

AUTUMN 2019 QUARTERLY NEWSLETTER
Phone (06) 759 9196 | 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

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Cover Photo: A large group of members and friends of Age Concern Taranaki visited Pukeiti and enjoyed a beautiful lunch at Founders Café. A big thanks to Graham and Karen Chard and their friendly staff for their hospitality, sharing with the group interesting information about this lovely venue and making it a magical day for everyone.

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.

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



I enjoyed walking back into Age Concern Taranaki (ACT) after the summer holidays. Being greeted by our members with large smiles at the first social morning for the year was wonderful. I am lucky to have a team of wonderful staff; Pauline, Aylene, Marguerite,

Sinead and Ann put their best efforts in everyday, this newsletter highlights the services we offer. Alongside information service, our social programmes, our exercise programmes and our elder abuse support work; this year we will bring two new sessions to the region. Look out for information on Confident Driving and Life without a Car courses.

I wish you all warmth and joy this autumn.

Keryn Roderick
 Executive Officer



A REST HOME WITH SPARK Chalmers Home

20 Octavius Place, New Plymouth

Offering rest home and hospital care, respite, health recovery and a popular day programme.

Chalmers Home is more than just a rest home, it's an elder-centred community that recognises older people as individuals and supports them in a way that's right for them. We offer companionship, choice, variety, meaningful activity, independence and fun.

Come and see!
 Call us on (06) 758 5190

Free phone 0508 ENLIVEN or visit www.enlivencentral.org.nz

Loneliness and Social Isolation

Loneliness is indiscriminate. There is an abundance of research on this subject in New Zealand currently and young people are just as likely to feel lonely as older generations. It is known that levels of loneliness in this country are escalating and as anyone who has ever experienced it will agree, the feeling can seem insurmountable once it settles in our tummies and our lives.

The importance of being aware of and talking about loneliness and lack of social relationships has been proven to be as bad for health as smoking.

There can be many reasons for being lonely, such as health, mobility impairment, sensory loss, changes to driving ability and bereavement. There are all sorts of things happening as we age which can make getting out of the house increasingly difficult and so social isolation can cause loneliness.

When people are no longer able to drive, that's where Driving Miss Daisy comes in! Driving Miss Daisy is the connection from home to the community. They make it their priority to ensure each and every journey is filled with laughter, kindness and positivity.

Driving Miss Daisy clients can have the same driver every time which is great for building relationships. The drivers also love to catch up with the clients and will do everything possible to make the journey enjoyable. That can be as simple as a trip to the supermarket or regular hairdresser appointments. Sometimes, it can be more adventurous and include trips further afield; outings to the beach for a breath of fresh air or coffee with friends; anywhere the heart desires.

Driving Miss Daisy is committed to helping clients get out and about, so every client can live life to the full and enjoy every moment.

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.

We can help with:

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

Total Mobility cards accepted and an ACC approved provider.

Bookings are essential – call Mel today and make your next outing a pleasure!

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



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Volunteer

Can you help us?

Volunteers Needed in Inglewood, Hawera and New Plymouth.

We need volunteers for our Accredited Visiting Service (AVS) throughout Taranaki, but particularly in the above areas at present. The AVS was set up to combat the effects of social isolation, and the risk of people becoming vulnerable to self-neglect or abuse by others. As co-ordinator, I recruit, train and support volunteers who are matched with an older person in the community. The volunteer then visits weekly for about an hour at a time to offer friendship and companionship. There are currently over 40 volunteers who visit older people each week throughout the region, BUT unfortunately we do not have enough volunteers for the people who are regularly being referred to our service, and we are having to put needy people on a waiting list until a visitor becomes available.

Being a visitor makes a real difference to the health and happiness of an older person. Research shows that loneliness and social isolation are as bad for our health as smoking, and can contribute to serious health problems like heart disease and depression.

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



Here are some of the things older people have told us about having a visitor:

“Sometimes she is the only person to visit from week to week.”
“I love her weekly visits and the news of the world she brings to me. We are both interested in the same things. It is very special.”

And from our visitors:

“It has helped me to have a greater understanding for those who are lonely, have physical difficulties and do not have family close by”
“I enjoy it immensely. The person I visit is wise, shares his experiences and makes it obvious that he enjoys what we do.”

If you are interested in becoming a volunteer, or would like to find out more about the service, please contact Aylene on 06 759 9196 or 0800 243 625, or email info@ageconcerntaranaki.org.nz

I look forward to hearing from you,

Aylene



Good information keeps you in control.
www.eldernet.co.nz
 Get your **FREE** essential booklet for your region here
eldernet.co.nz/book
 0800 162 706



The Ryman Difference

Putting residents first! Our winning formula for over 30 years.

<p>Fair terms</p> <p>The weekly fee is fixed for the entire time you occupy your townhouse or apartment, guaranteed.*</p> <p>There are no hidden costs such as waitlist fees, surprise move-in costs or administration fees. And you will benefit from one of the lowest deferred management fees in the retirement sector, capped at 20 percent.</p>	<p>Resident-focused innovation</p> <p>Ryman Delicious menus offer choice and freshness, our myRyman electronic care programme enables individualised care at the touch of a button, and emergency power generators in every Ryman village centre keep residents safe and warm even if the lights go out.</p>	<p>Care options that suit your needs</p> <p>We're dedicated to caring for you now and into your future.</p> <p>We provide independent living, and assisted living in a serviced apartment. Plus, resthome and hospital care, and in most villages, specialist dementia care.</p>
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For more information about the Ryman difference phone Michelle on 06 751 4504 or visit www.rymanhealthcare.co.nz



*Some conditions apply

Where community shapes the heart of your retirement

Confident Driving and Life Without a Car courses

The Confident Driving course is a refresher course for mature road users which is intended to give strategies to keep ourselves and others safer on the road. We will do this by looking at a number of topics including recognising the effects of adverse conditions that may arise while driving, raising awareness about driver behaviour, improving confidence through revisiting the changes to the 'give way' rule and how that has altered the way we behave at intersections, how to drive on busy roads, and journey planning.

The Life Without a Car course will get everyone

thinking about alternative ways of getting out and about in the community so that, when we are no longer able to drive, we are still able to keep involved with the activities we enjoy. We'll think about ways we can adapt our behaviour when we stop driving, and how we can live positively without using a car to get around.

The initial courses will be held in Stratford (see below) with subsequent courses to be held in Hawera and New Plymouth later on in May and in June. Venues and dates to be confirmed shortly.

Please phone the office on 759 9196/0800 243 625 for further information and to obtain a registration form. The registration form, including payment, must be completed prior to course commencement. Numbers are limited to 20 per class, but don't worry

if you can't make it this time around as further courses are planned for the second half of the year.

The following courses will be held in the TSB Chambers at the Stratford War Memorial Hall, Miranda Street, Stratford.

Life Without a Car:

Tuesday 30th April
10am - 12pm.
Cost is \$8 including morning tea.

Confident Driving:

Tuesday 7th May
9.30am - 2pm.
Cost is \$10 including morning tea and a light lunch.



ELTHAM

SAYGO > Steady As You Go Falls Prevention Class held on a Thursday **10.00am**. All Saints Church, 88 King Street, Eltham.

HAWERA

Coffee Mornings > Held on Thursday mornings 10.30am - 11.30am. St John's Church Hall, 35 Argyle Street, Hawera.

Social Mornings > Held on the third Thursday of the month. 10.30am - 11.30am. St John's Church Hall, 35 Argyle Street, Hawera. (may include a Guest Speaker, a topic of discussion or an activity).

SAYGO > Steady As You Go Falls Prevention Classes are held weekly on a Tuesday at 10.00am at 35 Argyle Street, Hawera.

NEW PLYMOUTH

Aqua Exercise > This is held weekly on Monday mornings at the Todd Energy Aquatic Centre at 10.15am. Please phone our office (06) 759 9196 to register for Aqua Exercise.

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, 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. Tuesdays at 10.30am at St Mary's Complex Lounge, 37 Vivian Street, \$3 per class and on Fridays 11am at Disabilities Citizens Rooms, 83 Hine Street \$2 per class.

OPUNAKE

SAYGO > Steady As You Go Falls Prevention Class held on a Monday 10.00am. Tainui Day Centre, 142 Tasman Street, Opunake.

STRATFORD

Coffee Morning > 3rd Friday of the month from 11am. It is a great opportunity to get together for a cup of tea, socialise and make friends. Held at St Andrews Church Hall, 88 Regan St, Stratford.

SAYGO > Steady As You Go Falls Prevention Classes are held on a Friday at 10.00am at St Andrews Presbyterian Church Hall, Regan Street, Stratford.



Supergold card holders: Save 10% on selected models of MeloYelo e-bikes (while stocks last) plus get \$150 in free accessories. Climb hills and battle winds with ease. Keep up with the kids and grandkids. Go further and go faster. Yes, it's all possible on a MeloYelo e-bike. MeloYelo's promise: You won't find a more reliable ebike for a lower price. (Our bikes typically cost around \$2500). Our team of retired engineers & cycling enthusiasts work out of their garages at home and are respected members of their communities. They will bring an ebike to you for a no-obligation test ride. And, when you buy from MeloYelo, you are helping support the EVelocity electric vehicle programme in NZ schools. For details and to find an agent near you, go to www.meloyelo.nz/concern.



SAVE 10% ON SELECTED MODELS OF E-BIKES



\$2300 with card



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\$2100 with card

PLUS, get \$150 in free accessories with your purchase

YOU WON'T FIND A MORE RELIABLE E-BIKE FOR A LOWER PRICE. THAT'S THE MELOYELO PROMISE.



MELOYELO.NZ/CONCERN

Elder Abuse

Greetings to all! I hope everyone had an enjoyable summer and spent time with loved ones over the Christmas break.

In the next few newsletters I hope to dedicate this space to a particular type of abuse that older people can fall victim to.

I'd also like to emphasise that elder abuse can vary in intensity but just because it seems like a small minute action or reoccurring behaviour/attitude, doesn't mean it should be minimised. Every person should challenge their thinking (and call others out on theirs) when it comes to abuse. Having a viewpoint of "he only gives me intimidating looks, it's not like he yells at me. I'd sound foolish if I told someone I was scared" is the type of thing we as a community need to challenge as a norm.

For this section, I'd like to dedicate psychological elder abuse as our topic. Psychological abuse generally focuses on using threats, intimidation, causing fear and distress. This can include a whole bunch of nasty things like the example used above, a glare that results in someone feeling scared, or calling someone names etc.

A common threat seen in elder abuse is using younger family members against them. I think it's pretty known that most older people absolutely love and adore their young grandchildren/great-grandchildren and want to spend time with them any

chance they can. Unfortunately this seemingly simple act of spending time with family and Whanau can be used as a weapon or a threat against older people and this is abuse. Threatening an older person to limit time spent with younger members of the family is psychological abuse and it can be easily paired with other forms of abuse such as financial abuse. An example of this is, "if you don't buy me that house or give me that money you will never see your grandkids again." The abuser knows that this is going to cause an older person harm and this sort of behaviour is not ok.

When an older person is being put down or yelled at, it can be a huge sign of psychological abuse. Hearing things such as "you're too slow, let me do that" or "you don't even know how to use a computer, let me do it, you'll do it wrong" is humiliating for older people and can lead to those people feeling like a burden to others around them.

Simple things such as asking our Kaumatua their opinion or genuinely being interested and listening to a story being told can be vital for promoting mental well-being. Plus, us young folk get to learn a few things too! Remember to cherish our older people, for one day we will be in their shoes.

Thank you for reading, feel free to call up and make an appointment if you would like further advice on elder abuse.

Sinead Thomas

Elder Abuse Social Worker | 06 759 9193

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

As autumn approaches it is wise to start thinking ahead to winter. Make sure you get your flu injection about April or May.

It probably seems silly to mention this as it is so hot but if you have a wood burner it is now time to order your lovely dry wood and get it stacked away to keep it nice and dry ready for winter. Also get your Pellets in and put away ready for the cold weather.

HAWERA

2019 has started really well with our weekly coffee morning taking place at the Presbyterian Hall in Argyle Street each Thursday from 10.30 – 11.30am. We enjoy morning tea and a lively discussion filled with laughter. Attendance is growing and we expect that this will continue as word gets out in the community. There is plenty of sheltered parking for those who travel by mobility scooter, and car parking at the door for those who drive.

We will continue to have a more structured 'social morning' on the third Thursday of each month when an invited guest will come to speak to us about matters of interest older people. I have invited the following speakers for the next 3 months, and hope they will be very informative:

March 21st – Carly Taiaroa from the Hawera Police

April 18th – Fred Kumeroa from Grey Power

May 16th – Topic: Civil Defence
Speaker to be confirmed

Let me know who else you would like to have the opportunity to question and I'll endeavour to get them to come and talk to us.

I'd like to take this opportunity to say a big 'thank you' to Countdown Hawera for very generously agreeing to sponsor our morning teas and social mornings by providing biscuits, tea and coffee. We are very fortunate to have such a community minded business willing to support Age Concern Taranaki.

If you would like to find out more about our weekly gathering, please contact me on 0800 243 625, or come along on a Thursday and discover for yourself how much fun we have.

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.

Editorial supplied by Central Audiology Taranaki

**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
Clinics in New Plymouth, Stratford and Hawera
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FREEPHONE 0800 751 000

**Care
On Call** 
Quality Care In Your Home

Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



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

GIRLS NIGHT OUT

What an awesome night out and about, puppy cuddles with Gidget the Border Collie, greetings from Grimace the Gorilla and viewing the Pukekura Park Lights from the van.



CAPTURED AT OUR CHRISTMAS PARTY DECEMBER 2018



“Clarissa” the colourful clown along with Pop Stars” were all part of the fabulous fun and Christmas Celebrations held in December last year in New Plymouth.

“What we love about MiLife Bell Vista”



“I can relax, knowing that Mum is happy in a safe, friendly village.”

milife BELL VISTA

Independent retirement living at its best.

131 Mangati Road, Bell Block, New Plymouth.
Call Angela Day on (06) 755-2880. 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.



Steady As You Go®



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.**



Friendly, local personal transport - Total Mobility accepted and wheelchair accessible

Call Freedom Drivers for medical, business and personal appointments or assistance with shopping. How about a drive with a stop for morning or afternoon tea for yourself and a couple of friends?

“We bring our friendly service to your door providing extra help at either end of the journey as needed. For medical appointments, we make sure you get to the right place and will wait if necessary or pick you up after the appointment. Travelling with Freedom is like travelling with friends or family - you build a relationship with a driver you get to know and trust.”

Service is personal and our prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and we are ACC Registered Vendors. Our comfortable vehicles are at the ready with wheelchair access if needed.

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

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Reliable and friendly service

- Medical appointments
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Call Diana now!

For more information

06 758 0734 or 0800 956 956

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This year I coordinated a Street Party Celebration to welcome our Americarna visitors and their fabulous cars to Age Concern Taranaki.

AGE CONCERN TARANAKI



It was **BIGGER, BRIGHTER** and **BETTER**, boasting loads of fun for a large crowd who attended this collaborative annual event including many organisations at 28 Young Street New Plymouth.

Our venue was decorated in traditional "American Diner Style" with stars and stripes, tablecloths, American flags, the old LP records, balloons, and an ice cream booth. The "Grease" soundtrack was rocking in the background which added to the fun and on the day. At 10.15 am we heard them arrive, three fantastic cars and their owners who shared with us their enthusiasm and excitement of participating in this colourful event here in our Taranaki Community.

Our visitors were from Nelson, Waikato and locally here in Bell Block. With the roar of the motors, air horns and flags flying, they gave our members and friends an opportunity to take a ride in these spectacular cars and feel pretty special.



Pauline Julian
Community Worker / Social Connection Programme

WELCOMES



A big thank you to Marama, Brian and Kathryn from Taranaki Disabilities Information Centre for everything you contributed and of course the delicious bbq. Thanks to Ann, Chris, Pat, Rex and Joan from Age Concern Taranaki for all your support and the lovely young ladies Dee and Leah from Progress to Health who did a great job scooping icecreams and to Darcy Julian for donating all the icecream and cones. A big shout out to Peter our shuttle driver, Tania from Deaf Aotearoa NZ and for everyone else who contributed on the day.

YOU ALL ROCK.

WARM UP WEDNESDAY

Warm up Wednesday Singalong and Social Occasion is held every second and fourth Wednesday of the month. It is a fantastic, fun and friendly singalong which begins with morning tea and concludes with a light lunch.

The use of percussion instruments, action songs and even a little bit of Hokey Tokey all contribute to making this a great time. It is a great opportunity to meet others and make friends in a fun environment. We even have spot prizes on the day.

I play and sing the "good old songs", that we all know, remember and enjoy on my guitar and I am assisted by a Banjolele (Adrienne) and a Ukelele (Margaret) too.

I would like to acknowledge special thanks to our Sponsors/Support

- Taurima Rest Home
- Moturoa 4 Square
- Blagdon 4 Square

And to my many volunteers and helpers on the day who all help out and make this morning a "blast" from the "past".

A gold coin donation is appreciated to help assist with Age Concern Taranaki organisational costs .

Visiting Rest Homes are invited to attend this event (by appointment) prior to the day please,

Held at De Burghs Adams Lodge,
9 Lawry St Moturoa
10 am – 12.30pm.
Please phone Coordinator - Pauline Julian
06 759 9196



Health Benefits of Singing

1. Reduces Stress & Anxiety
2. Improves Moods
3. Lowers Blood Pressure
4. Improves Breathing
5. Reduces Pain
6. Boosts Immune System
7. Improves Sens of Rhythm
8. Keeps Your Brain Active & Sharp
9. Promotes Learning in All Ages
10. Brings Back Memories
11. Promotes Communal Bonding
12. Inspires & Motivates to be Creative
13. Provides Comfort & Peace
14. Helps You to Relax
15. Empowers You
16. Boosts Your Energy



17. Promotes Emotional Physical WELL-BEING

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.

JOIN AGE CONCERN TARANAKI MEMBERSHIP SUBSCRIPTIONS WELCOME FOR YEAR ENDING 30 SEPT

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.

FORM OF BEQUEST

Take or send to your Legal Advisor for incorporation in your Will.

"I give and bequeath the sum of \$ _____ (or) _____% of my estate, (or) residue of my estate, (or) property or assets as follows:

free of all charges, to Age Concern Taranaki. The official receipt of the Executive Officer or other authorised officer of the Board shall be a sufficient discharge to my executors".

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.

QuinLaw - Barristers & Solicitors

PHOTOGRAPHS AND PRIVACY

You may recall about a woman who distributed photographs of ex-husband's new love. She took photos from another person's cell phone, then copied and distributed them. She was prosecuted in the Criminal Court because the woman photographed was naked. She could possibly also have been prosecuted for theft, as once a photograph is taken of you, that image is owned by the photographer. You must not take photographs if the person is naked or in underclothes, is unaware of being photographed or has not consented to being filmed or photographed.

You must not take photographs or videos or recordings of people if they are in a place where they can expect privacy. This would generally include their own backyard, public toilets, changing areas etc.

You may also remember the case of the drunken young woman at the Melbourne Cup. That was not a private place and she had no expectation of privacy. The photographs and publication of them then, was not a criminal offence. There was also no civil action she could take against the photographers.

How do you know what you can do?

The test can be drilled down to enabling reasonable privacy and don't do it if the publication would be offensive to an ordinary, reasonable person.

Editorial supplied by QuinLaw

For the MOST important decisions of your life see us

QuinLaw are dedicated to offering professional and cost effective legal services with a personal touch.

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