, according to its research.

"Many people recognise that scams are a significant problem, but no one is taking the lead and demanding action," Consumer NZ campaigns manager Jessica Walker said.

## Discover more

- Faces of the victims: The 25 scam casualties who lost ...
- Scambusters: Facebook Marketplace, Trade Me and other ...
- Scambusters: Anatomy of a scam - why it's called phishing ...

- Banks want government support for anti-scam centre ...

Kiwis were not adequately protected against scams, Walker said.

"[There is a] growing threat posed by these invisible criminals who are constantly looking for new ways to part them from their hard-earned dollars.

"Scammers and scams have evolved to the point they pose a risk to everyone who uses mobile phones, email addresses, social media accounts or the internet in general."

Walker said the Government was not doing enough to help.

*By Raphael Franks*

## Stay Scam Smart!





**PAUSE**  
Don't rush—scammers create urgency.



**CHECK**  
Verify the source before acting



**PROTECT**  
Keep your personal info safe

Share this to protect your whānau.  
#ScamAwareness #StaySafeOnline #AgeConcrrn

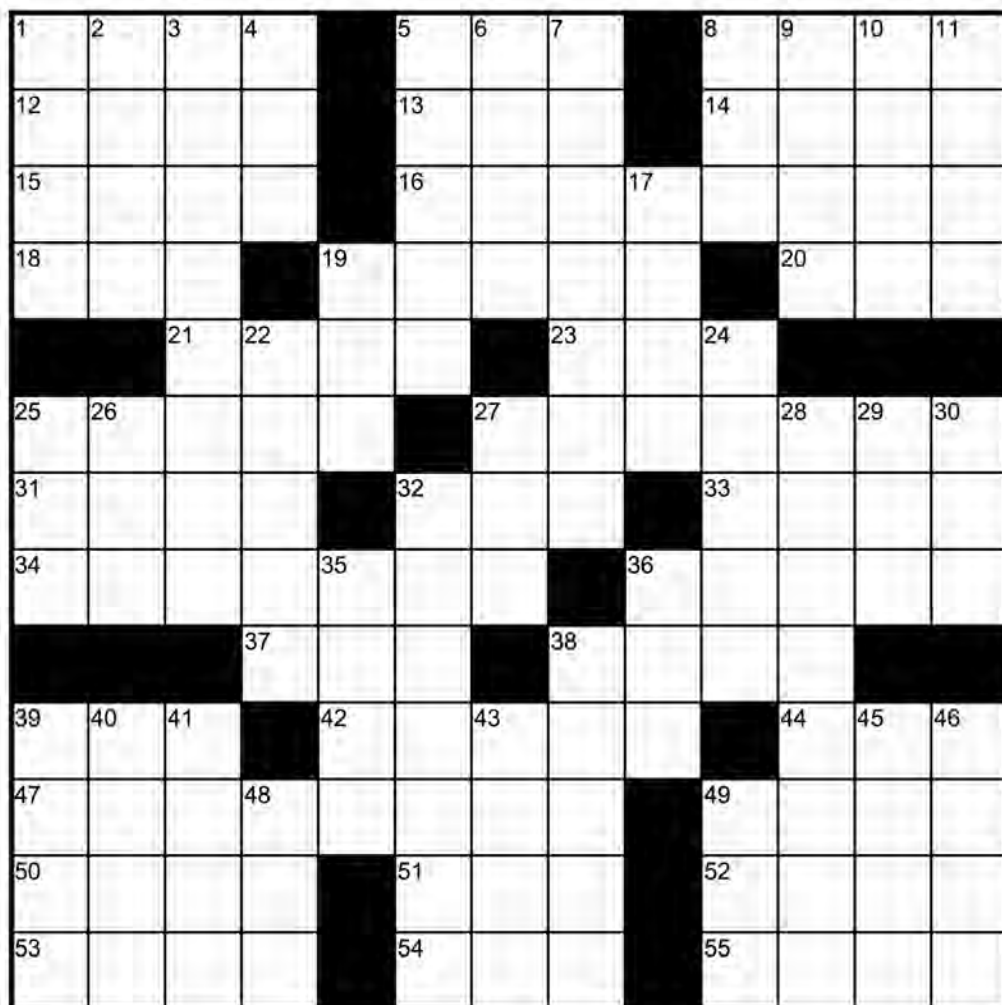
# CROSSWORD

## ACROSS

1. Friend
5. French vineyard
8. Dutch name of The Hague
12. Death rattle
13. Comforter or quilt
14. Dame - Everage, Humphries' character
15. Non-scientific studies
16. Breathing in
18. Hive insect
19. Cow's milk sac
20. - kwon do (Korean martial art)
21. Level to ground
23. Mature
25. Small yeast-raised pancake
27. Guacamole fruit
31. Crucifix
32. Freeze
33. Prevaricated
34. Side by side
36. Challenged
37. The sun
38. British National Gallery
39. Reverential fear
42. Belly button
44. Speck
47. Lords, for example
49. Cab
50. Greek god of love
51. Carp-like fish
52. To the sheltered side
53. Direct one's way
54. Feline
55. Repair

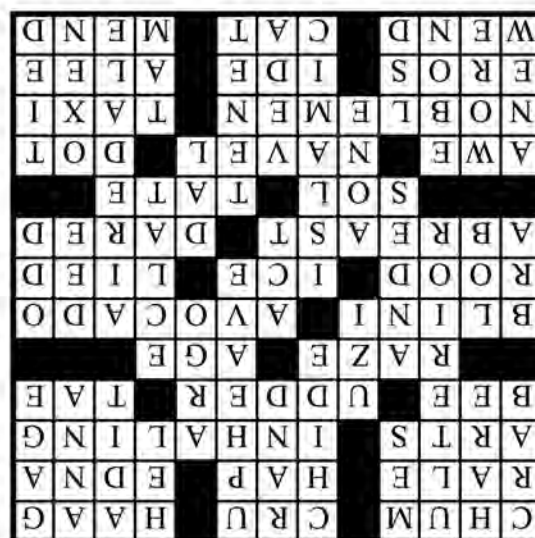
## DOWN

1. Crustacean
2. Fleet rodent
3. Intentionally kept concealed
4. My, French (Plural)
5. Reprimand
6. South African currency
7. Lift up
8. Norse goddess
9. Entrance
10. Indian currency
11. Challenge
17. Jason's ship
19. Israeli submachine gun
22. South American mountains
24. Applause
25. Brassiere
26. Throw lightly



27. Play division
28. Large terrier
29. Scottish river
30. Rum
32. Moslem
35. First class (1-3)
36. Indian dish
38. Belief
39. Once again
40. Eroded
41. Black
43. The sacred scriptures of Hinduism
45. Beasts of burden
46. Bound
48. Hallucinogenic drug
49. Scottish cap

## ANSWER





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# How to Age Well – read an expert's top 10 tips



***It is never too late to activate programmes and practices to remain engaged and excited about life.***

Think always of the fact that even though, like everyone else, you're getting older but that could also mean better.

Colorado State University Professor of Human Development and Family Studies Professor Manfred Diehl has proposed there are 10 tips to grow old with a flourish.

## **1. Use it or lose it**

Physical activity is a positive undertaking on many levels. Devoting at least 30 minutes each day to move, or engage with more formal exercise, is good for the brain, bones, muscles and joints. A regular routine can also be a chance to socialize and develop a sense of belonging. If you're starting from scratch make sure you don't overdo things—start slowly and build up your capabilities.

## **2. Mind work-out**

Your brain needs exercise to remain sharp and stimulated. Never stop discovering and being challenged. Start from activities you love to do such as reading, writing, conversation or

debate. Keep thinking and don't be thwarted if sometimes the synapses (thinking speed) don't engage as smoothly as they used to.

## **3. The wealth of health**

The key messages about adopting a healthy lifestyle never change—eating well and sensibly, getting enough sleep, keeping your weight under control, no smoking and moderate intake of alcohol.

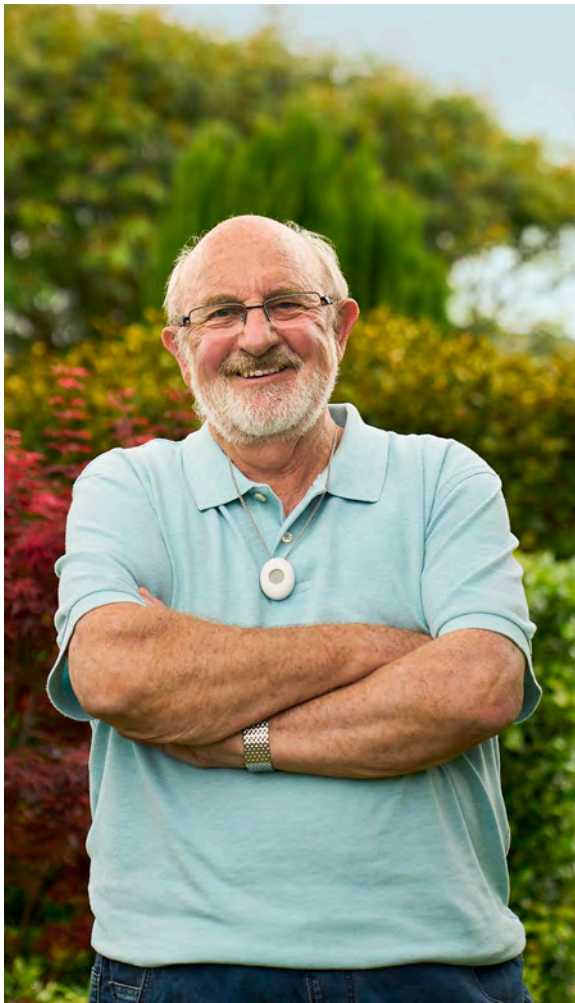
## **4. Keep connected**

Not just with your spouse, or partner, but with family, friends and your community as long as that is not at the expense of your privacy. Keep abreast of what is going on in the world—bearing in mind that some events can be upsetting and unsettling. If something happens to get in the way of you feeling optimistic about life, then avoid it.

## **5. Accentuate the positive**

Positive energy and attitudes are important for emotional wellbeing. Remain resilient to the challenges and changes of ageing and practice putting on a happy, versus brave, face.





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Continued from page 10

### 6. Bend don't break

As the saying goes: "don't sweat the small stuff...because it is all small stuff." Don't be rigid or unaccommodating. Avoid worrying but instead get help if something is really bothering you.

### 7. Go for goals

Don't necessarily think of what you want to experience, or achieve, as a 'bucket list' but rather positive engagements waiting to happen. Take control to make them achievable. Being in control of your destiny is immensely satisfying. Go for it! View all 3 photos

### 8. Pull the plug on stress

You'll never be able to completely avoid stress but do your utmost to make these negative influences of little, or no, consequence. Enriching, even spiritual, moments or engagements can often bring pressures into perspective. Never be too busy to stop and smell the real, or proverbial, roses.

### 9. Check out check-ups

Preventative medicine is just what the doctor ordered. Being on top of your own health, and keeping an eye on other's near and dear to you, can help prevent problems getting out of control. Take advantage of health screenings and engage in preventive health behaviour. Many symptoms and illnesses are managed successfully by taking charge of your own and encouraging health promoting actions amongst your family / whanau.

### 10. What are you waiting for?

Perhaps the most important of all the Tips is the one that says there is no better time than the present to begin.

*Date Published: September 2017*

*The Selwyn Foundation*

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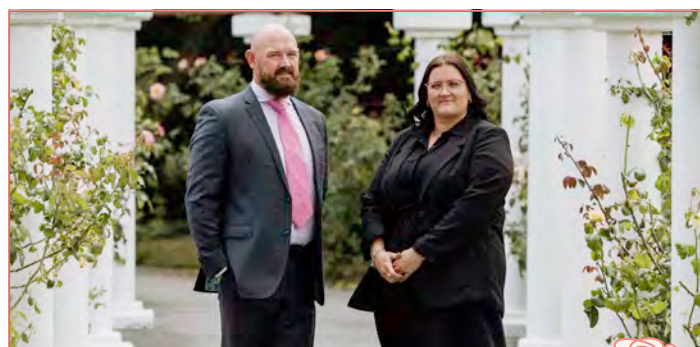
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ice cream  
was involved

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# Leaving a bequest to Age Concern Waikato

## *Have you every considered leaving a bequest to Age Concern Waikato?*

We know it's hard to ask for help, regardless Age Concern Waikato is a registered charity and relies on the generosity of our community to raise funding required to deliver some of our essential services, education and support. Any bequest left to us, no matter how small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help. A bequest to Age Concern Waikato allows you to leave a legacy long after you have gone. It is the ultimate act of kindness and care you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simple way to leave a gift to Age Concern Waikato in your Will is to speak with your solicitor, who can ensure that your estate is distributed in a way that honours your wishes. You have the option of leaving a specific amount, an item or a

percentage of your estate to Age Concern Waikato. We recommend the wording:

"I give Age Concern Waikato Trust the sum of \$ XXX (of the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Waikato will be sufficient receipt and discharge for my trustees".

If you would like to leave us a bequest in your Will, these are the official details you will need:

**Legal Charity Name:** Age Concern Waikato Trust

**Charity Registration Number:** CC60823

We would love to hear from you, or your lawyer, if you are thinking about leaving a gift in your Will to Age Concern Waikato and answer any questions you may have.

Please email us at:

**[enquiries@ageconcernwaikato.org.nz](mailto:enquiries@ageconcernwaikato.org.nz)**  
or call us on **(07) 838 2266**.







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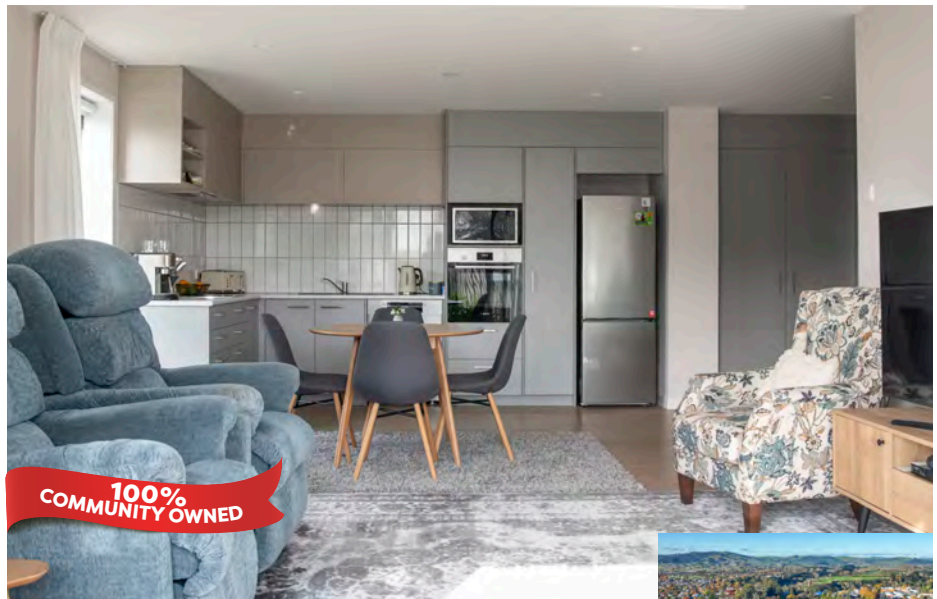
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# What's on..

## SEPTEMBER

### September 3rd 1-2pm

#### Info & Education

Western Community Centre,  
46 Hyde Ave, Newton

**Speaker:** MSD (Work & income)

### September 10th 1-2pm

#### Info & Education Sessions

Age Concern Waikato Office,  
150 Grantham st, Hamilton  
On line will with Public Trust

### September 11th 12noon

#### 65 Alive lunch meet up

Smith & McKenzie, 13 Lynden Court, Chartwell  
(Bookings via Age Concern Waikato Office)

### September 17th 1-2pm

#### Info & Education Sessions

Glenview Community Centre,  
12 Tomin Rd, Glenview

**Speaker:** Fraser Ace, Adult Education Program

### September 18th 9.45- 2pm

#### Staying Safe, refresher course for older drivers

Western Community Centre,  
46 Hyde Ave, Newton  
(Bookings essential)

### September 24th 1-2pm

#### Info & Education Sessions

Rototuna Library, 30 North City Rd,  
Rototuna North

**Speaker:** Ministry of Justice, Court Navigator service

### September 26th 1-2pm

#### Coffee & Conversation

Age Concern Waikato,  
150 Grantham St, Hamilton

## Welcome New Friends of Age Concern

Welcome to all our 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**.

## OCTOBER

### October 1st 10am -1pm

#### International Day of the Older Person

Hamilton Gardens Pavillion

### October 8th 1-2pm

#### Info & Education Sessions

Waimarie House, 53 Wellington St, Hamilton East

**Speaker:** Stroke Club

### October 9th 12noon

#### 65 Alive lunch meet up

Ethos Café, 100 Morrinsville Rd  
(bookings via Age Concern Waikato Office)

### October 16th 10am -12noon

#### Community Event

**Speaker:** Jane Wrightson, Retirement commission  
The Link, 4 Te Aroha St, Claudelands  
(RSVP's to Age Concern Waikato Office)

### October 22nd 1-2pm

#### Enviro Waste education centre visit

Please RSVP to Age Concern Waikato for details

### October 24th 1-2pm

#### Coffee & Conversation

Age Concern Waikato, 150 Grantham St, Hamilton

### October 29th 9.45-2pm

#### Staying Safe, Refresher for older drivers

Te Awamutu Library, 106 Mahoe St, Te Awamutu  
(Bookings essential, call Age Concern Waikato)



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## NOVEMBER

### November 5th 1-2pm

*Info & Education Sessions*

Western Community Centre. 46 Hyde Ave, Nawton

**Speaker:** Epilepsy Waikato

### November 6th 9.45am-2pm

*Staying Safe, refresher for older drivers*

St Luke's Church, Te Kuiti

(Bookings essential, call Age Concern Waikato)

### November 12th 1-2.30pm

*Info & Education Sessions*

**On the road!** - Group tour at the Waikato Museum, \$5.00 cost per person

Waikato Museum, 1 Grantham St, Hamilton Central

### November 13th 12noon

*65 alive lunch meet up*

Columbus coffee Ruakura (inside Mitre10)

(bookings via Age Concern Waikato Office)

### November 19th 1-2pm

*Info & Education Sessions*

Glenview Community Centre,  
12 Tomin Rd, Glenview

**Speaker:** Mental Health Services for Older People  
(Health New Zealand - Te Whatu Ora)

### November 20th 9.45-2pm

*Staying Safe, refresher for older drivers*

Sunset Motel conference room,  
7 Bankart st, Raglan

(Bookings essential, Call Age Concern Waikato)

### November 26th 1-2pm

*Info & Education Sessions*

Rototuna Library, 30 North City rd,  
Rototuna North

**Speaker:** Bridges Insurance

### November 28th 1-2pm

*Coffee & Conversation*

Age Concern Waikato, 150 Grantham St,  
Hamilton



## Friends of Age Concern Waikato Form

**Please forward your fee with this form to:**  
Age Concern Waikato, 150 Grantham Street,  
Hamilton 3204 or email  
**enquiries@ageconcernwaikato.org.nz**

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.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

☐ New Friend ☐ Existing Friend

**Friends of Age Concern:**  
(Annually 1st July to 30th June)

☐ \$20 Individual ☐ \$30 Couple

**Donation:** \$5 / \$10 / \$20 / \$50 /  
\$..... other

**Internet Banking:**  
Age Concern Waikato - 03 0318 0087628 00  
- Please use Surname & Initial as reference

**Sorry no eftpos or credit card payments  
available**

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

**Thank you for  
your support**



# FAILED EYE TEST?

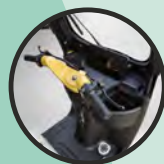
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