

**SUMMER 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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### OFFICE HOURS

10.00am - 2.00pm Monday to Friday

## BOARD OF AGE CONCERN TARANAKI

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**Treasurer:** John Albers

**Board Members:**

Elizabeth Albers, Marianne Pike, Alison Brown

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CALL US AND WE WILL COME TO YOU!

## A word from the Team

We wish everyone a happy and relaxing summer.

*Keryn, Pauline, Aylene, Sinead, Marguerite and Ann*

## What's On start dates for 2019

### NEW PLYMOUTH

**Aqua Exercise** - Monday 4th February, 10.15am at Todd Energy Aquatic Centre

**Drop in Café** - Thursday 7th February, 10.00am at 28 Young Street

**Social Morning** - Thursday 14th February, 10.00am at 28 Young Street

**Warm up Wednesday** - Wednesday 13th February, 10.00am at De Burgh Adams Lodge, 9 Lawry Street, Moturoa

**Monthly Outing** - Wednesday 6 March, to be arranged

### HAWERA

**Coffee Morning** - Thursday 7th February, 10.30am at St John's Presbyterian Church, 35 Argyle Street, Hawera

### STRATFORD

**Coffee Morning** - Friday 14th February, 11.00am at St Andrews Presbyterian Church Hall, Regan Street, Stratford



## Christmas Hours

**Our office will be closed from Friday 21st December and reopen on Tuesday 8th January 2019.**

**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.

## Brighten up your festive season

For many, Christmas is a time of family togetherness, the sharing of meals, relaxing together over a holiday break, youngsters playing whilst the adults watch on. Backyard cricket, bbq's, afternoon siestas, long days at the beach, camping, picnics packed in chilly bins and Christmas cake with a cuppa. It's a wonderful season and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

In contrast, the festive season can also be a time of quiet reflection, contemplation and memories for many; remembering loved ones and reminiscing of wonderful Christmases and holidays gone by.

At Driving Miss Daisy, we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you – here are a few ideas:

- Christmas card shopping & posting
- Christmas gift shopping for loved ones
- Clothes shopping for special occasions
- Companion driving to end of year functions & events
- Companion driving to church & carol services
- Grocery shopping for special Christmas meals and treats
- Airport and transport transfers (including at departure and arrival ports)
- Christmas light tours
- Festive outings with a group of friends

Driving Miss Daisy is committed to helping our clients get out and about, so they can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, to assist with walkers or wheelchairs.

Call us today to discuss your festive season requirements. If there's something you need help with we'd be happy to talk through the options.

**New Plymouth – Mel Henshilwood**  
(06) 751 0209 027 773 3268

*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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- Transporting you to your appointments
- Grocery shopping
- Airport pick-ups
- Companion outings
- Taking children to outings
- Transporting your pet!

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New Plymouth  
Phone: (06) 751 0209  
Mobile: 027 773 3268



Driving Miss Daisy®

[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)

## Let TSB Festival of Lights Brighten Your Night

The TSB Festival of Lights is bringing back its popular Summer Seniors series this year, to brighten your days and nights. The festival runs from Sunday 16 December to Sunday 3 February 2019, with lights on from 8.30pm to 11pm every night.

Events range from afternoon tea in the beautiful TSB Bowl of Brooklands with music by the Mountain Duo Babyboomers, to a relaxing session of pilates in the park. The entertainment programme has music for all tastes, from The Frank Burkitt Band, who play original music inspired by folk, jazz, blues and swing, to the Devon Hotel New Plymouth Brass Band.

A new festival hub in the Bellringer Pavilion car park will give festival-goers a central hub for information. This means that the car park is restricted to pedestrian access only, however, eight disabled carparks are being installed on Fillis St so there will continue to be great accessibility for our disabled community. There will also be a drop-off zone outside the main gate. The health and safety of our community is very important to NPDC, so restricting this area to pedestrian-only will ensure we are doing everything we can to keep the public safe during their visits to the festival.

The festival has two wheelchairs available for hire and the Taranaki Disability Information Centre has four mobility scooters for hire, all of which can be booked by phoning (06) 759 6060 or emailing [enquiries@npdc.govt.nz](mailto:enquiries@npdc.govt.nz)

For those with limited mobility or are vision impaired, the access and inclusion evening, taking place before the festival kicks off, will give you the chance to enjoy the festival from the safety of your own vehicle.

To find out more contact Neisha Herbert: [Neisha.herbert@npdc.govt.nz](mailto:Neisha.herbert@npdc.govt.nz)  
Can't wait to see you there!

## International Day for the Older Person 2018

This year Age Concern Taranaki celebrated International Day For Older Person, inviting other organisations and service providers to attend and collaboratively share information to all our valued members and friends who attended. The Taranaki Disability Information Centre, Sport Taranaki and Healthcare NZ were all present at this fabulous morning which attracted a large crowd and everyone had the opportunity to meet and see what is available to them in our community and how we can all help people in various ways.



I also included some much loved singing/music on the day which puts a smile on everyone's face, along with some interactive games and fun activities we all enjoy.

I would like to thank Brian and the team from The Taranaki Disability Information Trust and the fantastic bbq lunch they provided on the day, it was awesome. To my valuable volunteers who helped out on the morning, Joan and Joy and of course Glenda, where would I be without you! THANKS

To conclude the morning I had organised a Celebration Cake and pictured is one of members Mildred - who was also celebrating a birthday, along with Age Concern Executive Officer Keryn doing the honours in cutting the cake on this special occasion.

*Pauline Julian*

Community Worker, Age Concern Taranaki



# Super summer events for seniors

The TSB Festival of Lights is bringing back its popular Summer Seniors series to brighten your days and nights.



## TSB Festival of Lights



### What's on

The Summer Seniors programme has something for everyone. Events range from afternoon tea in the beautiful TSB Bowl of Brooklands accompanied by the Mountain Duo Babyboomers to a relaxing session of Pilates or tai chi or enjoying a brass band in the park.



### Getting there

The Bellringer Pavilion car park will be turned into a central hub for information and will be closed to cars in the evening. Eight more disabled carparks are being installed on Fillis Street to help improve access for those from the disabled community. There will also be a drop-off zone outside the main gate.

### Getting around

The festival has two wheelchairs available for hire and the Taranaki Disability Information Centre has four mobility scooters for hire, all of which can be booked by phoning 06 759 6060 or emailing [enquiries@npdc.govt.nz](mailto:enquiries@npdc.govt.nz).



### Inclusion evening

For those with limited mobility or who are vision impaired, the access and inclusion evening, taking place before the festival kicks off, will give you the chance to enjoy the festival from the safety of your own vehicle. To find out more contact Neisha Herbert: [Neisha.herbert@npdc.govt.nz](mailto:Neisha.herbert@npdc.govt.nz)

### What's new

This season's Festival features a range of fantastic new light features that will light up Pukekura Park from 8.30 to 11pm every night. There's also twilight markets, glow yoga and a packed programme of events on New Year's Eve. New this year in the hub area are food trucks on 22, 23, 30 and 31 December and 4, 5, 12, 18 and 19 January.

## MeloYelo Electric Bikes

MeloYelo electric bikes is a kiwi owned company with a huge difference. We sell through a network of retired engineers and cycling enthusiasts working from their garages at home. The team collaborates to define the specifications for each and every bike. Those bikes are then built to our requirements under the watchful eye of Holger, our German engineer living in China. But that's not all. MeloYelo supports the EVelocity electric vehicle programme in New Zealand high schools, in which teams of students design, build and compete in electric vehicles. So, when you buy from MeloYelo, you GO WELL AND DO GOOD. And you won't find a more reliable ebike for under \$3000. Our team of engineers can assure you of that.

[www.meloyelo.nz](http://www.meloyelo.nz)

*Editorial supplied by MeloYelo Electric Bikes*

## A visit to Inglewood including a "Feast" at Fern Lodge Hotel and the "King" of all gardens

I organised the October outing to Inglewood to The Fern Lodge where we enjoyed a beautiful smorgasbord meal, followed by a visit to Noel and Rose King's very creative garden.

The one acre developing garden has large open space featuring rhodos, azaleas, hostas, irises, and hydrangeas in a relaxed and friendly atmosphere. Added attractions are a rustic garden cottage, bridge to nowhere and a man shed with car, models on show plus many rustic garden features. Plenty of sheltered places to sit and enjoy the rural outlook and listen to birdlife. This is exactly what friends Marina and Mildred (pictured) did on this glorious day at Windsor View garden in Inglewood.

*Pauline Julian*

Community Worker, Age Concern Taranaki



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



## Just the Tonic

An enjoyable outing to Juno Gin Distillery New Plymouth was certainly the best tonic for 35 members who attended this interesting, informative display, presented by owners Dave and Jo.

The three stills named Lila, Jenny and Willy were all introduced to the group and explanation was given as to what important parts they play in the industry.

Pictured with Dave and Jo are Age Concern Taranaki members Bev and John along with "Lila".



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Call New Plymouth local Ken Agar on 022 060 3560. Ken will bring an e-bike to you to try, with no obligation and... with a smile

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Positive Ageing Services  
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**Why don't you come for a visit?**

Call us on 06 758 5190 to arrange a tour.

## Chalmers Home has spark

**An elder-centred community**  
Chalmers Home is more than just a rest home. As well as providing daily living support we take every opportunity to bring companionship, fun and meaningful activity into the lives of elders.

**The social life**  
At Chalmers Home the busy social calendar and stimulating recreation programme certainly make for a vibrant and engaging atmosphere.

**Family and friends**  
Chalmers Home is like one big family. Residents are encouraged to invite their loved ones to visit at any time; there's no set visiting hours.

**Pets welcome**  
We believe pets can be both calming and energising. Talk to us about your pet moving in with you.

Rest home | Hospital | Respite | Health recovery | Day guest programme  
Visit: [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz) | Freephone: 0508 36 54 83

## Elder Abuse Response

Kia Ora Age Concern Taranaki members!

The end of the year is fast approaching and I for one am looking forward to a break over the holiday season.

I'd like to utilise this space to remind everyone that Elder Abuse is a significant issue in our community. If we are more aware of the issue as a community we can be better equipped to not only recognise the abuse but know what to do when/if we see it. The holiday season can be stressful for family/Whanau. People start worrying about planning family gatherings, getting the 'right' gifts and having to travel long distances to be near loved ones. High stress can lead to abuse particularly in carer relationships, where an older person is relying on someone else to provide care for them. An older person may start to feel like a burden or like they're getting in the way when they see loved ones trying to accomplish numerous tasks. "We have to put up the Christmas tree, decorations, pick up the little ones, get food in the oven..."

I encourage everyone to try and be inclusive of their older friends, loved ones and family members/Kaumatua. For instance, if you are aware your elderly neighbour is staying home over the holiday season on their own, perhaps you could go and visit them and

ask if they need a hand putting up their Christmas tree so they too are able to feel the Christmas spirit. The holiday season is the prime time for older people to engage with and be a part of wider family/whanau. Many older people would LOVE to help look after their grandchildren or great grandchildren. In many cases of Psychological abuse among the elderly, older people are told, "if you don't give me what I want you are not allowed to see your grandchildren." This is a clear example of elder abuse and one that is seen quite a bit around the holiday season. Older people can be lonely, therefore vulnerable, so of course they feel powerless and hurt by their family using their grandchildren as a weapon against them. Older people are telling us that they want to see their grandchildren more to feel valued and needed within their family. So, they often give in to the alleged abusers demands and will give them whatever it is they are being asked for in order to continue seeing their younger family because that is better than being alone during the holidays.

To finish, Elder Abuse is not OK in any way, shape or form; especially during the holidays. Ask your loved ones if they want to be more involved in planning your family get together. Go and check on your elderly neighbour who might be spending the holiday season alone and please don't make older people feel as though they are getting in the way or being difficult; regardless of how stressed you're feeling. Because, I guarantee they are just wanting to feel a part of the festivities.

I hope everyone enjoys their holidays, whatever you are doing. Stay safe if you're travelling and have fun! I will be finishing work on 21st December and returning on 14th January 2019. Thank you!

*Sinead Thomas*  
Elder Abuse Social Worker



**Care On Call**  
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Please call us or visit our website for more information.



central@careoncall.co.nz  
**0800 336 636**  
www.careoncall.co.nz

## Accredited Visiting Service

There have been quite a number of changes for Age Concern Taranaki this year which will see us heading into 2019 on a really positive note.

Personally, I have taken on responsibility for the Accredited Visiting Service (AVS) throughout Taranaki, which has been challenging but means I'm getting out and about meeting people from across the region. From February I will be facilitating the Hawera Social morning with the hope of increasing the frequency to weekly. I look forward to traveling through to Hawera each week and can be available to both AVS volunteer/client visits and Social Morning on that day.

In September I attended a Steady As You Go (SayGo) facilitator training programme, which I thoroughly enjoyed, and am looking forward to supporting a SayGo class next year.

At the end of October I attended a 3 day course which will enable me to carry out 'Life without a car' and 'Confident Driving' courses throughout Taranaki beginning next year. The 'Life without a car' course helps to prepare people for how they will adapt when they have to stop driving. The course is around 2 hours long, with plenty of attendee participation to come up with ideas for how to continue to live your life when you can no longer drive.

The 'Confident Driving' course is a day-long course which covers subjects such as recent changes to the road code, the laws around driver licencing, what to do at roundabouts and learning about medications that can impact on our ability to drive. During the day a police officer may present a session on driving safely and we have a chance to ask the officer any questions we may have about anything to do with driving.

The above courses will be held across North, Central and South Taranaki so ring Age Concern Taranaki on (06) 759 9196 or 0800 243 265 to register your interest, we'll let you know dates, venues and costs as soon as these are organised.

Wherever you may be over the Christmas break, have a safe and happy time and I look forward to seeing you all again in 2019.

*Aylene*

## Central Audiology Taranaki

Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. With over 20 years of experience working in the Taranaki region, we know and value our customers and community.

We're the only 100% independently owned and operated audiology practice in the region with the largest supply in the latest hearing aid technology. This means we are able to tailor your hearing needs to suit you.

We're a primary provider to the Taranaki District Health board, and you can visit us whether you're referred by your GP, or want to approach us directly. At Central Audiology we want to ensure that you're not missing out on the important sounds of life.

**Call us today on 0800 and book a FREE hearing check at one of our clinics. We're here to help.**

**Taranaki's hearing, caring specialists**



**100%**  
Taranaki owned and operated since 1998

- Hearing health checks
- Hearing aid advice and fittings
- Expert knowledge to manage tinnitus

**Central Audiology**  
TARANAKI

Visit our website [www.centralaudiology.co.nz](http://www.centralaudiology.co.nz)  
Clinics in New Plymouth, Stratford and Hawera  
20 Robe St (next to Police Station), New Plymouth  
**FREEPHONE 0800 751 000**

## AAARRRRRGGGGHHHHH

CUT THROAT, POPELS, HOLY MOLEY, THORNY, LONG JOHN SILVER, were a few names of the feisty Pirates who attended this awesome fun morning where we celebrated International Day of Pirates.

With loud roars and bantering, swords, hats and eye patches this sailing ship was certainly afloat with lots of fun and laughter. I played on my guitar some nautical notes to the tunes of SAILING and WHAT SHALL WE DO WITH THE DRUNKEN SAILOR. Everyone loved the theme, dressed up and joined in. I am sure this is going to become an annual celebration. AAARRRRGGGGHH.

Our mornings held on Thursday at 28 Young Street are so much fun, so pop along to Drop in Café, meet and make friends, have a cuppa and a chat and cheese and crackers.

*Pauline Julian*



**AH Y  
MATEY**



## Life Tubes

*(Endorsed and promoted by the New Zealand Police)*

A Life Tube can speak for you when you can't. A special tube contains vital personal information for emergency services in case of accident or illness.



Age Concern Life Tubes are small sealable plastic containers with a red label. Inside, you'll find a form you can use to communicate and medical conditions, medications, doctor, next of kin, and contact numbers to be used by emergency services coming to your aid in a medical or civil emergency.

This container is kept inside your refrigerator, with the red sticker (provided) placed on the front door of the refrigerator to alert emergency personnel. They are trained to look inside your fridge for a Life Tube. (If there are changes to your medications, we advise you to add a dated note advising the changes.)

### Why the refrigerator?

It has a good chance of surviving earthquakes or floods. It's distinctive and hard to miss, it can usually be found in the same place, and almost all homes have one. It's the humble fridge - your emergency information storage vault!

### Where are these Life Tubes available?

Life Tubes can be purchased for \$5 each from our Office at 28 Young Street, New Plymouth or phone (06) 759 9196 or 0800 243 625.

### Extra Forms

Should you need additional forms or wish to update your original forms - these are available for free from our office.

## Freedom Drivers New Plymouth is expanding its service

Diana de Jong and Elaine Demaine offer a kind and friendly service with a fleet of spacious wheelchair accessible vehicles (WAVs) at the ready.

"We recently added a new WAV to our fleet due to demand," says Diana. "We offer vehicles of varying sizes accommodating manual or power chairs as well as our standard passengers. Our flexible service covers a wide area outside main centres and we also cover evenings and weekends to enable customers to attend those important social and family events."

Freedom prices are comparable to a standard taxi but with lots of extras. We are ACC and Total Mobility (TM) registered. Service is personalised with a convenient pick up and drop off at your front door and we personally escort you to their destination.

**Call Diana today on 027 585 2019 or toll free on 0800 956 956 to find out more.**

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Mobility  
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[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)

**Bone health focus/Live Stronger for Longer****6 simple ways to strengthen your bones after age 65**

It's no coincidence that house hunters refer to homes as having 'good bones'. Like the beams of a house, your bones are a strong foundation for the rest of your body. And importantly, having strong bones helps prevent fractures.



As we get older, our risk goes up for developing osteoporosis, a condition that literally means 'porous bones'. It causes bones to become thin and fragile - decreasing bone strength and making them more prone to a fracture.

The good news is it's never too late to improve bone health.

Here are six things the science tells us will support good bone health.

**1. Keep a healthy weight**

Having too low a body weight is a risk factor for developing osteoporosis. So is carrying too much weight. Aim to keep yourself at a healthy weight for your height and gender. Talk to your doctor if you need help figuring out what is a healthy weight for you, and how to maintain it.

**2. Eat well**

The body can't make calcium on its own. So, a calcium-rich diet is essential for strengthening bones. Ensuring your diet also has enough Vitamin D is also important because this vitamin helps us absorb calcium. Foods high in calcium include dairy products, dark green vegetables, beans, legumes, fish, soybean products, cereals and nuts. Foods high in vitamin D include sardines, tuna, eggs and liver.

**3. Reduce alcohol and quit smoking**

We all know heavy drinking is a health risk for many reasons. But you might not realise it also has negative effects on your bones. Osteoporosis New

Zealand recommends people over 50 limit their alcohol consumption to not more than two standard drinks per day, with at least two alcohol free days per week. Research studies have also identified smoking as a risk factor for osteoporosis and bone fracture.

**4. Talk to your doctor about calcium, vitamin D and falls prevention**

You don't need to wrap yourself in cotton wool to reduce the risk of a falls, but you can make your home safe with a few adjustments. These include improving your lighting - inside and outside, which is one of the easiest and most effective things you can do, as is ensuring your rugs are anchored in place with anti-slip mats.

**5. Regular exercise**

As we get older, a low level of physical activity is a risk factor for developing osteoporosis.

People who have good lower leg and 'core' strength (that's the thighs, mid-section and back) also have good balance. Regular exercise is one of the best things you can do to build your core strength. A little movement each day goes a long way to help reduce bone loss and stimulate new bone formation. Ideally, you should aim for at least 30 minutes of weight bearing physical activity every day, such as walking briskly, jogging, low-impact aerobics. Neighbourly is a great way to make friends and connect with people just like you

**6. Take a community strength and balance class**

'Live Stronger for Longer' approved community strength and balance classes are a great way to improve your core strength and keep you steady on your feet. Classes are a great way to meet new people in your community, and you'll have fun doing it. Visit [www.livestronger.org.nz](http://www.livestronger.org.nz) to find an approved class near you and join the 'Live Stronger for Longer' movement. You can also find a practical home safety checklist on how to fall-proof your home and reduce your risk of a fall.

ACC, Ministry of Health and Health Safety Quality Commission have created Live Stronger for Longer especially for over 65s and those who care for them.

Source: 'Live Stronger for Longer' article, brought to you by ACC, Ministry of Health and Health Quality Safety Commission, published by Stuff.

**Falls Prevention Exercise Classes**

**Monday 10.00am**  
Tainui Daycare, 142 Tasman St, **Opunake**

**Tuesday 10.15am**  
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 Coordinators Marguerite, Pauline or Aylene on 0800 243 625 or (06) 759 9196.**

**SAYGO**

I am aged 82 years and joined the SAYGO exercise group 5 months ago after a hip replacement. My aim was to strengthen my legs to improve walking and, in particular, to help my balance to prevent a fall. I am happy to say that the once-a-week classes have been enjoyable and my overall stability and balance has improved a lot. I can really recommend SAYGO. I am now pleased to be an acting co-ordinator of our class when the need arises.

*Fay Vosper*  
New Plymouth

*May the Christmas season fill your home with joy, your heart with love and your life with laughter.*

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



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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.

## In the Summertime - when the weather is fine

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that aging adults, as well as their caregivers, can use to make sure they have a fun, safe summer.

### Stay Hydrated

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They can also become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

### Talk to Your Doctor

Check with your medical team to make sure any medications you are on won't be affected by higher temperatures, especially if you don't have air conditioning in your home and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

### Keep Your Cool

Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theatres and libraries provide welcome, cool spaces if a senior's own home isn't air-conditioned. They also afford a great opportunity to get out of the house and get some exercise without the exhaustion of the heat.

### Stay in Touch

High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of aging adults. Seniors should let friends and family know if they'll be spending an extended period of time outdoors, even if they're only gardening.

### Meet Your Neighbours

Get in touch with those who live in your neighbourhood and learn a bit about them and their schedules. If you're a senior, see if a younger neighbour - perhaps even one of their kids - can

come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!



### Know Who to Call

Prepare a list of emergency phone numbers and place them in an easy-to-access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

### Wear the Right Stuff

Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-coloured and loose-fitting clothes to help feel cooler.

### Protect Your Eyes

Vision loss can be common among seniors, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

### Put on Sunscreen and Wear Hats

Everyone, young and old, should wear sunscreen when outdoors. Seniors especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light-coloured hair and those with only distant memories of a full head of hair. Apply insect repellent to avoid sand flies and mosquitos.

### Exercise Smart

If you enjoy outdoor activities, such as walking or gardening, make sure to wear the proper clothing and protective gear. It's also important to keep track of time. Don't stay out for long periods and make sure to drink even more water than usual when exercising. Also, consider getting outdoor exercise earlier in the morning or later in the evening, when the sun is not at its peak.

## BEQUESTS

### You can help the future of Age Concern Taranaki with the Gift of a Bequest.

A bequest in your will is a wonderful way for you to continue helping Age Concern Taranaki, even after you've gone. A bequest can really help us with the work we do and help us to fulfil our mission of: *"Promoting well being, rights, respect and dignity for older people"*.

After providing for your family, you can confirm that you want to leave part or all of what is left of your estate to charity.

Bequests can be made in cash, shares, real estate or any other property and can be made as way of a gift during your lifetime, or bequeathed as part of your will.

The amount can be as much or as little as you wish to make it, and it can be for general use by our organisation, or you can specify in what way you would like us to spend the money. You are welcome to ask us what would make a real difference with the work we do.

You would need to contact your solicitor, or your trust company (if you have one), to ask them to insert a clause in your will.

## PLEASE RENEW YOUR MEMBERSHIP

ANNUAL SUBSCRIPTIONS ARE NOW DUE FOR YEAR ENDING 30 SEPTEMBER 2019

Please complete the following and post with payment to: Age Concern Taranaki, PO Box 15, Taranaki Mail Centre, New Plymouth 4340.

Name: .....

Address: .....

Phone: .....

Email: .....

Ethnicity Origin (or race) (please tick):

New Zealand European

Maori

Pacific Peoples

Other Ethnicity

Please specify: .....

Subscriptions (please tick):

Single \$15.00  Couple \$15.00

Corporate \$45.00

Paid by:  Cash  Cheque  Direct Credit

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

### Donations Bequests and Legalities

Please help our work by including a donation (tax deductible over \$5).

You can make a donation at any time.

Leave a gift to Age Concern Taranaki in your Will and create a lasting legacy. If you would like to know more about how to bequest or leave a legacy contact your legal advisor.

## As you get older...

As you get older, you'll realise that a \$300 watch and a \$30 watch both tell the same time.

A Lady Buxton Wallet and a cheaper brand wallet both hold the same amount of money.

A \$600,000 home and a \$100,000 home host the same loneliness.

A Bentley will also drive you as far as a Ford.

True Happiness is not found in materialistic things, it comes from the love and laughter found with each other.



## Hawera coffee morning

We have a new initiative commencing next year in Hawera. From the 7th February 2019, and every Thursday thereafter, we will be holding a weekly coffee morning from 10.30am - 11.30am at St John's Presbyterian Church, 35 Argyle Street, Hawera. The idea behind meeting weekly is to encourage social connection between participants. If you miss one week, it will be easy to catch up with each other the following week. Please tell your friends about this as anyone is welcome. Note: the new start time of 10.30am each Thursday. Call Aylene on 0800 243 625 for further information.

## Stratford Social morning

We enjoyed a very pleasant morning tea together on Friday 16th November. As always we had an interesting discussion ranging from shopping to mobile phones. This social morning happens on the second Friday of the month following the Steady

As You Go class that runs weekly from 10.00am - 11.00am. It's a great opportunity to get together for a cup of tea and a tasty morning tea. Each month is slightly different; sometimes there is a guest speaker, sometimes we do an activity, or sometimes we just chat about topics of interest. Remind your friends that this is on as everyone is welcome. Call Sinead on 0800 243 625 for further information.



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