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## Rauawaawa in Japan



First and foremost I acknowledge the Japanese Government, the NZ Office for Seniors and the NZ Office for Disability Issues for the opportunity to represent Rauawaawa in the New Zealand Community Core Leaders Development Programme.

This programme permitted me to visit Japan in February of this year and provided an extraordinary experience with excellent hosts throughout the program and amazing colleagues joining me in this experience from NZ, Austria, Germany and Japan. It was a very intense two weeks with lots of learnings to bring back about the great work done in Japan with the elderly. Expanding my knowledge of non-profit organisations in the NPO Management Forum and being exposed to The Older Persons local program gave me lots of ideas to bring back to New Zealand and share with Rauawaawa, our Kaumātua and those attending this year's 2018 Kaumātua Olympics!

On a personal note, the beautiful food, the amazing tours, the Japanese traditions, the politeness and respectful nature of the Japanese people will always be remembered with fondness. In addition the networking and friendships made with such a diverse group of people from different cultural backgrounds is something I will treasure forever.

Daphne Vasea  
 Ph: 07-847-6980 ext. 7222

# Message from the Kotahitanga Committee



Maryann Pohatu  
Chairperson  
Kotahitanga Committee

Tēnā koutou e ngā rangatira, kaiwhakahaere, me ngā kaiawhina me ngā kaumātua katoa o te whare o Rauawaawa. Ngā mihi, ngā aroha hoki ki a rātou kua hoki atu ki to tātou Matua i te Rangi.

*Greetings to all our leaders, staff and all kaumātua of the house of Rauawaawa. Our love and condolences to those loved ones who have passed on.*

We had an enjoyable beginning to the year, as many of our kaumātua from Rauawaawa took part in Te Rūnanga o Kirikiriroa's Waitangi Day Celebration. TROK thanked us kaumātua very sincerely for attending and supporting their day. It was a fantastic day out mingling with each other.

This term at Kotahitanga, we've hosted the Ageing Well National Science Challenge group including members of the International Advisory Board to Ageing Well. They loved their visit, they fell in love with you our kaumātua, and they were blown away with the kaupapa of Rauawaawa, "hei manaaki i ngā kaumātua." Our other visitors have been the fraulein from Germany who sang "Wooden Heart"; then Lady Kuia Morrison and Donna Grant of Whānau Ora, nō Rotorua.

Our big event coming up after the holidays, is Kaumātua Idol on Friday, 25<sup>th</sup> May. We're looking forward to listening to familiar and new voices singing and making another memorable and enjoyable day. Please see Ma or Maryann Pohatu to register as a contestant. Looking further ahead, get ready for Kaumātua Art on Friday, 15<sup>th</sup> June. This is our day to briefly share our hobbies, crafts and arts with each other.

*Nō reira, nōu hoki ngā kaumātua o Rauawaawa, tēnā rā koutou katoa.*

Arohanui

Nā te Kotahitanga Committee

## Transport

Just is a reminder - if you are needing transport, then please feel free to contact us to arrange it, we need at least **24 hrs notice**. Please ensure you are ready when transport arrives and if you are not able to make it for any reason then **please ring us to cancel your pick up**.

Patihana Takuira-Mita  
Transport Coordinator  
Ph: 07-847-6980 ext: 7210



# NURSE'S CORNER



Kath Holmes  
Health Team Manager/  
Kaumātua Practice Nurse

847-6980 ext 7215

With autumn upon us and we feel the cooler days getting closer and closer, here are a few tips to get things sorted prior to hitting the winter months.

- **Build your immunity.** Keep up with eating lots of green leafy vegetables and fresh fruit that support a strong immune system.
- **Keep active.** Exercise is crucial as it is in any season. As an option for the cooler days, it's a good idea to do some indoor exercise and stretching movements to support our immune function and circulation.
- **Keeping your home as warm and dry** as possible, for more tips to share with your whanau go to: <https://www.health.govt.nz/system/files/documents/pages/rheu0025-tips-flashcards-english.pdf>
- **Take fast action on colds.** When you feel a cold coming on, increase your daily vitamin C. Support your natural defence system with more fresh garlic, clove and Echinacea. Drink lots of water. Herbal tea and soups go down a real treat too for fast recovery from colds and flus.
- **Breathe easy.** Try a facial steam and breathe in herbal mist with Rosemary, Chamomile, Lemon Verbena. This will help keep your sinuses clean and clear and keep you well.
- **Ditch the handkerchief.** Swap your handkerchief for a packet of disposal tissues. Use and throw away immediately to prevent hanging on to bugs that like to stick around. Don't forget to wash your hands afterwards.



## Health Clinics

- **Foot Clinic - Thursday 17 May 2018**

The Foot Clinic has become a popular clinic for our nursing team, so ensure you book in fast to secure an appointment. Bookings are essential via the nurses office.

- **Hearing Clinic - Thursday 21 June 2018**

There are only 4 appointments for the hearing clinic, so if you would like an appointment with Life Unlimited Hearing Therapist for a hearing test, please contact the nurses office.

- **We're here to help keep you well.**

During the cooler months, we tend to have a few more bugs floating around and our immunity takes a bit of a hit. If you feel you need some extra support or health education about any health related issue, please feel free to give one of the nurses a call. You are welcome to book appointments in the clinic or we can come meet with you in your home, whatever is easiest for YOU!

***Nā Tracey and Kath***



Tracey Northover  
Practice Nurse

847-6980 ext 7216



# Hui Fono 21-23 Feb 2018

Rauawaawa was fortunate to be invited to attend Ace Aotearoa Hui Fono 2018. This is a Maori /Pasifika Education forum which was held in Ahipara, Far North. Those who attended were Patricia Heperi, (Rorohiko Tutor), Bill Heperi, (Kaumātua), Donna Tilyard-Davies (Admin Manager), and Joanna Hohaia (Community Class Coordinator).



We were on the move from our first day. We met with Matua Hekenukumai Busby who has made several trips on a waka using only sun and stars to navigate. It was fascinating to sit and listen to his story. Donna had the opportunity to learn raranga and see the revitalising of the pīngao a fine flax used in raranga in the Far North

Our second day was spent travelling along Te Oneroa a Tohe (Ninety Mile Beach) with a guide to give us the history, and we finished our trip at Te Rerenga Wairua (Cape Reinga). There was an opportunity to surf the sand dunes which many people did. We had a barbeque lunch in a beautiful bay called Tapotupotu Bay.



On Te Oneroa a Tohe  
(Ninety Mile Beach)

There were many learning opportunities for us in our time at the Hui Fono and we took full advantage. We met some wonderful people from all over NZ and the Pacific, both Rangatahi and Kaumātua, who shared their knowledge and experiences with us. It was a privilege to be a part of this Hui Fono 2018. We are ready for Hui Fono 2019.

If you would like to see more photos they are available on ACE Aotearoa Facebook page.

For more information on Community Classes see Reception  
Joanna Hohaia - Community Class Coordinator  
Ph: 07-847-6980

## Kaumātua Idol - 25th May 2018

Don't forget to sign up for the Kaumātua Idol. Channel your inner Elvis, Doris Day or Dean Martin and sign up to sing for a prize. **25th May 2018** at Te Wananga o Aotearoa, 254 Ohaupo Road, Glenview. Please see **Whaea Kiriata Matthews** or **Whaea Maryann Pohatu** if you want to register as a contestant.



# Kaumātua Support

Tēnā koutou engā maunga karangaranga kei waenganui i a tātou. E mihi ana ki ngā āhuatanga katoa kua whakapā mai ki a ngai tātou i tēnei wā o Ngahuru. Ko te tūmanako, e noho ora ana koutou ki o koutou whare mahana puta noa.  
Tēnā koutou katoa.

In October 2017, I was welcomed to the Rauawaawa support team. My role as *Kaumātua Support* looks at improving access to day service programmes for kaumātua eligible to receive DSL funding, in particular those living with dementia.



Wikitoria Williams-Hills  
Kaumātua Support  
**847-6980 ext 7212**

My role is to coordinate eligible kaumātua to ensure they are encouraged to actively participate in the programmes and that they receive the appropriate service that reflect their individual needs.

I am responsible for coordinating and assisting with the following programmes:

- Thursday (10am-12:30pm) - Te Reo Māori class
- Thursday (1pm-2pm) - Music Moves Me Programme (for those living with dementia)
- Friday (10am-2pm) - Kotahitanga Day

If you would like more information on any of the programmes and think you may be eligible to receive this funded service or have a suggestion for another programme. Please contact Rauawaawa reception and ask to speak with me directly.

**Nā Wikitoria Williams-Hills**



Founder of Music Moves Me Dr Vicki Jones and music therapist Nolan Hodgson say playing music can evoke strong memory in people living with dementia.

## Up and Coming Events

17 May 2018	Foot Clinic, Nurses Clinic, 50 Colombo Street, Frankton
25 May 2018	Kaumātua Idol, Te Wananga o Aotearoa, 254 Ohaupo Road, Glenview
31 May 2018	Hauraki Kaumātua Olympics, Silver Fern Farm Event Centre, Te Aroha
18 June 2018	Health Expo, Social Room, 50 Colombo Street, Frankton
21 June 2018	Hearing Clinic, 50 Colombo Street, Frankton
25 June 2018	Kaumātua Art, Social Room, 50 Colombo Street, Frankton



Arohanui  
Nā Pare Meha  
On behalf of the  
KMM Project team  
07-8476980 ext. 7214

## Kaumātua Mana Motuhake

Tēnā rā koutou ngā kaumātua o Te Rauawaawa. This kaupapa is about kaumātua talking to another kaumātua kanohi ki te kanohi. Since November last year, 68 kaumātua have had 152 conversations about what is important to them. Some of our kuia have said, “It’s like talking to my mum” and “I adore her, she’s wonderful.” Imagine it. Wow! How blissful to sit with someone who is totally listening to you and resting in their love. To the tuakana and teina who trust or give wholeheartedly to this kaupapa, 100s of thank-yous. Every one of you has been important in improving the quality of life for kaumātua. E kore e mutu te mihi ki a koutou.

Taihoa, there’s more. Our second and last group is starting in May. We can offer 55 kaumātua a place in this group as from today. We protect your privacy. We try our best to care for you and help you feel comfortable. If you’d like to be part of something small that can become something magnificent simply by talking a little about yourself, then this is the kaupapa for you. Looking forward to meeting you raurangatira mā. Waea mai (022 010 2320), kōrero mai hoki (just past the CEO’s office) .





# Rauawaawa at the Waikato Show 2018

For the first time, Rauawaawa featured at the Waikato Show held at Claudelands 6-8 April 2018.

Our staff spent 3 days promoting the services at Rauawaawa to thousands of people who attended the Show. Massage was on offer by our Mirimiri Therapist, Rachael Owen; while the rest of the team talked to many people, promoting the fantastic work done here at Rauawaawa. The team gave out information packs, sold raffles, plaques and bricks for our new facility build.

Thank you to everyone who visited our promotional stall. It was a fantastic opportunity and a special mention goes to Rauawaawa Trustee Rangi Manihera for arranging for us to be a part of the show this year.

Congratulations to the following winners who purchased raffle tickets.

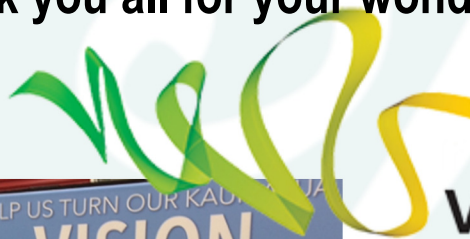
- **Lotto Board (\$83 value)** Winner: Emeremoetu Kingi
- **Grocery Raffle (\$120 value)** Winner: Tricia
- **Survey (Pounamu was kindly donated by Kereru Krafts)** Winner: Surya

All proceeds will go to the group of Kaumātua attending this years IronMaori Kaumātua event in Napier, the Music Moves ME programme for Kaumātua with Dementia and our Facility Upgrade.

A very special thank you to Kereru Krafts (carver Brent Kereru and whanau) for all their wonderful support and generous koha.

## Thank you all for your wonderful support

*connect, enjoy*



waikato show



**Above:** Rauawaawa Trustee Rangi Manihera with Health Team Manager/Practice Nurse Kath Holmes.



**Above:** Rauawaawa Staff: Wikitoria Williams-Hills and Donna Tilyard-Davies.

# Rauawaawa Kaumātua Charitable Trust

## 2018 Community Class Schedule



START DATE	COURSE NAME	DAY/TIME	COST	TUTOR
1 May 2018	Rorohiko (Computers) 55 years and over	Tuesday 9.30am – 11.30am	\$25.00	Patricia Heperi
1 May 2018	Performing Arts	Tuesday 12.30pm – 2.30pm	\$25.00	Maryanne Pohatu
2 May 2018	Crochet Group	Wednesday 9.30am – 12.30pm	\$25.00	Teresa Hohaia
2 May 2018	Healthy Cooking	Wednesday 12pm – 2.00pm	\$40.00	Maeana Watene
2 May 2018	Waiata /Whaikorero (Night class)	Wednesday 6.00pm – 8.00pm	\$25.00	Raiha Gray Chris Riki
3 May 2018	Kakahu	Thursday 9.30am – 12.30pm	\$25.00	Virginia Knowles
1 May 2018	Te Reo Class	Thursday 9.30am – 12.30pm	\$25.00	Wikitoria Williams-Hills
4 May 2018	Kotahitanga Socialisation Day Program	Friday 10.00am – 2.00pm	\$5.00 for Lunch	Kotahitanga Committee

**ALL** course fees are to be paid *directly* to the tutors of each class to pay for the time they donate to coordinating these classes.

Transport for community classes and other services is available for Kaumātua within the Hamilton city boundary and a koha of **\$5.00** requested to help ensure this service remains available to support Kaumātua.

### Health Programmes Term 2

<b><u>Diabetes &amp; Heart Support Group</u></b> Fortnightly Tues 10am – 12pm  1 May 2018	<b><u>Pumau ki te Tangata</u></b> Wednesday 10am – 12pm  2 May 2018	<b><u>Swimming 11 weeks</u></b> Thursdays 1-2pm Cost \$3 per session  See Huhana & Daphne for details.  3 May 2018	<b><u>Gym x 11 weeks</u></b> Tuesday 9-9.45am  Cost \$2 gym koha  1 May 2018
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