



GOLDEN AGE GAZETTE

Issue No 109 December 2011

KIA ORA AND WELCOME TO ALL OUR READERS

This edition brings Christmas greetings to all our Readers. With Christmas and New Year just upon us we have included some of the events that are coming up along with some recipes which many of you have requested be included in our newsletters again.

An article on Knowing your Rights is a timely reminder to us all about our rights as consumers and the obligations required for all providers. Well worth reading and keeping for reference. We have another list of interesting speakers planned for the next few months too.

At the close of 2011 we would like to acknowledge the time and effort so willingly giving by our volunteers at Arohaina. It is your love and input which makes both our Centre and the Community a very special place.

The last page of our gazette reminds us again of the true meaning of Christmas .

We hope that you all experience a special and memorable time and that you hear from those who are especially dear to you.

Have a very happy Christmas!

Miriam Swarbrick
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GISBORNE DISTRICT COUNCIL SPECIAL EVENTS FOR CHRISTMAS AND NEW YEAR 2012

Sun 11 December 2011 at 5.30 pm Christmas at the Pa Te Poho o Rawiri Marae

Sun 14 December 2011 at 6.00 pm Christmas in the Park

FREE CONCERTS AT MARINA PARK 6.00—8.00 pm

Bring a Picnic tea and enjoy our local artists



Fri 23 December 2011

Gisborne Concert Band

Fri 13 January 2012

Free Range (Classic Rock)

Fri 20 January 2012

Gisborne Country Music Club

Fri 27 January 2012

Barley Corn (Folk)

96.2FM Solid Gold Radio Station will advise cancellations after 3.00 pm on the day if weather is inclement.

St Andrews Presbyterian Church are having Carols in the Vines at Bushmere Estate Winery - Wed 21 Dec

Adults \$5.00 children are free 5.30 pm opening
6.30 pm carols



Bring a picnic tea. Alcohol is not able to be brought in to the venue, however, drinks and coffee are available to purchase on-site.

All proceeds are towards the Christchurch Relief Fund.

Please **BE AWARE** of Telephone marketing and speak to



Someone you trust before agreeing to or signing any agreements or purchases. Arohaina staff are available to help if you contact them on phone 867 7675

KNOWING YOUR RIGHTS

The Code of Health and Disability Services Consumers' Rights (The Code) confirms the rights of consumers and the obligations required of all providers.

Your 10 legal rights as a consumer and the duties of each provider are:

RESPECT

You have the right to be treated with respect, have your privacy respected and be treated according to the 'needs', values and beliefs' of your cultural, religious, social or ethnic group.

FAIR TREATMENT

No one can discriminate against you, harass you or exploit you in any way.

DIGNITY AND INDEPENDENCE

You are entitled to be treated with dignity and to have services provided that support your right to independence.

APPROPRIATE STANDARD OF SERVICE

You have the right to be treated with care and skill. Your services must meet your needs, minimise harm and optimise your quality of life while meeting legal, professional and ethical standards.

EFFECTIVE COMMUNICATION

You have the right to be given information in any form, language or manner that ensures you best understand what you are being told. Where necessary and practicable, you are entitled to a competent interpreter.

FULL INFORMATION

You have the right to have your condition fully explained along with your treatment options and associated costs, side effects, benefits and risks. You have the right to the names and qualifications of all staff treating you. You are entitled to a second opinion and to have all test results supplied to you in writing. You have a right to all information you need to give an informed consent.

INFORMED CHOICE AND CONSENT

Services may be provided to you only after you have made an informed choice and given informed consent. The rights of those with diminished capacity are outlined, as are situations where consent in writing is required. You can refuse services or withdraw consent.

SUPPORT

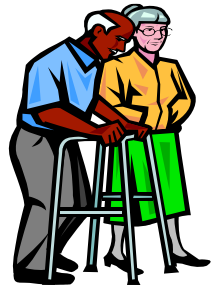
You are entitled to one or more support persons of your choice except where your safety or another consumer's rights are unreasonably compromised.

TEACHING AND RESEARCH

This applies if you are taking part in, or have been asked to take part in, teaching or research. You have the right to be told if your treatment is part of a research project and to know if that research has received ethical approval. You have the right to receive results of that research.

COMPLAINTS

You have the right to lodge a complaint about your service and to have it dealt with fairly, speedily and with regular updates on the progress of its resolution. The time frame for acknowledgement of complaints, acceptance or rejection and the reasons for any decision are spelled out further in the code. *Need to know more?* Health & Disability Commissioner's office 0800112233 or www.hdc.org.nz



NOTICES, INVITES

Sunshine Service - after another year of serving our community the Sunshine bus crew are having a well-earned holiday from Fri 16th December 2011- Mon 9th January 2012. Thanks! for the excellent Service you've all provided this year.



Arohaina Holiday Programmes

@ Arohaina Centre for Seniors Groups will be held on the following days: -

Mon 19 December 2011) All groups will include

Tues 20 December 2011) a light lunch

Thurs 29 December 2011

Thurs 5 January 2012

As of Mon 9th January 2012 our full programmes will commence again.

RECIPES

Breakfast made simple

1 serve rolled oats

1 apple grated (skin on)

Yoghurt (plain or flavoured)

Mix together the night before, refrigerate and enjoy a scrummy, healthy breakfast.



Christmas Chocolate Log

1/2 tin condensed milk

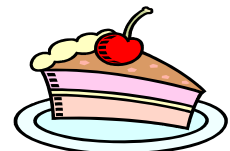
1 large cake of milk chocolate (not King size)

1 cup mixed sultanas, raisins, ginger, nuts, green and red cherries cut into small pieces

Melt chocolate over hot water, add condensed milk and fruit.

Leave to cool and roll in small log shape in coconut.

Last Christmas I gave two friends some of these in an air-tight container and they were very much appreciated as they still had the container afterwards for biscuits.



AROHAINA CENTRE FOR SENIORS - 396 ABERDEEN ROAD

PHONE 867 7675 EMAIL arohainacentre@wasstb.com

'DROP IN PROGRAMME' AT 10.00am \$3.00

*** Indicates there will be a sales table. Please bring along items such as baking, handicrafts and vegetables - All proceeds go to Arohaina.

DECEMBER 2011

- | | | |
|----|---|--------------------------|
| 7 | Recent law changes on Gifting | Ruth Quilter- Law Centre |
| 14 | Christmas Party - Morning tea and entertainment provided | |
| 21 | No Group
- refer to Alternative programmes highlighted under Notices | |
| 28 | No Group | |



JANUARY 2012

- | | | |
|-------|---|------------------------|
| 4 | No Group | |
| ***11 | Mystery Morning | |
| 18 | Why did some of our parents leave home? | Eva Richards |
| 25 | People to People/Sister City Exchange | Judy Livingstone - GDC |

FEBRUARY

- | | | |
|-------|--|--|
| ***1 | My Love for Natives | Kauri Forno - Womens Native Tree Group |
| 8 | Keeping Families Close - Line streaming technology | David Parker - Evans Funeral Services |
| 15 | Swim & Survive | Pam Bain - Researcher |
| ***22 | Sarong Song | Kath McLoughlin - Artist |
| 29 | Uniquely New Zealand | Grant Vincent - Chairman Forest & Bird Society |

MARCH

DONATIONS/GRANTS AND BEQUESTS HELP SERVE US

Arohaina would like to acknowledge with sincere thanks the support received from JN Williams Memorial Trust, NZ Lottery Grants Board, COGS and NZ Community Post.

Room for Jesus



The words "there was no room for them in the inn" Luke 2:7 remind me of a family trip many years ago. We had been travelling all day and I was trying to find a motel where we could spend the night. As we drove along the highway, our hopes were dashed time and again by the sight of NO VACANCY signs. As a father, responsible for the well-being of my family, I was frustrated and discouraged.

Then I thought of Mary and Joseph. How much worse it must have been for them when they arrived in Bethlehem and found no rooms available! I can imagine Joseph pleading with the manager of the inn, telling him of Mary's condition and their desperate need for a place where she could give birth to her child. But "there was no room for them in the inn." So when Jesus was born, His mother "wrapped Him in swaddling cloths and laid Him in a manger."

Today, 2,000 years later, millions of people have no room for Jesus. Although they participate enthusiastically in the festivities of the Christmas season, they keep Him out of their lives. The NO VACANCY sign is there. How about you? Is there room in your life for Christ? What better time than during this season to rededicate your life to Him or to receive Him as your Saviour!

Love

The Greatest Gift ...at Christmas time

*Is one we all may give -
A friendly smile that helps to make
Life easier to live.
A kindly thought, a helping hand
To show someone we care
And let them know how much it means
For us to have them here.
The greatest gift at Christmas time
Costs not a lot to buy -
It's being a good neighbour
As days and months go by.
It's offering a shoulder
When someone needs a lift
And so I pray this Christmas Day
That this may be your gift!*



Grace E Easley