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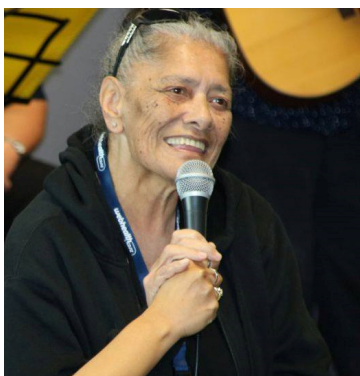
**Rauawaawa
 Kaumātua
 Charitable Trust**
 on



Kaumātua Idol 25 May 2018



MC - Toko Te Aho



Alice Nelson



Our beautiful Kuia

On 25 May 2018 we held our annual Kaumātua Idol at Te Wananga o Aotearoa Glenview. It was a wonderful day with plenty of entertainment. Once again we were joined by our whanau from Hauraki who brought their beautiful wairua and voices with them. Toko Te Aho from Te Korowai Hauora o Hauraki - Te Temu, was our Master of Ceremonies. He kept the event flowing beautifully. Dorne Eketone and Poipoi Tuhoe from Rauawaawa were our Judges. They had a difficult job but they did very well.

We had some wonderful performances by all our participants. We had many photos and videos on our Facebook page thanks to Megan Lacey.

Results:

3rd Place: Martin Henare

2nd Place: Clark Takiari

1st Place: Olive Martin

Peoples Choice Award: Herbie Whittaker



Martin, Clark, Olive



Uncle Herbie

Message from the Kotahitanga Committee

Ngā mihi nui ki a koutou, me a rātou kua hoki atu ki to tātou Matua i te Rangi.

Nō reira, tēnā koutou, tēnā koutou, tēnā tātou katoa.



Kiriata Matthews
Acting Coordinator
Kotahitanga Committee

Greetings to you and our love and condolences to our loved ones who have passed on. We were deeply saddened at the passing of our nurse Tracey's daughter. Ka nui te aroha ki te whānau. Haere e hine i runga i te aroha o te Atua.

At the end of last term we were privileged to hear Clark Takiari sharing his war experiences during our ANZAC Day programme. Eric Nelson and Tame Turinui also supported the day leading the Ode of Remembrance. Toko Te Aho was our Master of Ceremonies again at Kaumātua Idol in May. All the manutiori who participated made the day very enjoyable. It was especially lovely to hear Uncle Herbie and our first-time contestant and winner Olive Martin. Kaumātua Art allowed us to be amazed by the hobbies and arts of our kaumātua. There was variety, skill, patience and love in what they shared with us. Kotahitanga was visited by Midlands Health giving free flu and shingles vaccinations, Pakaru Tinana checking us out and a Better Homes roopu, including Canadians, wanting to meet kaumātua.

We look forward to our Kaumaatua Olympics on the 14th of September. We thank everyone who has contributed to our Kotahitanga programme.

Nō reira, nōu hoki ngā kaumaatua o Te Rauawaawa, tēnā rā koutou katoa.

Kiriata Matthews
Acting Coordinator

New Staff Member - Gina Smith

A little more than 7 weeks ago I had the pleasure of speaking with a wonderful advocate and ambassador for Rauawaawa. A week later I sat in the Community Training Room with 3 brilliant women and 5 days later started a new chapter in my Book of Life by working in reception.

As one of nine children "we may not have had it all, but together we had everything". Entertaining from a very young age, we graced the stage of many halls and never a better applause than after we had performed kapa haka.

As the eldest daughter I learnt many of life's lessons working by my mum's side. My passion, for art, food, decorating, music, family and God was always encouraged by my parents who lead by example.



Gina Smith
Reception

847-6980 ext 7201

NURSE'S CORNER



Kath Holmes
Health Team Manager/
Kaumātua Practice Nurse

847-6980 ext 7215

Top six tips to keep well this winter

1. Eating lots of green leafy vegetable and berries to boost your immunity
2. Wrapping up warm when venturing outdoors
3. Keeping your home as warm and dry as possible
4. Keeping active and getting some sunshine (when it is out).
5. Washing your hands regularly to stop the spread of nasty winter bugs
6. Ditching the handkerchief for some tissues that you can easily use and throw away in the bin.

Health Clinics

Hearing Clinic

The next hearing clinic Thursday 13th September. There are only 4 appointments so please be in quick and phone the Nurses to book your appointment with the hearing therapist today.

Foot Clinic

The Kaumātua Foot clinics are proving a popular need this year, so we are now having them once a month. Prioritised for those Kaumātua who are unable to attend to their own foot care, ***the next available clinic is Thursday 26th July.*** Bookings are essential via the nurse clinic so book in promptly.

Winter Breathing - Managing Asthma and COPD

During these colder winter months, we know chronic conditions are sometimes difficult to manage, particularly asthma and COPD. If you're struggling at home with your asthma or COPD, please contact us today and we will come visit you at home to discuss ways how you can keep yourself well this winter.

Nā Tracey and Kath



Tracey Northover
Practice Nurse

847-6980 ext 7216

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**.



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

Whanau Ora

Whanau Ora is about increasing the overall wellbeing of whanau so they are able lead full and satisfying lives. The service aims to improve the wellbeing of individuals within a whanau to ensure the whanau as a whole remains a strong and stable unit.

Whanau Ora provides advice and support to whanau to help navigate their way through multiple support systems and believes that with the appropriate services and support, they can become self-managing and achieve **their** whanau aspirations. It allows whanau to be at the centre of decisions that affect them and supports them to build a more prosperous future for themselves.

As the Whanau Ora Navigator at Rauawaawa my aim is to support and advocate for Kaumātua who are 55 years and over, to strive towards meeting their goals. This may include support around:

- Budgeting
- Transport to appointments
- Whanau Ora assessments
- Organising and facilitating whanau hui

For more information or support please contact Whanau Ora Navigator, Janette Kaumoana via Rauawaawa reception.



Janette Kaumoana
Whanau Ora Navigator
847-6980 ext 7217

Up and Coming Events

26 July 2018	Foot Clinic , Nurses Clinic, 50 Colombo Street, Frankton
10 August 2018	Spring Social , 50 Colombo Street, Frankton
23 August 2018	Foot Clinic , Nurses Clinic, 50 Colombo Street, Frankton
10 September 2018	Health Expo , 50 Colombo Street, Frankton
13 September 2018	Hearing Clinic , Clinic, 50 Colombo Street, Frankton
14 September 2018	Kaumātua Olympics , Rototuna High School, Kimbrae Dr, Rototuna
20 September 2018	Foot Clinic , Nurses Clinic, 50 Colombo Street, Frankton
28 September 2018	End of Term 3

Mauri Ora

Have you ever wanted to improve your fitness, stability or mobility?

Although the cold winter months are here, it should not leave us feeling as if we cannot enjoy some form of activity.

Come join us for either one of our health programmes, aimed to enhance your lifestyle, improve management of long-term conditions and maintain overall health and wellbeing.

- Diabetes and Heart Support Group
- Pumau ki te Tangata (Lifestyle programme)
- Kaumatua Gym Class
- Swimming Class – Hydrotherapy at Te Rapa Pools

Please see reception, if you wish to know more about any of these programmes.

Mauri Ora highlights this term:

- Cooking with the Diabetes and Heart Support Group and the Pumau ki te Tangata group. Using good fresh ingredients for healthy winter soups to help keep well this winter.
- Health Promotion
- Asthma/COPD – 25 May 2018
- Winter Nutrition / Immunity Smoothie – 18 June. Yummy smoothies full of goodness to boost your immunity during the winter months.
- World Smoke Free day – 22 June. If you have ever thought of giving smoking the 'boot', please come and talk to us today.

We hope you enjoy the rest of your winter, stay safe and well
Huhana and Daf, Mauri Ora



Daphne Vasea



Huhana Davis

Mauri Ora Community Health Workers

847-6980 ext 7222 / 7220



Kaumātua Cycling Workshop

A number of our kaumātua are taking part in the IronMāori kaumātua event this year so we were fortunate to be offered two cycling workshops from Cycling New Zealand this month.

During the first workshop, Cycling NZ's Mike Young and Sean Christian took our kaumātua through several exercises at Hillcrest Stadium, focusing on balance and stability, and bike maintenance, while the second workshop culminated in a road ride.

Kaumātua, Piwi Kerns, says she used to do a lot of cycling but lost confidence after suffering a mini stroke at the beginning of last year. The 69-year-old also suffers from arthritis but was determined to get back on her bike.

"The first workshop was my first time on a bike since my mini stroke," she says. "I was frightened to fall off but I'm glad I came because it's given me the confidence I needed to get back on a bike. They encouraged me and have kept an eye on me."



Mike says Cycling NZ work with people in the community who want to lead groups but also to provide adult education on how to ride a bike and be safe on the road. He says our kaumātua are inspirational.

"Some of them haven't ridden a bike for 30 years but they just got on with it. We had them riding around the track in a safe environment, before introducing a set of cones to weave through. We taught them how to look forward and they didn't even realise when we moved the cones in closer. It's been pretty cool."

Sean agrees it was a "cool opportunity" to work with our kaumātua.

"They're heaps of fun and are still wanting to learn. A lot of people are a bit worried about coming back into cycling, but you know the old saying, *it's just like riding a bike*? Well it is. Once they get over the nerves and confidence comes back, they're away again."

RKCT nursing manager, Kath Holmes, says she'd love cycling workshops to become a regular event for our kaumātua because it helps promote wellness, strengthens legs and core balance, and helps prevent falls. She also says socialising in the sunshine is good for the soul.

Kath's thrilled that Mike has also generously donated a road bike to Rauawaawa Kaumātua Charitable Trust.

"Mike knows we don't have the money to purchase a whole lot of bikes, which is what our overall aim would be. We want to get our kaumātua riding but the barrier is they don't actually own a bike or it's a bit hoha to borrow one. So, he's kickstarted our little bike group and donated a bike which he's done up. We're very appreciative to Mike and Cycling NZ for that."



Kaumātua Olympics - 14 September 2018

There have been significant changes in the planning of the Kaumātua Olympics this year with a new venue and a change in date. The venue has changed from the Claudelands Event Centre, to Rototuna Senior High School's gymnasium 'The Peak', Kimbrae Drive, Rototuna. This change will allow closer parking, making access to the building easier with amenities close by. The date of this event has also changed to Friday, 14 September 2018.



Another positive change is that we will be working alongside Rototuna Senior High School in planning and delivering the 'Kaumātua Olympics'. This will be a learning opportunity for the senior students as they participate in the preparation and development phase of event planning.

Rototuna High School Deputy Principal Heemi McDonald has had a long association with Rauawaawa Kaumātua Charitable Trust. He volunteered at the first Kaumātua Olympics that was held at the Hamilton Gardens in 2004. Heemi was the designer of the Rauawaawa logo.

It is our hope that Kaumātua will rally to support the Kaumātua Olympics 2018 by signing up to a Rauawaawa team or as a spectator, **\$20 per person (includes lunch)**.

So, don't delay, please register at reception with Gina. If you haven't experienced a Kaumātua Olympics with us yet . . . then come along and have a great time!

New Staff Member - Tony Barton

Kia Ora My name is Anthony (Tony) Barton the new Transport co-ordinator for Rauawaawa Kaumātua Charitable Trust. I was born in the Waikato (Huntly) and raised in Ngaruawahia by my Nan Violet Barton (Nee) Waruhia and Koro George Barton. I was lucky enough to have another two lots of Grandparents. George Waata and Rita Rakapa Falwasser from Tauwhare. Hazel and Mick Mahu from Tokoroa.



Tony Barton
Transport Coordinator
847-6980 ext 7210

I am Tanui, my Hapu is Maniapoto, My Marae is Te Koopua in Te Kuiti but I do not exclude my other grandparents, or my tūpuna marae which are many.

I have worked in the New Zealand military for 20 years as a Transport operator with operational deployments in between. In the latter stages of my military career I gained qualifications in training and instruction and enjoyed my career as a whole. I have also worked in Australia for 10 years in the oil and gas industry. However after a period of time found I needed to be home in New Zealand with my family and Mokopuna.

I look forward to talking to you either on the phone or meeting you all If I haven't already.

Rauawaawa Kaumātua Charitable Trust

2018 Community Class Schedule



START DATE	COURSE NAME	DAY/TIME	COST	TUTOR
24 July 2018	Rorohiko (Computers) 55 years and over	Tuesday 9.30am – 11.30am	\$25.00	Patricia Heperi
24 July 2018	Performing Arts	Tuesday 12.30pm – 2.30pm	\$25.00	Kiriata Matthews
25 July 2018	Crochet Group	Wednesday 9.30am – 12.30pm	\$25.00	Teresa Hohaia
25 July 2018	Healthy Cooking	Wednesday 12pm – 2.00pm	\$40.00	Maeana Watene
25 July 2018	Waiata /Whaikorero (Night class)	Wednesday 6.00pm – 8.00pm	\$25.00	Raiha Gray Chris Riki
26 July 2018	Kakahu	Thursday 9.30am – 12.30pm	\$25.00	Virginia Knowles
26 July 2018	Te Reo Class	Thursday 9.30am – 12.30pm	\$25.00	Wikitoria Williams-Hills
27 July 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 3

<u>Diabetes & Heart Support Group</u> Fortnightly Tues 10am – 12pm 24 July 2018	<u>Pumau ki te Tangata</u> Wednesday 10am – 12pm 25 July 2018	<u>Swimming 10 weeks</u> Thursdays 1-2pm Cost \$3 per session See Huhana & Daphne for details. 26 July 2018	<u>Gym x 10 weeks</u> Tuesday 9-9.45am Cost \$2 gym koha 24 July 2018
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