

**WINTER 2018 QUARTERLY NEWSLETTER**  
Phone (06) 759 9196 | [www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concern Taranaki

*Serving the needs of older people*



**FREE NEWSLETTER TARANAKI WIDE**

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28 Young Street, New Plymouth 4310

Postal Address: PO Box 15, Taranaki Mail Centre, New Plymouth 4340

### OFFICE HOURS

10.00am - 2.00pm Monday to Friday

## BOARD OF AGE CONCERN TARANAKI

**Chair Person:** David Gibson

**Vice President:** Alison Howie

**Treasurer:** John Albers

**Board Members:**

Elisabeth Albers and Pat Rowe

## PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.

### COVER PHOTO

Our monthly outing in April included a visit to our stunning Te Rewa Rewa bridge. For some members it was a first time visit ever to the bridge, enjoying the spectacular scenery, sunshine and views of Mount Taranaki.

## A word from the Executive Officer's Desk...



Hello, my name is Keryn Roderick. I am pleased to be appointed as the Executive Officer for Age Concern Taranaki (ACT). I have joined a team of caring, knowledgeable staff. I am proud to be working with them and the ACT Board to achieve well being, rights,

respect and dignity for older people.

I have extensive experience in public health including portfolio management, health promotion and project management. I have held coordinator and portfolio management positions with Community and Public Health, Christchurch, National Health Service and Department of Health, England; and Taranaki District Health Board. Until recently I was working as a project coordinator at Taranaki Disabilities Information Centre Trust, prior to that I was a Portfolio Manager at Taranaki District Health Board (TDHB) where I also facilitated the TDHB Health of Older People Consumer Reference Group. I have a degree in Nursing, a diploma in New Zealand Policing and a Certificate in Management. I look forward to combining my skills at Age Concern Taranaki.

I moved to Taranaki seven years ago with my husband and children. I love the closeness to the mountain and the beaches. I grew up on the east coast in South Canterbury. In the distance from our house I could see both mountains and ocean; from all my travels since I left South Canterbury, Taranaki is the place I feel most connected.

I look forward to hearing from you and meeting you over the coming months. I am always happy to receive feedback on Age Concern Taranaki. Positive feedback is great for me to be able to pass onto the staff and ACT board. Negative feedback is good too, as I can use it towards quality improvement so that Age Concern Taranaki can live up to its vision as the lead organisation in Taranaki that connects, supports, empowers, celebrates and respects all older people in an inclusive society.

*Keryn Roderick*  
Executive Officer

## Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door. Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

*Editorial supplied by Driving Miss Daisy*

## Driving Miss Daisy - we're there for you!



Driving Miss Daisy is your safe, friendly and reliable companion driving service.

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New Plymouth East

Ph: (06) 751 0209 Mob: 027 773 3268



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## On the coast

Tainui Day Care are held at the St Barnabas Church at 142 Tasman Street in Opunake and for just \$2 you get gentle exercise, socialisation, morning tea and a varied program of activities. Be prepared to be greeted enthusiastically by one of the volunteers, including Jenny with her warm smile and welcoming hugs, they even have a resident bell-ringer! He may share if you ask nicely though.

Regular outings and excursions are also organised on occasion, new guests and new volunteers are welcome!



### Age Concern Taranaki (Inc) thanks the following organisations for their support and sponsorship



**Disclaimer:** The information contained in this newsletter is not necessarily the view of Age Concern Taranaki. While it is believed to be correct, readers should consult their own advisers.

## From the South

Temperatures dropped significantly and our Maunga went from being naked to having snow past the tree line. A few storms have hit us hard also but we have bounced back in true Taranaki spirit. Clients and volunteers came together to make sure everyone was alright, helping to clear away fallen trees and debris.

Stratford and Hawera Falls Prevention Class are continuing to be well attended with numbers well into 12 - 20 people. Prediction is that as the weather cools we may see only the most hardy of souls venturing out. We are also pleased to announce the beginning of the Eltham class which started off with 10 in attendance and expressions of interest from another 6. We are so very grateful to the All Saints church on King Edward St, Eltham for being so supportive and pro-active about getting this valuable program going.

Our Social Mornings have been varied and well supported, many people just dropping in to see what it is about, we remain quite high profile in the community. We have been running games, craft activities, and talks on relevant topics. Sometimes we just stop for a chat and a hot drink. In Stratford we made Winter Wellness Lip Gloss, full of natural yummy ingredients that we ate more than we smeared on our lips!

*Sheba*

South Taranaki Community Worker



### Age Concern Taranaki Volunteer AVS Training Event REGISTER NOW!

10am - 12noon 7th June 2018  
Presbyterian Church - 35 Argyle St, Hawera

A free training event for current AVS Volunteer's and potential volunteer's to learn more about the service.

*Morning Tea provided*

**Topics Include:** Cognitive Stimulation Therapy (CST) - a drug free alternative for sufferers of Dementia, Cultural Competence and the Treaty of Waitangi, Age Concern Accredited Visiting Service - how you can help?, Elder Abuse - Recognising Elder Abuse and what you can do.

**RSVP:** 31 May 2018 by calling 0800 243 625, Txt: 027 335 1680, Email: leah.act@extra.co.nz or message Age Concern Taranaki Facebook page with your name and number.



Enliven creates elder-centred communities that recognise the individual and support people in a way that's right for them.

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



## Elder Abuse Response

Greetings to all. My name is Sinead Thomas. The Elder Abuse Social Worker for Age Concern Taranaki. A reminder that my role is to respond to any allegations of suspected Elder Abuse throughout Taranaki.

With the cooler weather approaching I encourage everybody to stay warm and prepare for winter. However, remember to check the safety of heating systems such as fire places and any electrical hazards such as electric blankets. Assessing a person's environments is included in the work I do, and it is quite worrying when there is a noticeable fire hazard; especially if the person lives alone. If you need any assistance to check this ask a friend or family member. The fire brigade are also very helpful to check fire alarms etc. too.

As highlighted in other areas of this newsletter, loneliness is very bad for one's health. It is important to remember that being lonely as an older person increases vulnerability immensely. I have noticed an increase of referrals where people are being financially abused and/or neglected because offenders are easily able to visit the older person knowing there won't be anyone else there. These people are literally being targeted. If it becomes known that an older person is on their own most of the time an abuser might 'try their luck' and begin visiting. This can seem very innocent, but the person or people may have a hidden agenda. Eventually they may start asking for money or other valuable resources. I am certainly not stating that every single person who visits an older person is being abusive, but if you start being visited by somebody not known to you, just be wary and perhaps tell somebody you trust so they know and can keep you safe.

I would like to encourage those who do not have a Power of Attorney (POA) to think about visiting their lawyer and getting one put in place. This protects anybody from being abused providing the person being appointed will act in your best interest. This person will generally oversee your personal welfare and finances/property. A POA can be for a fixed term and revoked at any time providing you still have mental capacity. It is very important to understand

the difference between a POA and an Enduring Power of Attorney (EPOA). An EPOA will act on your behalf once mental capacity is lost so it is paramount that you chose who this person or people will be while still having mental capacity and think about who you trust and know they will act in YOUR best interests. Otherwise, the family court will decide who is appointed and this can, at times, cause issues.

Age Concern Taranaki is now a member of the Taranaki Safer Families Trust. This is great news as it involves working closely with other professionals to work towards preventing Family Violence occurring at all levels in the Taranaki community.

The Elder Abuse Advisory Panel is now up and running. This involves meeting bi-monthly at the hospital in New Plymouth. A diverse range of professionals attend these meetings and offer advice on how I can best support my clients. They have expert knowledge in their fields of practice and include professionals such as TDHB staff, a lawyer, Work and Income, mental health services and many more. These people help direct me if I have a challenging case that may require some urgent assistance.

Feel free to contact me on (06) 759 9196 or pop in for a chat in person at 28 Young Street New Plymouth

*Sinead Thomas*  
Elder Abuse Response Services



**ELDER ABUSE**  
IT'S NOT OK **SPEAK OUT**

**0800 EA NOT OK**  
**0800 32 668 65**  
FOR OUR FREE AND CONFIDENTIAL HELPLINE

## Taranaki's hearing, caring specialists

With over 20 years of experience working in the Taranaki region, we know and value our customers and community. Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. We're the only 100% Taranaki owned and operated independent audiology practice in the region with the largest supply of hearing products available. This means we are able to tailor a hearing solution to suit you.

Our staff and experts are passionate about healthy hearing, providing our customers with the most recent technology based on the latest research. The team is dedicated to providing excellent customer service, ensuring that all of our clients are given the utmost care and respect. Most of all, we're dedicated to helping

you achieve healthy hearing, so you can enjoy everything life has to offer.

In New Zealand, we are fortunate to have access to a wide range of funding avenues to assist with the purchase of hearing solutions. We can work with you to determine the best method of funding. Whether you want a simple product to help you be more present in conversations with family and friends, or the latest gadget to connect to your smart phone, we have all bases covered. With longer appointment times, we really take the time to listen.

**Call 0800 751 000 to book in with one of our experienced Audiologists to see how we can help you hear better!**

*Editorial supplied by Central Audiology Taranaki*

**Good to hear...**

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Taranaki owned and operated since 1998

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TARANAKI



## AGE CONCERN WELCOMES AMERICARNA

Red, White and Blue, Stars and Stripes, Muscle Cars, Flags, Fun, Music, BBQ and Ice Creams were the flavour of the day at our Americarna Street Party held at 28 Young Street, New Plymouth. With a crowd of 50 or more members and guests we welcomed our Americarna visitors to Taranaki, American Style. Yeehah.

I invited everyone to dress up for the occasion which was such good fun and we were joined by 5 car enthusiasts who were “revving it up for us”, taking people for rides in their cars with flags flying and musical air horns all adding to the “Americarna” theme. In a collective effort with The Taranaki Disabilities Information Centre Trust, our decorations, balloons and 60’s memorabilia just “rocked”.

*Pauline Julian*  
Community Worker



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## Lip Gloss

The ladies of Stratford made Lip Gloss as a part of a seminar on simple ways to stay well this Winter.

### Recipe:

2 tbsp Coconut Oil

1 tbsp Manuka Honey

*Optional:* A few drops of Essential Oils, or Food Colouring, we used red.

Melt together and mix until starting to set again, decant into pots. Safe to eat!



## Live Stronger for Longer - Prevent Falls and Fractures

ACC has joined forces with Sport Taranaki to support the development of approved community strength & balance programmes to help reduce the number of falls in our older population. This programme is part of a nationwide initiative.

Age Concern Taranaki has four trained instructors with several classes already up and running across the district. Please refer to the article with class dates, times and venues. We welcome participation in these classes if you fit the following criteria.

### Participation Criteria

- Adults over 65 years or of like age
- Cognitively intact and live and function independently
- Potential to or physical capability to be ambulant with or without aides
- Able to committed to attend one class per week
- Considered medically stable or have a signed recommendation from your GP
- Answer yes to one of the following screening questions

### The Screening Questions Are

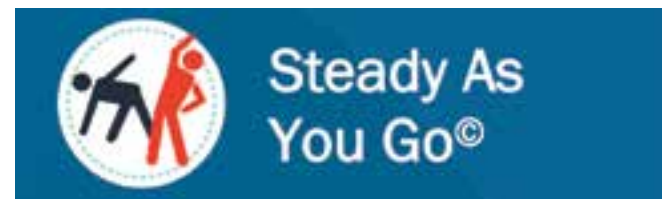
- Have slipped, tripped or fallen in the last year
- Use your hands to get out of a chair
- Have stopped doing some activities as I am afraid of losing balance
- Worry about falling

Any medical conditions that may be affected by exercise has to be cleared by a GP prior to participating.

Physical fitness can be defined by having 'The ability to carry out daily tasks with vigour and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies.'

A basic fundamental of life is to be fit - The choice is yours.

We look forward to growing stronger together through participation in one of our classes – see you there...



## Falls Prevention

### Exercise for strength and balance

#### Monday 10.00am

Tainui Daycare, 142 Tasman St, **Opunake**

#### Tuesday 10.00am

Presbyterian Church, 35 Argyle St, **Hawera**

#### Tuesday 10.30am

St Marys Complex, 37 Vivian St, **New Plymouth**

#### Thursday 10.00am

All Saints Church, 88 King Edward St, **Eltham**

#### Friday 10.00am

St Andrews Church, 88 Regan St, **Stratford**

#### Friday 11.00am

Disabled Citizens Society, 83 Hine St, **New Plymouth**

### Contact Age Concern Taranaki Co-ordinators

**Pauline, Sheba or Marguerite on 0800 243 625 or (06) 759 9196 or txt 027 335 1680.**

## Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to [www.whatsmynumber.org.nz](http://www.whatsmynumber.org.nz) will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

### Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

Visit [www.energywise.govt.nz](http://www.energywise.govt.nz) for more information.

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## Shopping Service Volunteering Experience

**Volunteer: Ed Age: 35**

I had been looking to do some voluntary service for at least a year. I had made some enquiries about volunteering during this time, but never got around to committing to a project. I heard Age Concern Taranaki was looking for helpers for their shopping service and this sounded like a good idea. I had recently lost a grandparent who lived on the other side of the world so was aware of the fragility of ageing.

My motivation for volunteering with Age Concern comes from the awareness that there are many older members of society who experience loneliness and a lack of independence. It's easy to forget someone who might spend most of their time within the confines of their own home, behind closed doors. And I've often asked myself how I would feel if I was much older, living by myself with no ready help at hand; just the thought is disabling enough in itself.

As a shopper/driver I became more efficient as time went on and learnt to be more patient, and appreciate not all people fit the same mould. My time with the client averaged 1.5 hours every two weeks; working out at only 45 mins a week. A reasonable time commitment, especially when you consider how long the average person might spend scrolling

mindlessly on their smartphones every week. The whole experience was rewarding and satisfying overall. I volunteered for three years with a single client at Age Concern and only decided to cease my service as my work life became less flexible. This does not mean I wouldn't enrol for the same service in the future, as I believe Age Concern plays an invaluable role in Taranaki society.

Consider volunteering with the Shopping Service there is always a need.



Marguerite Burr - Shopping Service Coordinator and SAYGo Steady As You Go Falls Prevention Coordinator is pictured at the LIVE STRONGER FOR LONGER TARANAKI EXPO held at The TSB Stadium in New Plymouth.



**For more information email  
info@ageconcerntaranaki.org.nz or  
Phone North Taranaki 759 9196 or  
South Taranaki 0800 243 625**

**Aqua Walking** - This is held weekly on Monday mornings at The Aquatic Centre 10am. Gold coin donation. Please phone our office (06) 759 9196 to register for Aqua Walking.

**Drop In Cafe** - This cosy Drop in Cafe is held on the first, third and fourth Thursdays of the month. Come along and join us at 10am for a cuppa and great company at 28 Young Street, New Plymouth.

**Social Morning** - Our Social morning at 28 Young Street is held on the second Thursday of the month. We have Guest Speakers who provide the group with relevant information and health education and other interesting topics. Starting with morning tea at 10am.

**Warm Up Wednesday** - This fun filled morning of Singalong continues every second and fourth Wednesday of the month. Come along and enjoy a great singalong, morning tea, fun, music and make friends. A light lunch is served at the conclusion of the morning. 10am - 12.30pm. Gold coin donation.

**Monthly Outing** - The first Wednesday of the month is our Outing. A great day out incorporating lunch and a visit to a place of interest. Please phone Pauline to express your interest.

**Saygo** - Steady As You Go, Falls Prevention Strength and Balance Classes are held in New Plymouth, Tuesday 10.30am at St Mary's Complex Lounge, 37 Vivian Street, \$3 per class and on Friday 11am at Disabilities Citizens Rooms, 83 Hine Street \$2 per class.

## Healthcare New Zealand

Being independent is key to our quality of life. For most people, that means staying in our own homes, close to our family, friends, communities and favourite activities.

Sometimes we need a hand to maintain our independence, and that's where HealthCare New Zealand can offer high quality help, tailored to your lifestyle.

HealthCare New Zealand supports people around the country with personal care, home management and domestic support, nursing services and rehabilitation. Their specialist skills, knowledge and expertise lets them work with you to create a plan that suits your needs, regardless of age, illness, injury or disability.

With a national network of experienced and trained professionals, HealthCare New Zealand works alongside people and their families each step of the way, with a personalised support plan that incorporates your needs and goals.

With a toll-free 0800 number and website - www.healthcarenz.co.nz - it's easy to get the support that works for you.



With over 30 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

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- Goal based services

Our services are fully certified and in some cases may be free for eligible residents.

We also support privately paying clients.

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Editorial supplied by Healthcare New Zealand

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## Top 10 wellness tips for Winter

The winter season is almost upon us, and now is a good time to start thinking about how you can keep yourself and family healthy this winter.

### 1. Flu vaccination

Everyone will be better off if they have the flu vaccine as it will help stop the spread of flu. You can talk to your doctor about the influenza vaccination which is offered between March and July and might even be free for you! For more information visit [www.fightflu.co.nz](http://www.fightflu.co.nz) and [www.immune.org.nz](http://www.immune.org.nz)

### 2. Washing hands

Winter illnesses are easily spread by our hands. So remember to wash your hands regularly and correctly, especially after using the toilet and before preparing food. Don't forget to wash both sides of the hands and between the fingers for at least 20 seconds, use soap and dry completely with a paper towel or clean dry towel when finished.



### 3. Exercise daily

Just a 30 minute walk outside each day gives you some fresh air and really helps your body get stronger to fight off those winter colds and flu.

### 4. Eat healthy

Eating a healthy diet really helps build your immune system and keeps you feeling and looking well. Make healthy choices by enjoying a good selection of fresh vegetables with some lean protein and try to reduce sugar and salt in your diet. If you are interested in healthy food ideas you can visit [www.healthed.govt.nz/health-topic/healthy-eating](http://www.healthed.govt.nz/health-topic/healthy-eating)

### 5. Fresh air in your home

Open windows during the day even for a short time and then close them before the sun goes down or before you turn on the heating. Making sure your home is well aired helps keep your home dry and your family well.

### 6. Dampness

A simple little tip like keeping the bathroom door closed when showering or bathing can lessen dampness settling around the house. Too much dampness allows mould and mildew to grow and can lead to respiratory illness.

### 7. Dehumidify

If possible use a dehumidifier in your home it can help keep your home dry, especially if there is a lot of moisture or dampness.

### 8. Coughs and sneezing

If you are coughing or sneezing then you may be spreading bugs, and the best way to avoid this is to stay away from work or school. Also make sure you don't cough and sneeze around babies and small children due to their developing immune systems as they can get sick very easily.



### 9. Quit Smoking

If you do smoke, then smoke outside and away from enclosed spaces and never smoke around children. If you do want to stop smoking, don't do this alone instead visit [www.quit.org.nz](http://www.quit.org.nz) for support and help to quit today.

### 10. Health advice only a phone call away

If you or your child is feeling unwell you can get free health advice from trained registered nurses by phoning Health Line, a 24 hour 7 day a week service on 0800 611 116. Discussing what can seem like a small health issue early, can help from getting worse or becoming a bigger problem in the future.

## Winter energy payment to help older people

The Government is introducing a new winter energy payment to help older people and people on a benefit stay warm and healthy through winter.

You don't need to apply to receive the payment. It will be paid automatically to everyone getting NZ Super, Veteran's Pension, Jobseeker Support, Sole Parent Support, Supported Living Payment or a Youth Service Payment. People can choose to opt out of getting it.

This year, the Winter Energy Payment will begin from 1 July to 30 September and from 2019 for five months from 1 May to 30 September.

The rate for single people (with no dependent children) will be \$20.46 a week, and couples or people with dependent children will get \$31.82.

The Winter Energy Payment won't affect other payments such as Disability Allowance, Accommodation Supplement, Temporary Additional Support or Childcare Assistance.

If people are overseas for longer than four weeks, their Winter Energy Payment will stop while they're out of the country. People who are getting Residential Care Subsidy or Residential Support Subsidy won't be eligible for the Winter Energy Payment.



Go to [www.facebook.com/ageconcerntaranaki/](http://www.facebook.com/ageconcerntaranaki/) to follow us on Facebook.

### "What we love about MiLife Bell Vista"

**"I can relax, knowing that Mum is happy in a safe, friendly village."**

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**Call Michelle Stewart on (06) 755-2880. [www.milife.co.nz](http://www.milife.co.nz)**

All occupation licences for units at the village are secured by a first-ranking mortgage over the village land in favour of the Statutory Supervisor.

### MEMBERSHIP IS DUE FOR 2018-2019

Please complete the following and return with payment to: Age Concern Taranaki, 28 Young Street, New Plymouth - Ph: (06) 759 9196 or South Taranaki: 0800 243 625 or post to PO Box 15, Taranaki Mail Centre, New Plymouth 4340

Name: .....

Address: .....

Phone: .....

Email: .....

Subscriptions (please tick):

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Corporate \$45.00

Paid by:  Cash  Cheque  Direct Credit

Bank account: 15-3953-0717362-00 (Ref: Your name)

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## QuinLaw - Barristers & Solicitors

### GIFTING

Gift giving has always been a bit of a minefield. The first big issue was and is if you are going to be applying for a Rest Home subsidy in the future. WINZ has, of course the right to know what gift giving has occurred when you are asking for a government subsidy to cover your Rest Home care costs.

Just when we thought we had the latest word on gift giving in terms of IRD and WINZ for estate planning, but wait there is more. There is no longer gift duty, so the IRD does not feature at all as a consideration.

The IRD tax on gift giving (was anything over \$27,000.00 per annum) has been removed but that sum has stayed around as appropriate gift giving in some circumstances.

There is also the sum of \$6,000.00 which WINZ will permit as gift giving per annum. That is gift giving in the five years prior to seeking a Rest Home subsidy. For those who will not be seeking a Rest Home subsidy gift giving is not relevant.

Here at QuinLaw we have many elderly clients and their families. We enjoy working with them and helping them understand and organise their property and assist them to obtain best outcomes for their property and personal affairs.

QuinLaw's experienced team will be happy to assist you.

**Call us today on (06) 769 9687 or visit [www.quinlaw.co.nz](http://www.quinlaw.co.nz)**

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