

**AUTUMN 2020 QUARTERLY NEWSLETTER**

Phone (06) 759 9196

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



# Age Concern Taranaki

*Serving the needs of older people*



**FREE NEWSLETTER TARANAKI WIDE**

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## Contact Information

**Phone:** (06) 759 9196 or 0800 243 625

**Email:** [info@ageconcerntaranaki.org.nz](mailto:info@ageconcerntaranaki.org.nz)

**31-33 Liardet Street, New Plymouth**

**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 Chairperson:** Alison Brown

**Treasurer:** John Albers

**Board Members:**

Marianne Pike, Heather Grant, Jane Bocock

**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.



**Enjoy life**  
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### Chalmers Home, New Plymouth

Enliven creates elder-centred communities that recognises elders as individuals and supports them in a way that's right for them.

Enliven's Chalmers Home in New Plymouth offers top quality care in a warm, welcoming home-like environment with breathtaking views overlooking the Tasman Sea and Mount Taranaki.

rest home | hospital | short term respite  
health recovery | day programmes

For more information please visit:  
**[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)**

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



It's time for kindness. With group functions becoming limited, let's connect in other ways. The team at Age Concern Taranaki are here and we wish to keep in touch with you all. Whether you have a question, or just want to have a chat. You can

contact us on 06 759 9196 or 0800 243 625, email [info@aeconcerntaranaki.org.nz](mailto:info@aeconcerntaranaki.org.nz) or message us on Facebook. If you would like someone to have regular phone conversations with, let us know, we may be able to arrange a staff member or volunteer to call you. And let's all practice kindness in our neighbourhoods, smile, say hello, ask for help, offer help and take enjoyment from our environment each day. I wish you all wellness.

**Keryn Roderick** - Executive Officer

## Make the best decision of your life at MiLife

Call to make a time to visit our gorgeous villages



**MiLife** **BELL VISTA**

131 Mangati Road,  
Bell Block, New Plymouth.

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49 Wills Road,  
Bell Block, New Plymouth.

Phone Angela Day (06) 755 2880. [www.milife.co.nz](http://www.milife.co.nz)  
Independent retirement living at its best.

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.



## YOU'VE GOT A FRIEND

Companionship is at the heart of the Driving Miss Daisy service. It's the relationship that develops between our Daisy drivers and their clients that makes our business so rewarding.

Now celebrating 10 years of business our clients are evolving with how they use our service, which is a direct result of the companionship that is unique to the Driving Miss Daisy Service.

The business originated to empower the elderly, to give you the freedom to live independently by offering a companion driving service that would be reliable, trusted and affordable. We saw how the elderly could still "be in charge" as they went about their daily errands of shopping and being on time for appointments knowing one of our Daisies would always be by their side.

Today people ask what has changed in 10 years. Well, we are now successfully operating across the country with over 250 fabulous Daisy cars on the road.

We are very grateful to the many who have supported us like ACC, NZTA and numerous Regional Councils who accredited us under their Total Mobility Scheme, which provides half price fares up to certain limits on numerous trips for many of you on our service.

However the biggest change we are seeing are the Daisy Experiences. Every aging expert especially those involved with dementia are in agreement that maintaining our social networks helps maintain not only our physical health but helps reduce the risk of depression.

Daisy Experiences offer endless possibilities. From trips to revisit places we once knew so well, to a drive in the country, to getting friends together for a café outing, an event or simply just getting out and about, it's all good for you.

**Talk to your local Daisy or call us to find out how we can help you stay social, active and independent.**

*Editorial supplied by Driving Miss Daisy*

## Have a Driving Miss Daisy experience with us.



**Keep your independence and freedom with our safe, reliable companion driving service.**

We can drive and accompany you to:

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

Total Mobility Scheme cards accepted and 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](http://www.drivingmissdaisy.co.nz)





**Age Concern Taranaki welcomes all older people to visit us at our new premises, situated at 31 - 33 Liardet St New Plymouth.**

**follow us**    **facebook**

**Follow us on facebook**  
**[www.facebook.com/ageconcerntaranaki](https://www.facebook.com/ageconcerntaranaki)**

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



**Staying Safe**

The Staying Safe course is a classroom-based refresher course for mature road users. The aim of the course is to give us strategies to keep ourselves and others safer on the roads by:

- Recognising the effects of adverse driving conditions around us
- Raising awareness about driving behaviour
- Understanding the effects of ageing on driving
- Making safer driving decisions
- Improving driving confidence on busy roads

Three courses have been held so far this year. We were initially only going to run a single course at a local retirement village but interest was so high that we split the course into two so everyone who wanted to could attend. The course participants were asked to complete an evaluation form at the end of the day and everyone rated the course overall as ‘very good’ or ‘excellent’, which is a great endorsement and indicates that it is well worth attending.

The Staying Safe course is free to attend, and open to anyone over 65; however places are limited so registration is essential.

The next course date is:  
**Tuesday 7th April** in New Plymouth  
Phone the office on 759 9196 for further information and to register.



**RYMAN PIONEERS**  
*Peace of mind*



**RELAX, YOU'RE GOOD**

A big reason why people choose a Ryman village over the others, is knowing we have everything from independent and assisted living to a full range of care options, so if you ever need it, it's there for you. It's another example of how we're pioneering a new way of living for a new retirement generation.



**Superbly located in New Plymouth, Jean Sandel village is named in honour of a pioneering surgeon who set the standard for others to follow.**

Call Michelle for more details.

**JEAN SANDEL VILLAGE**  
71 Barrett Road, New Plymouth, 06 751 4504  
[rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)





## COVID-19 - GENERAL INFORMATION from the Ministry of Health

Covid-19 is a new illness that can affect your lungs and airways – it is a type of coronavirus. The symptoms are:

- A cough
- A high temperature (at least 38)
- Shortness of breath

These symptoms do not necessarily mean you have Covid-19. The symptoms are similar to cold and flu. Shortness of breath is a sign of possible pneumonia and requires immediate medical attention.

It can be spread from person to person through droplets; from coughs, sneezes or even close talking. These droplets settle on surrounding surfaces. It's important to know that you can get infected from touching those surfaces, and then touching your mouth, nose or eyes. The below tips are to protect yourself and others;

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often (for at least 20 seconds).
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Avoid personal contact, such as kissing, sharing cups or food with sick people.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell.
- Call Healthline on 0800 358 5453 if you have any symptoms and have been to any countries or territories of concern or have been in close contact with someone confirmed with COVID-19.

**Practice Social Distancing** - social distancing is about separating from people physically; staying two meters or six feet away from anyone who is unwell and at least a meter from people in general.

We know from other outbreaks that self-isolation is effective, and most people are good at keeping themselves – and others – safe and well.

**The dedicated Government website for covid-19 is a great resource.** <https://covid19.govt.nz/>

### Scams relating to coronavirus

The NZ Anti-Fraud community are aware of a global increase in reports of criminals using the COVID-19 (novel coronavirus) pandemic as an opportunity to carry out online and over the phone scams. We wanted to remind you that during media intense events like this, fraudsters

take advantage of this and attempt to get you to click on malicious links via email, or to give out personal information over the phone.

Here are some of the most common indicators that the phone call or email you received is most likely a scam or attack:

- Be very suspicious of any phone call or message that pretends to be an official or government organisation urging you to take immediate action. Always hang up, and call back the agency on their listed phone number.
- Phishing emails claiming to have updated COVID-19 information, infected attachments containing fictitious 'safety measures'.
- Text message scams. COVID-19 themed scam text messages that have a link that claims to direct people to testing facilities.
- Fake coronavirus maps, a new campaign where the attackers claim to have a 'coronavirus map' application that people can download onto their devices.
- Any messages that communicates a tremendous sense of urgency.
- Any message that pressures you into bypassing or ignoring our security policies and procedures.
- Any message that promotes miracle cures, such as vaccines or medicine that will protect you. If it sounds too good to be true, it probably is.

### What to do and Prevention:

- Official information and all government updates on COVID-19 are collated on the 'health.govt.nz' website.
- Be sceptical of advice that doesn't come from official sources, particularly if it's been sent to you unexpectedly.
- Protect your passwords and login credentials, don't enter these into any websites relating to the COVID-19 virus.
- Keep your devices up-to-date.
- Keep your anti-virus up to date and run regular checks.

Don't fall victim to bad guys playing on your emotions. If you feel you have received an attack through email, simply delete the message. If you have concerns that you've given your personal information out to a scammer; contact your bank immediately.

**There is a dedicated Healthline 0800 number for COVID-19 health advice and information. The number is 0800 358 5453 (or international 64 9 358 5453) It is free and available 24 hours a day, 7 days a week.**

*editorial sourced from Rachel Hooker, Fraud Lead | Risk, TSB Bank, New Plymouth.*



**For more information email: [info@ageconcerntaranaki.org.nz](mailto:info@ageconcerntaranaki.org.nz) or Phone our Office (06) 759 9196 or 0800 243 625**

**Due to Covid 19 a number of these sessions may be put on hold. Please phone the office to check.**

### 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.

**Monthly Outing >** The first Monday of the month is our outing. Starting at 10:00am. Contact Taran to express your interest.

### 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 31-33 Liardet Street, New Plymouth.

**Social Morning >** Our Social morning at 31-33 Liardet 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 >** We now hold weekly coffee mornings in Stratford, every Friday 11.00am - 12 noon. Held at St Andrews Church Hall, 88 Regan St, Stratford. A great opportunity to make friends, socialise and enjoy morning tea.

**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.

### WAITARA

**"IN TUNE" >** Held on the first and third Friday of the month at The Senior Citizens Hall, Warre Street. 1.30pm - 3.30pm. A fun afternoon of singing, musical instruments and entertainment with Pauline on her guitar. You are invited to arrive from 1 pm and afternoon tea will be served at 2.45 pm. A gold coin donation is appreciated to assist with costs.

**Drop in Cafe >** Held on the 2nd and 4th Friday of the month in The Senior Citizens Hall, (supper room) Warre St Waitara. 1.30pm – 3 pm Enjoy a quiz or a game or sit and chat over a cuppa tea, coffee and snacks. A great opportunity to make friends.



## AMERICARNA VISITS AGE CONCERN TARANAKI

This awesome annual event “drove” many members and friends to an American themed street party held at 28 Young Street where we celebrated Americarna on Feb 20th.

Stars, stripes, fumes, flags and fun were all available at our American Diner where we enjoyed a BBQ and particularly meeting the drivers and families of those who visited us and kindly took people for a “blat around the block” in their spectacular cars.

This event was held in conjunction for the Taranaki Disabilities Information Centre based at 28 Young Street.

A big thanks to Brian and the team for supplying the BBQ and to Marama and Kimi for your fabulous help.

### Americarna “you rock”

Pauline Julian.



## 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](http://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.

Our services include:

- Personal care
- Home care services
- Nursing services
- Goal based services

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

We also support privately paying clients.

**For more information:**

Freephone: 0800 000 119  
[www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)



**HealthCare**  
New Zealand

Rehabilitation. Community Health.

Editorial supplied by Healthcare New Zealand





# Steady As You Go®

## Falls Prevention Exercise Classes



Serving the needs of older people



Contact your peer leader or Age Concern Taranaki to find out if your local SAYGo class is still going.  
If you would like to undertake SAYGo in your home, Age Concern Taranaki have cds and books available for sale. Contact our office for more information.

Mon	10.00 am	Tainui Day Centre	142 Tasman St, <u>Opunake</u>
Tues	10.15 am	Presbyterian Church	35 Argyle St, <u>Hawera</u>
Tues	10.30 am	St Marys Complex	37 Vivian St, <u>New Plymouth</u>
Wed	10.30 am	Inglewood United Church	30 Brown St <u>Inglewood</u>
Thur	10.00 am	All Saints Church	88 King Edward St, <u>Eltham</u>
Thur	1.30 pm	Merrilands Domain Hall	251 Mangorei Rd <u>NP</u>
Fri	10.00 am	St Andrews Church	88 Regan St, <u>Stratford</u>
Fri	11.00 am	Disabled Citizens Society	83 Hine Street, <u>New Plymouth</u>

Contact The Age Concern Taranaki Office between 10-2pm  
Phone: 0800 243 625 or 06 759 9196



## Peer Leading Volunteers Supporting Falls Prevention

Celebrating the peer leader's inaugural SAYGo work shop in January was a positive start to the year. There was 11 in attendance whose enthusiasm for the programme was infectious.

We shared a meal at a Stratford cafe then moved onto St Andrew's hall. We brainstormed and celebrated the success of the Falls Prevention Exercise programme SAYGo. This will be an annual event.

I facilitate the Steady as You Go (SAYGo) programme for twelve weeks, then the class takes ownership and continues the weekly, one hour exercise routine lead by a peer leader with my support.

The peer leaders say 'It's great to be able to keep the classes going and share the exercises with others and to see their improvement - it's so very satisfying.'

The fact is we are living longer. We need to be doing

more to ensure those extra years are healthier and more fulfilling. There is no point in living longer to spend more years being miserable.

Come join us, learning the routine during the class then, once you are comfortable with the programme becoming a peer leader. The social connection is another bonus to being involved with these very motivated groups.

See the following advisement with venues and times of classes near you. I look forward to welcoming you.

*Marguerite Burr* Service Coordinator





## ELDER ABUSE RESPONSE SERVICE

Kia Ora readers! Welcome to the Elder Abuse Response section of this quarters newsletter. As mentioned in the previous columns, I'd like to dedicate this space to a particular type of abuse that is specific to elder abuse. For our previous article in summer 2019 I wrote about Neglect and the importance of recognising the 2 different forms of Neglect (Passive & Active). I would like to follow on from neglect and dedicate this article to self-neglect.

I find self-neglect very interesting but a majority of older people who are self-neglecting tend to have deep seeded issues that can be very difficult to understand for others (family/friends etc.). The complexity of self-neglect is also a challenge for those attempting to support a person who is self-neglecting or at risk of doing so in future.

**So what is self-neglect?** It isn't a category that fits neatly under the worldwide definition of elder abuse and neglect (Ministry of Health, 2007). Regardless of its definition, it's a problem older Kiwi's in NZ are facing today. Self-neglect is where an older person fails to provide care for themselves. If you are concerned for a loved one or an isolated neighbour etc. who may be self-neglecting we need to ask the question of why they are failing to care for themselves. Quite often this will involve hoarding/collecting rubbish or fiercely guarding their privacy and independence.

Other signs health professionals look out for is if a person is particularly shrewd, fearful and distrusting. They will often appear unkempt, have poor hygiene and can even be malnourished or dehydrated. Often those affected refuse to pay bills leading to further harm but because of their need for privacy & independence and their distrust in others (family & social services etc.) this can go unnoticed for long periods of time.

Cognitive decline can also increase the chance of neglecting important things like bills and hygiene but this isn't intentional. The act of asking someone for help is a huge deal for those who feel they are unable to trust even those close to them; especially if there is a fear of losing their home/independent living. It's important to remember that we all deal with

changes in our life & trauma in different ways. What may seem completely strange & even gross to you may provide the person suffering with a sense of comfort & may fulfil a need not known to anyone else. In Taranaki I have noticed that those living alone, widowers, alcohol/substance users & those who have very little to no natural supports are at risk of self-neglect. Mental health is also a big factor of self-neglect and this can determine the severity of neglect at any given time.

If an older person wants to make a change in their routine i.e. they don't want to do their dishes every night after dinner like they have for the past 40 years, this does not mean they are spiralling into self-neglect. Small changes are very different compared with those who have severe hoarding issues, collecting pets that defecate inside etc. causing public safety concerns for instance.

One tip I can suggest if you feel you may know someone who is self-neglecting is simply asking who they consider to be supportive/who looks after you? Having people looking out for our Kaumatua is the best chance one has to heal and prevent future neglect. It's crucial not to assume who we think would be their main source of support. Be patient, try not to tell the person how chaotic their life has become or how different they are now (even if you're hurting too!). Client centered practice encourages us to empower those we work with to identify what's the most important goal/action/change they want to make and start working towards now (these need to be realistic-not set up to fail).

THANK YOU ALL for your time reading up on such an important topic. Learning about the issue and raising awareness in the community is a great way to prevent further abuse and neglect.

If you would like to discuss anything further please call Age Concern Taranaki to book an appointment on 06 759 9196 or email me on [sinead@ageconcerntaranaki.org.nz](mailto:sinead@ageconcerntaranaki.org.nz)

I am thoroughly enjoying the new office space which enables clients to visit me in the office in private. Cheers!

*Sinead Thomas*

Registered Social Worker / Age Concern Taranaki

## Do you feel that you spend too much time on your own? Maybe you know someone else who doesn't have many visitors?

The Accredited Visiting Service (AVS) has caring volunteers who are keen to spend time with an older person in the community.

Our volunteers have all been reference and police checked, and are available to spend about an hour each week in the home of an older person. This time is spent chatting, perhaps having a cup of tea, and generally providing company to someone who otherwise may not see anyone else from one week to the next.

If you would like to discuss the service, either for yourself or someone you know, please get in touch with me as I have volunteers ready to start visiting now.

*Aylene*



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

*Thanks*

## 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.**

### TRANSPORT YOU CAN TRUST



#### Reliable and friendly service

- Medical appointments
- Social and business trips
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- One off or regular
- Long trips and local

#### Call Diana now!

For more information

**06 758 0734 or  
0800 956 956**

Total  
Mobility  
Provider



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



Kia Ora and Welcome to Age Concern Taranaki Waitara Activities.

I am thoroughly enjoying facilitating and delivering these programmes in the Waitara Community. A big Thank You all our valuable Sponsors and Supporters, Volunteers and of course everyone who attends. The Singalong has been very well attended, exciting and generating interest and best outcomes to older people who enjoy interactive singalong and fun. There are many spot prizes to win by simply answering questions pertaining to a song we sing, or demonstrating movements and actions to music like the good old Hokey Tokey or playing a percussion instrument to add a beat or two.

Our Drop in Café is available for people to attend and have a cuppa, chat and maybe participate in a game, quiz, or simply just make friends and enjoy each others company. This is held in the dining room area of the Senior Citizens Hall 1.30pm – 3 pm. It’s great.

Pauline Julian - Service Coordinator - Social Connection Programmes.

Pauline Julian - Service Coordinator – Social Connection Programmes  
Ph 06 759 9196 - 0800 243 625  
pauline@ageconcerntaranaki.org.nz

Supported by - TSB COMMUNITY TRUST, LOTTERY GRANTS BOARD - TARANAKI COMMUNITY, SENIOR CARE TARANAKI, MEL HENSILWOOD - DRIVING MISS DAISY, VOLUNTEERING NEW PLYMOUTH, BIN INN WAITARA



Hawera March outing to Hollard Gardens



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".

FROZEN CONVENIENCE MEALS AT AGE CONCERN TARANAKI

You can purchase tasty, wholesome, nutritional frozen meals from our Office at 28 Young Street New Plymouth Monday to Friday during Office hours 10 am – 2 pm.

We also offer a delivery service on a Friday morning (within New Plymouth City perimeters) at a cost of \$5.

Do you fancy a Roast Meal – Pork, Chicken, Beef or Lamb complete with vegetables and gravy, a Family Meal - Lamb Hotpot, Sticky Asian Pork Belly and Beef Casserole - all \$10 each. Or perhaps a tasty Snack Meal – Cottage Pie, Spaghetti Bolognese, Macaroni Cheese and other variants available too - \$5.50 each.

Not forgetting Chocolate Fudge Pudding as a dessert - \$5.50 each.

These are easy to cook in your microwave or conventional oven. Convenient for Everyone

**TOMORROWS MEALS are here TODAY.**  
Ph 06 759 9196 to place your order.



JOIN AGE CONCERN TARANAKI MEMBERSHIP SUBSCRIPTIONS

WELCOME FOR YEAR ENDING 30 SEPT 2020

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

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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.

Old age ain't no place for sissies!  
~ Bette Davis ~



Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. In our last article we had a look at what happens when a resident couple separates or divorces. This time we'll have a look at the opposite – when a new person in a resident's life wants to move into the village. All residents have signed an Occupation Right Agreement (ORA) that sets out the terms and conditions of their right to live in a unit and enjoy the village's amenities. It's personal to the resident and is usually non-transferrable. So moving a new person in is not simple.

For example, he was 94, widowed and living in a village, she was just 74. The relationship started after he moved to the village and a year later she moved into his unit. The resident needs to decide what rights he wants his new partner to have in relation to his unit. The two main options are:

- The new partner has no financial interest in the unit, or
- The new partner becomes a party to the ORA.

If new partner has no financial interest in the unit, she will have no right to remain there after the original resident dies or terminates the ORA. Operators might use an "additional resident consent" giving the new partner the right to live in the unit for as long as the original resident continues to live there, but with no financial entitlement.

Secondly, the new partner becomes a party to the ORA, and, depending on the residents' intention, may or may not have a right to receive the termination proceeds. Contractually, the surviving resident will usually be entitled to the termination proceeds and be entitled to dispose of them.

In another example, the resident's family might want the village to add her to the existing ORA. The village could refuse this, but may offer three options to accommodate the new partner's right to live in the unit or in the village:

- Amend the ORA to record that the new partner can live in the unit but has to leave within three months should the existing resident go into care or die;
- Consent to the new partner living in the unit for so long as the original resident wishes the new partner to live there. In addition, the operator may offer the new partner an option to buy either the unit or another in the village at the then market price should the need arise;
- A new ORA is issued in the name of both the original resident and the new partner at the unit's current market value, with a new deferred management fee (DMF) to be paid. This could be an expensive option if the unit's market value has increased, but the new partner gets to stay in the village without any restrictions should the original resident die or go into care.

These are just some of the approaches an operator may take. Where residents are of a similar age operators are more likely to agree that a new resident can be added to the ORA with no change to the DMF. This may be achieved by issuing a new ORA in both residents' names, or by a variation of the original ORA. The operator will require both residents to have separate independent legal advice before signing of any documents to give effect to a change.

*Next time we'll look at dependent adults or grandchildren in a village.*

*editorial supplied by Retirement Villages Association*

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