



ROTORUA PACIFIC ISLANDS DEVELOPMENT CHARITABLE TRUST

Newsletter



VOLUME 1 | ISSUE 3 | MAY/JUNE 2021

What's Happening: May/June

- **Dance Fitness**
Date: Thursday Nights
Time: 6pm t 7pm
Rotorua Methodist Church
187 Old Taupo Road
Rotorua 3015
- **Rokovi Ira – Elderly Programme**
Date: Fridays
Time: 10am to 2pm
RPIDCT Office
1334 Hinemoa Street
Rotorua 3010

Inside This Issue

- **Health Corner**
- **Talei Kolibasoga**
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- **Essence of The Pacific Early Learning Centre**



The aims of save our sight

By Ula Thomas - Whanau Ora Health Navigator

To improve understanding our pacific islands people that eye health is an essential part of maintaining wellbeing.

To educate people about the realities of living with impaired vision and the importance of vision for performance of school, work and home.

To improve eye health of our pacific island people by raising its awareness and reducing the number of people who become blind from causes which are preventable.

10 Foods for good eye health?

- Lean dark greens: like silver beet, spinach, puha and dark salad greens.
- Berries – all kinds, black blue and red
- Orange, yellow and red vegetables: pumpkin, carrots, sweet corn, kumura and capsicum.
- Cruciferous vegetables: broccoli, bok choy, brussel sprouts, cabbage and cauliflower.
- Fish: particularly shellfish and salty fish as tuna, mullet salmon and sardines fresh or canned.
- Nuts: raw and dry-roasted, walnuts, almonds and pine nuts.
- Beans
- Olive oil – to make dressings for cooking

Common disease of the eye

Cataracts - are when the lens of the eye becomes cloudy. This restricts the amount of light that reaches the retina and affects vision.

Cataracts tend to develop slowly over a period of years. In the early stages, they may not produce any symptoms. However, without treatment (normally surgery) cataracts will get worse and eventually lead to complete blindness. In New Zealand, cataracts are a leading cause of vision loss in older adults. Causes and risk factors - the most common cause of cataracts is ageing, while other causes include other medical conditions, eye injuries, genetic defects and reaction to some medications.

Here are our top five tips for keeping your eyes healthy!

Looking after your eyes and keeping them healthy is one of the most important things you can do and it's actually quite easy.

1. Have regular eye examinations

You may think your eyes are healthy but the only way to really know is to have regular eye examinations. A regular eye examination checks your vision and assesses whether you need glasses or a new prescription. It also assesses the general health of your eyes and, using special tests, can check for things like:

- Glaucoma (optic nerve damage, often associated with pressure in the eye).
- Macular degeneration (deterioration of the retina).
- Cataracts (cloudy areas in the lens of the eye).
- Although glaucoma can't be cured, if detected early enough, it can be treated with eye drops, tablets, laser treatment or surgery.

2. Eat healthy food

Eating a diet rich in fruit and vegetables is good for all aspects of your health. Dark, leafy green vegetables such as kale and spinach are particularly good for your eyes. Dark berries, such as blueberries and blackberries, and oily fish are also good for your eyes. Don't forget about carrots – they really are good for your eyes.

3. Don't smoke

We all know that smoking is bad for our general health and that includes our eyes. Research has linked smoking to an increased risk of developing cataracts, age-related macular degeneration and other eye problems.

4. Wear your sunglasses

We all like to look cool in our sunnies, but their real benefit is protecting your eyes from the sun's harmful ultraviolet rays.

5. Watch your screen time

Staring at a computer or any type of screen for too long is bad for your eyes. It can cause eyestrain, headaches, blurry vision, dry eyes and trouble focusing at a distance. Try the 20-20-20 rule. Every 20 minutes, look 20 feet into the distance for 20 seconds.

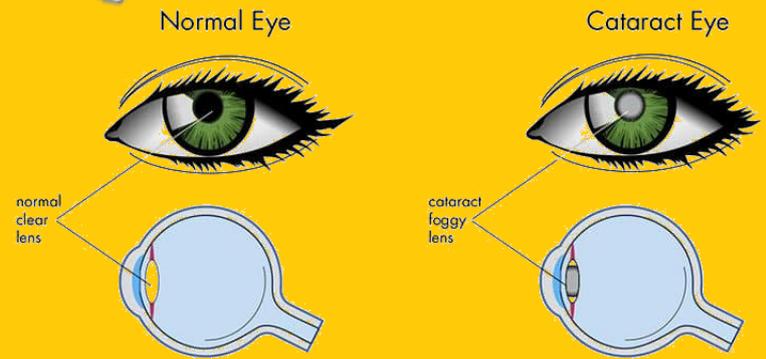
Cataracts are a natural part of ageing and are common in people over 60 years old. Most elderly people with cataracts have no other contributing health conditions or eye diseases.

Age-related macular degeneration - is a progressive condition, which results in loss or distortion of the central visual field, and is the leading cause of blindness in New Zealand. Key risk factors for the development of age-related macular degeneration are age and family history, but people can reduce their risk by avoiding smoking, consuming a diet with a variety of fruits and vegetables and regular fish intake, and avoiding exposure to UV light. Prognosis has dramatically improved for some people with age-related macular degeneration, as treatment with anti-vascular endothelial growth factor antibodies can stabilise vision loss and improve visual acuity. For people in the early stages of disease, dietary supplements may be beneficial to reduce the risk of progression. Age-related macular degeneration is one of the principal causes of blindness in older people in New Zealand

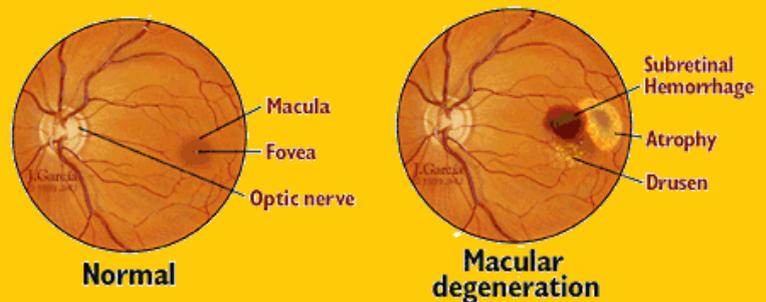
- Age and family history are key risk factors, along with smoking; smoking cessation is the most important step patients can take to reduce their risk
- Early disease is asymptomatic, but can be detected on eye examination. Patients aged over 45 years should be encouraged to have their eyes checked by an optometrist. General practitioners can conduct visual acuity testing and direct fundoscopy to check for changes.
- New anti-VEGF intravitreal injections are highly effective at reducing vision loss in patients with neovascular (“wet”) age-related macular degeneration
- Lifestyle changes to reduce the rate of progression in patients with age-related macular degeneration include smoking cessation, avoiding UV light, including fruits, vegetables and fish in the diet and considering dietary supplements, particularly containing lutein and zeaxanthin



Cataract Example Eye Chart



Macular Degeneration Example Eye Chart

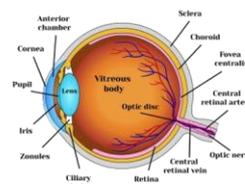


In New Zealand, there are disparities in eye health outcomes between Māori and Pasifika peoples and other ethnic groups in terms of uncorrected refractive error, cataract and other lens disorders, diabetic retinopathy and keratoconus. The underlying causes are likely to be due to higher rates of genetic and environmental risk factors alongside a lower rate of access to health services.

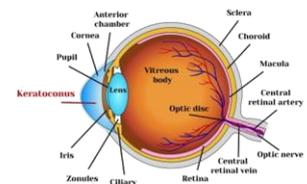
Māori are significantly less likely to wear corrective lenses than non-Māori (38.7% compared with 51.9% after adjusting for age) If they do wear corrective lenses, Māori are significantly more likely than non-Māori to find it difficult to see newspaper print well enough to read it and to find it difficult to see someone’s face clearly across a room (3.9% compared to 2.8% after adjusting for age).

Cataracts and other lens disorders are 1.5-2 times as prevalent in Māori compared to non-Māori up to the age of 84. Māori and Pasifika people are overrepresented in populations with diabetic eye disease. There is also some evidence that Māori access the diabetic retinal screening service at a lower rate than other ethnic groups. Māori and Pasifika people appear to have a higher than average prevalence of keratoconus.

Normal cornea



Keratoconus



Talei Kolibasoga

Bula Vinaka and warm Pasifika Greetings

It is with great sadness that we inform you of the passing of Mrs Talei Kolibasoga. Talei passed away on Wednesday 2nd June 2021. She has been employed as the Registered Nurse at the RPIDCT since 21st August 2020, she fitted in with us like a glove fits a hand – so much so that it is as if she had been a member of our team always. And how do you achieve that fit-well, it's a culture thing; we share the same values – professionalism, honesty, integrity, commitment, enthusiasm and passion to name a few. Talei had all of these qualities in abundance, but above all she was a really nice lady!

She is a valued member of the RPIDCT and she is deeply missed. She was a loving mother, we loved her sense of humor and laugh. She had the ability to heal hearts, she knew what mattered most however family meant everything to her. We appreciate all the hard work and effort Talei gave to the Rotorua Pacific Islands Development Charitable Trust. Please keep Talei's family in your thoughts and prayers as they go through this difficult time.

Vinaka vaka levu

Rotorua Pacific Islands Development Charitable Trust



“She is a valued member of the RPIDCT and she is deeply missed. She was a loving mother, we loved her sense of humor and laugh. She had the ability to heal hearts, she knew what mattered most however family meant everything to her”



Dance Fitness is back 2021 . . .

We are excited to announce our DANCE FITNESS Programme returns for 2021.

Group Fitness sessions with @ Move With Monz

Let's dance – our dance fitness programme gives you an amazing cardio workout and burns a surprising amount of calories. It can also improve muscular strength and muscle tone, and enhance your coordination, agility and flexibility.

"DANCE IS UNDOUBTEDLY ONE OF THE MOST FUN WAYS TO WORK OUT. IT BUILDS CARDIO FITNESS, IMPROVES STRENGTH, HELPS ALLEVIATE STRESS AND EASE DEPRESSION, AND UNLOCKS A WEALTH OF EXERCISE ENDORPHINS"

Moving to Thursday nights @ 6pm to 7pm

Rotorua Methodist Church

187 Old Taupo Road

Utuhina 3015



Thinking of joining?

- ✔ Bring your water bottle
- ✔ Bring smiles & laughter
- ✔ Open mind to learn and kick-start to your health journey

DOWNLOAD YOUR REGISTRATION FORM

<https://rotorupacificislandstrust.co.nz/wp-content/uploads/2021/05/Registration-Form-for-Programmes-2.pdf>

For more information contact our RPIDCT Team:

Phone: ☎ 07 347 7217 | Email: ✉ admin@rpidct.nz

Check out our website for the further information and the full-list of session dates:

Website: 🌐 rotorupacificislandstrust.co.nz/dance-fitness/



Thursdays – starting 27th May

DANCE FITNESS

with @movewithmonz

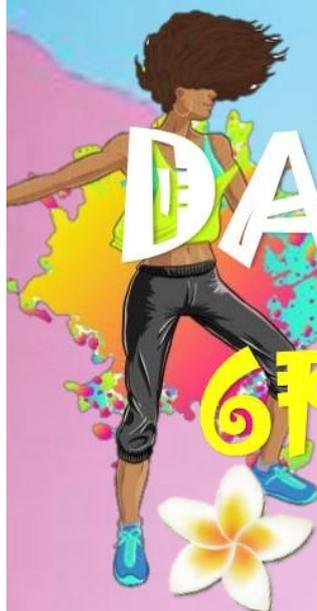
6PM TO 7PM

Rotorua Methodist Church

187 Old Taupo Road

FREE!

“Dance is undoubtedly one of the most fun ways to work out. It builds cardio fitness, improves strength, helps alleviate stress and ease depression, and unlocks a wealth of exercise endorphins”



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☎ 07 347 7217

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🌐 rotoruapacificislandstrust.co.nz

ROTORUA Pacific Islands Development CHARITABLE TRUST





Community Fono: COVID-19 Vaccination

By Amy Uluave – Community Engagement Coordinator

We hosted our Community Fono about the upcoming Covid-19 vaccinations/immunisation rollout plan on Saturday 22nd May – 10am to 12pm.

Where we encouraged our Pasifika communities to get informed about the vaccine so that they can make the best decisions for themselves and their families

We were lucky to have Janet Collins - COVID Immunisation Education Facilitator/Midlands to answer and discuss.

- New Zealand’s immunisation programme
- COVID-19 vaccine rollout plan and groups 1-4
- How the vaccine works
- Is the vaccine safe?
- What health information do I need to share?
- FQA’S Covid-19 Vaccine: Your questions answered
- Your Plan: How to book your appointment
- Getting your vaccination – what to expect?
- Potential side effects
- After your vaccination
- Also we discussed how cultural and religious values could influence your decision about getting the vaccine?

This was a great opportunity for our families and communities to get the facts about the Covid-19 vaccinations/immunisation rollout plan. If you are 65 years or over, you can book in now to get your COVID-19 vaccination through Lakes District Health Board

Please contact the booking centre on 0800 115 117 (please leave a message if your call is not answered) or you can also book in by texting 027 705 4176 with the following information:

- Your name
- Date of birth
- Contact phone number





Kaukaua Youth Programme

By Monika Bansal – Programme Coordinator

14th May • We held our CV Writing Workshop with Raniora Waru from SENZ Bay of Plenty. The workshop helps our youth prepare and find the right kind of job towards a successful and thriving future. Raniora will support them to into employment opportunities also.

SENZ also provide the FREE Tupu Aotearoa programme - previously known as the Pacific Employment Support Service (PESS), Tupu Aotearoa connects Pacific people with local providers who will support you to access work or learning opportunities on your journey to employment, further training or study.

The service is FREE if you are:

- Pacific Island descent
- 15 years + and are NZ citizens or permanent residents
- Not in education, employment or training

Other services include - training and qualifications, career advice, interview preparation and driver's license, PPE gear etc.

21st May • Our Kaukaua Youth went to the Aquatic Centre a great end to the busy week!

It was social swim and dip for the girls, and talanoa for the boys with a treat of Fish and Chips for dinner to end the session.

Our Youth Programme will be taking a break in the meantime, and will starting the programme again in late September/October.

Financial Workshop

By Tupou Kaloni – Programme Coordinator

Financial Workshop • Sessions 3 & 4 | Needs and Wants / Money Goals took place on Saturday 19th June.

Another great workshop with lots of learnings for our families. Its all about how we can make informed decisions about our money! By utilising the tools and strategies we now in place to stay in control of our money. We can't wait to see our families again for session 5 & 6 on Saturday 26th of July.

KAUKAUA YOUTH PROGRAMME

CV Writing and Drivers Licence session with Raniora Waru from SENZ





Waiariki Pasifika Connect

Last night (16th June), we attended the inaugural Pasifika Network Waiariki. The purpose for the night was to bring together and connect Pasifika people, leaders and organisations with an interest in engaging Pasifika communities.

The Pasifika Network Waiariki is a new collective made up of Pasifika providers from across the Bay of Plenty region including AvaNiu Pasifika, Pacific Island Community (Tauranga) Trust, Rotorua Pacific Islands Development Charitable Trust, Pasifika in the Bay Trust and senior Pasifika leaders from the Toi Moana Bay of Plenty Regional Council, Bay of Plenty Rugby Union and Central Government.

We are proud to be a part of the network and look forward to working together and growing our capability across the region. And look forward to hosting a fono in Rotorua in the future!

Dr Keaka Hemi from Hawaii (Assistant Vice Chancellor Pacific from the University of Waikato) was the guest speaker for the night!

Bay of Plenty Public Service Lead and Director of Education Ezra Schuster says they are looking forward to connecting Pasifika movers and shakers from across the region and all of the sectors for the first time. "The Bay of Plenty is an exceptionally diverse region - geographically, socially and culturally. While the Pacific population across the Bay is smaller compared to the main centres like Auckland, Wellington and Hamilton, the challenges our communities face are the same - it's just that the scale is smaller but the issues are the same". Ezra says the Pasifika providers in the region punch above their weight in delivering services and supporting our communities but they tend to do it in isolation from each other.



Strong families, strong futures

Whanau Ora



Whanau Ora is a family centered approach to strengthening the wellbeing and future of Pacific families. The Whanau Ora approach recognises the best solutions to family challenges come from Pacific families themselves.

Through this Programme, Pacific families are supported to achieve their aspirations in education, training, economic development, health, participation in the community, developing cultural capital, strengthening identity and family development.

Contact Ula at mereula.thomas@rpict.nz

Contact Tupou at tupou.cook@rpict.nz

Or phone 07 347 7217 to

speak with Ula or Tupou



IKALE TAHI | National Tongan Rugby

Come And Meet The Team

When: 25th June 2021

Where: Rotorua International Stadium - Devon Street West

Westbrook, Rotorua

Entry through - Gate 2

Time: 4pm to 5pm



Players from the Tonga National Rugby Union Team "Ikale Tahī" will be here to meet and engage with fans, this is your chance to get up close and personal with the team before ahead of their clash against the All Blacks!

We were also honoured to host the National Tongan Rugby team Ikale Tahī at Rotorua International Stadium on Friday alongside the Rotorua Tongan Community (Ko e kakai Tonga fakalukufua o Rotorua), Bay of Plenty Rugby Union and Rotorua Lakes Council.

The team started with a community meet and greet and some games with the team, followed by a private kava ceremony and official welcome!

Awesome to have Ikale Tahī in Rotorua before the lead up to their game against the All Blacks this weekend in Auckland.



Rokovi Ira Programme

By Ula Thomas – Programme Coordinator

During the month of May we had a visit from Talilotu MSD Pacific Liaison for the Bay of Plenty. A great session where we learn't about:

- How the ministry operates
- Pacific peoples and engaging with our communities here in Rotorua
- Entitlements and what you are eligible for?
- Careers and Disability Benefits
- Housing

And a great question and answers session to end before lunchtime. We also had Dr Aroha Ihaka from Western Heights Medical Centre facilitate our session on Diabetes. Where we discussed:

- Living well with diabetes
- How to manage our health & diet
- Fonofale diagram
- Family and diabetes
- If our Tipuna don't know what it is - should we be eating it?
- The new Diabetes medication to help manage our blood sugar levels, weight loss and keeping on top our Diabetes
- Cultural values and looking after our health
- Strategies to manage our Diabetes
- Prediabetes and Intervention

We also visited the Rotorua Aquatics Centre for various physical wellbeing sessions of aqua jogging as a group.

In June, we started JUST COOK 4 Healthy Ageing with the NZ Nutrition Foundation. Held at Linton Park Community Centre.

This programme is a 4-week programme for people over the age of 65 who want to be inspired to cook healthy, simple meals for 1 or 2 people. The programme focuses on building cooking skills and motivation to cook.



Happy Mother's Day

Happy Mother's Day to our incredible RPIDCT Mothers, today we celebrate you!

You are hardworking, talented, beautiful, patient, honest understanding, role models/leaders, strong, passionate, multi-skilled, and determined and all round amazing we would not be where we are today without you.

We also celebrate all our special mothers within our communities, churches and all over Aotearoa!

We love you and appreciate all that you do for us.

Gumboot Friday

We supported Gumboot Friday on the 28th May

For people struggling with depression, it can feel like walking through mud every day. Showing our support. By putting our gumboots on, and giving a gold coin, and taking a walk in their shoes for just one day.

It's a fun way for kiwis to join in the mental health conversation, while raising money to provide free and timely counselling for any young person in need.

HOW DO I DONATE:

You can donate via:

Internet banking
(Gumboot Friday Appeal as a payee)

In person at any Kiwibank branch

On Gumboot Friday via "Piggy-boots" at participating retailers and events (the organisers can deposit the money at a Kiwibank branch the next day)

Or you can donate here ↓

<https://givealittle.co.nz/org/gumboot-friday>



Essence of The Pacific Early Learning Centre

By ECE Manager – Sheela Rao

Kids Can Update

Our children are enjoying the healthy kai that Mele cooks for them. We will be changing the menu at the end of this term, and looking forward to new and exciting meals that will be served up next term.

Samoa Language Week Celebrations

Sunday 30 May - Saturday 5 June 2021

This year's theme for Vaiaso o le Gagana Samoa - Samoa Language Week 2021 was Poupou le lotoifale. Ola manuia le anofale which means strengthen the posts of your house, for all to thrive.

When you're building a foundation for a fale (house) it can't have a weak foundation or posts. This is the same for the foundations of our families, schools and churches that play an important role in strengthening Gagana Samoa (the Samoan Language). Language is important for the foundations of our overall wellbeing.

We are thankful to Pahulu and his fanau for sharing their culture with us throughout the month of May as we celebrated Samoan language week. They displayed their artefacts, showed us to make kai on the umu, read books of their culture with the children, and did stencil painting with the children.



Essence of the Pacific Early Learning Centre



Essence of the Pacific Early Learning Centre



*Ni Sa Bula Vinaka, Fakaalofa lahi atu,
Tālofa, Kia orana, Mālō e lelei, Mālō nī,
Talofa lava, Nau mai, Welcome!*

*We offer an supportive learning environment, which reflects the
essence of the pacific where everyone is welcome, and where our
Pacific languages, culture and identity are nurtured and celebrated*

We are a licensed Early Learning Centre where teachers are passionate about
early learning opportunities for our children and their fanau.
Guided by family aspirations, spiritual values and beliefs, and
make the most of teachable moments to encourage
dispositions of gratitude and kindness.

- **Open 5 days a week excluding public holidays 9am to 3 pm**
*(Longer hours are negotiable - *For over 2 year old's only, limited to 10 spaces)*
- **WINZ Subsidies**
- **30 FREE HOURS for 3-6-year old's** *(0-3yrs \$25 per week)*
- **Free lunches through KidsCan** *(morning/afternoon tea provided)*
- **Parenting support and advice available through
RPIDCT services - Whanau Ora and Talanoa Ako**
- **Free nurses clinic every Wednesday**
- **Celebration of Pasifika language weeks and community events**
- **Wide open spaces - set up in way that provokes
and promotes children's curiosity, awe and wonder.**



Contact the Team at Essence of The Pacific Early Learning Centre:

130 Sunset Road, Mangakakahi, Rotorua 3010

☎ 07 347 9895

☎ 022 0402 262

✉ Sheela@rpidct.nz

🌐 rotoruapacificislandstrust.co.nz

ROTORUA
Pacific Islands
Development
CHARITABLE TRUST



Toi Ohomai Institute of Technology | Huihuinga Hapori - Community Connect

We were invited to attend Toi Ohomai Institute of Technology | Huihuinga Hapori - Community Connect

It was a great experience to share information about our services and programmes with the students and their whanau.

We also prepared a GUESS THE FLAG OF THE PACIFIC ISLAND GAME to test the knowledge of the students as well! They did exceptionally well with their attempts to get all the answers right

It was also great to network and build relationships with other non-profit and community organisations!

Samoa Language Week

Talofa lava - Welcome to Samoa Language Week! the original Pacific Language Week to be celebrated in Aotearoa since 2007. Since then, it has gone from strength-to-strength with growing support and enthusiasm from across the country.

This year's theme for Vaiaso o le Gagana Samoa (Samoa Language Week) is Poupou le lotoifale, Ola manuia le anofale, or in English, 'Strengthen the posts of your house, for all to thrive'.

It references the Samoan fale (house) which can only survive the inevitable bad weather of everyday life when its pillars are sturdy. Like a fale, our individual and collective strength is the result of our inner posts that keep us grounded and secure. For Pacific people, these posts are our languages, cultural traditions, and identity.

And for our local Rotorua community check out the Fa'alapotopotoga Samoa-Rotorua page for local events and information here in Rotorua!

Fa'afetai tele lava,



Vaiaso o le Gagana Samoa Samoa Language Week Sunday 30 May – Saturday 5 June 2021



**Poupou le lotoifale.
Ola manuia le anofale.**

Strengthen the posts of your house, for all to thrive.

