

**AUTUMN 2021 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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**Postal Address:** PO Box 15, Taranaki Mail Centre, New Plymouth 4340

### OFFICE HOURS

9.30am - 1.30pm Monday to Friday

## BOARD OF AGE CONCERN TARANAKI

**Chair Person:** David Gibson

**Vice Chairperson:** Alison Brown

### 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.



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



I am very pleased to bring you this newsletter, with stories and photos of our social gatherings and news of our upcoming events.

It's hard to believe that a year ago we were in lockdown. We are very lucky in Taranaki to have a number of events still

on and good weather to get out and about. Our Americana Street party (page 12) just snuck in at an Alert Level 1. The Wacky Scooter Club in Hawera (page 10) had its inaugural event. We've made a lot of cups of tea, chatted and even sung a few songs. Our What's on (pages 6 & 7) brings to you upcoming events throughout the region, including a number of new locations. We have upcoming education sessions on Improving Sleep for Seniors, Staying Safe (refresher course for older drivers), Life Without a Car and Tea & Tech. We welcome you to join us.

**Keryn Roderick**

Executive Officer

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*Thanks*

## Introducing Estelle



AgeConnect Taranaki aims to enhance the wellbeing of older people / koroua or kuia who are socially isolated and / or lonely by connecting them with activities, events and people within the community.

Age Concern Taranaki

welcome a new staff member, Estelle Barnes to the team as Service Provision Lead in South Taranaki and Stratford Districts. Estelle is fully committed to the health and wellbeing of older people from a community perspective. Estelle lives in Hawera with her husband Ken, they have 3 children, 10 grandchildren and 3 great grandchildren. Her working life was in the finance industry, but since retiring to Hawera she has been involved in volunteer work with Grey Power South Taranaki Inc.

Coffee Mornings continue every Thursday, Casual Cuppa every Tuesday on the first and third Tuesday of the month. Monthly outings and guest speakers. We are expanding our coffee mornings to Patea and Waverley. Negotiations are ongoing to bring SAYgo and coffee mornings to Manaia in July 2021.

Several educational courses are planned:

**Improving Sleep for Seniors** – an interactive workshop for older people who suffer from not having enough sleep.

**Staying Safe** – A classroom based, course to familiarise yourself with traffic rules and safe driving practices.

We aim to reduce loneliness and isolation in Taranaki, strengthen community capability. People attending the social connection programs begin to help each other by car-sharing to programs, by going together to activities or coffee, or to each other's houses. By helping each other, eg house maintenance, baking. Age Concern welcome you to get in touch with us and let us know what is happening in your community and what you would like to start up.

Please email [info@ageconcerntaranaki.org.nz](mailto:info@ageconcerntaranaki.org.nz) or call the office on (06) 7599 196 or 0800 243 625

Age Connect Taranaki is supported by TSB Community Trust.

## Friendly, local personal transport – Total Mobility accepted and wheelchair accessible

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## Escape Week: 9-15 February

Fire and Emergency launched a national campaign, Escape Week, running 9-15 February to encourage New Zealanders to create a household fire escape plan.



We have all seen or have been touched by the devastation fires can cause. It is vital for us all to know how we would get out in the event of a fire. However, if a fire breaks out in your house you too need to be prepared.

Matt Crabtree from Fire and Emergency New Plymouth kept 23 members spellbound by his knowledge and casual stories, which everyone enjoyed. We discussed everything from the 20ltr Petrol that we unknowingly store in our lounges.....? to the main causes of fire events at home.

The most important is to have an escape plan for your home and to ensure that all visitors are aware of your emergency plan and where to gather in such an event. You have a few minutes before your home may be engulfed in flames so plan ahead.

Matt explained the purpose of smoke alarms and mentioned that Fire and Emergency will install or check existing alarms for people over 65. Anyone can call the New Plymouth Fire and Emergency or leave a message at the Hawera station, which is manned by volunteers and they are happy to help you make and escape plan and check existing smoke alarms.

**They are here to help keep us safe!**



## Brains In Action;



We are a dementia service in Taranaki, providing a fun dementia treatment called Cognitive Stimulation Therapy (CST). This treatment can improve quality of life and cognitive function, processing of information in the brain. It is proven to be just as effective as currently available dementia drugs but with lots of fun on the way and no side effects.

This treatment is recommended as good practice in the Dementia Care Framework from the Ministry of Health and recommended by the World Alzheimer's Organisation for the early to mid-stages of dementia.

For more information on the treatment or how we might be able to support you please visit our website [www.brainsinaction.co.nz](http://www.brainsinaction.co.nz) or give Anna Hornby a call on 027 756 5872.

**Anna will be our guest speaker Thursday May 13th Social Morning 33 Liardet Street, New Plymouth. 9.30am - 11.30am.**

We are looking forward to meeting you.

## Tea & Tech

What is Tea & Tech? We match over 65 year olds who are keen to learn how to use their smartphones, tablets or laptops with teenager volunteers in a one-on-one mentoring session. If you would like to improve your skills with your tech devices, book a seat for one of our sessions. Tackling your tech hurdles from texting and emailing, to uploading photos in an email, downloading apps or songs, operating google maps, video calling your family and friends (using either skype, facetime, facebook, or zoom), figuring out how to download newsletters or read the newspaper online; a Tea & Tech session is a lovely way to learn. Each session has no more than 10 student volunteers and 10 over 65s. Sessions go for two hours maximum. Tea & Tech is ran by Age Concern Taranaki and as the name suggests, involves a cuppa and a chat too.

We have spaces available for our upcoming New Plymouth Tea & Tech sessions. Bookings are essential. Bring your cell phone, tablet or laptop with you and your charger.

**Book by emailing Kendra at [projects@ageconcerntaranaki.org.nz](mailto:projects@ageconcerntaranaki.org.nz) or phoning 06 7599196 or 0800 243 625**  
**Tea & Tech is supported by New Plymouth District Council.**

# RYMAN PIONEERS

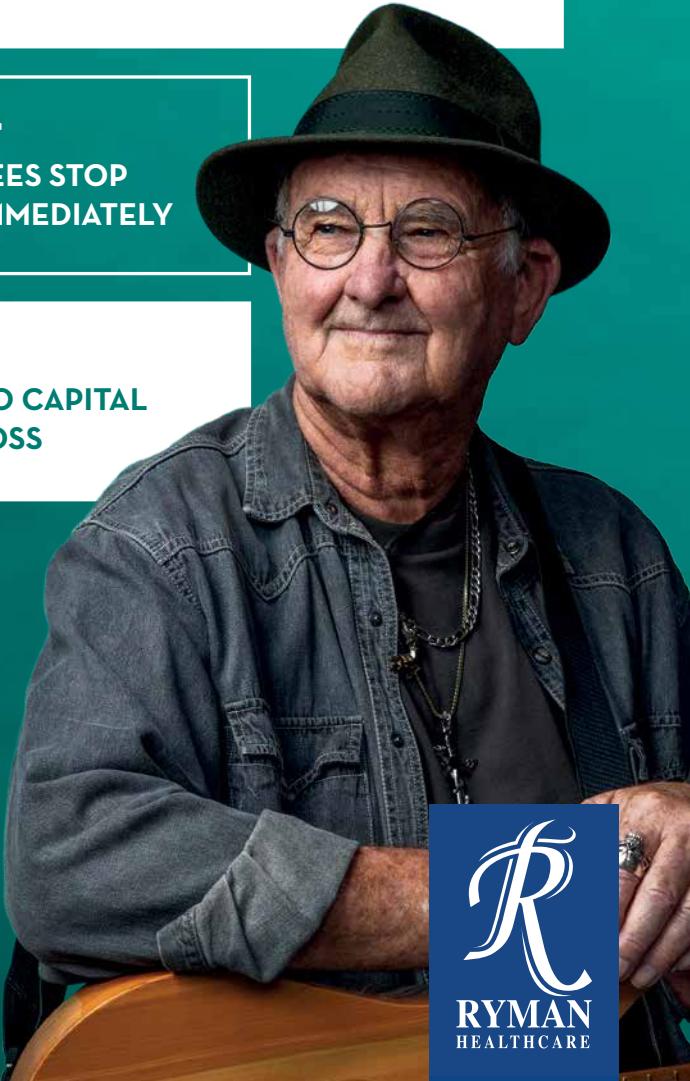
*Peace of mind*

Our pioneering approach to retirement living includes our Peace of Mind Guarantees designed to give our residents greater confidence to live the way they want. They provide freedom and flexibility that lets you choose when, where, and how you want to live your life.

1	The deferred management fee (DMF) is your contribution to the refurbishment of the village. It is charged on an 'enjoy now, pay later' basis, and is deducted when your occupancy advance is repaid, which is the amount you've paid to occupy the unit. Your DMF will be no more than 20 percent - one of the lowest in the retirement sector.				
DEFERRED MANAGEMENT FEE CAPPED AT 20%					
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OTHER PROVIDERS	\$495,000	×	25 - 30%	=	\$123,750 - \$148,500

- 2  
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- 3  
CARE OPTIONS TO SUIT YOUR NEEDS
- 4  
FEES STOP IMMEDIATELY
- 5  
NO HIDDEN COSTS
- 6  
REPAYMENT PROTECTION
- 7  
NO CAPITAL LOSS
- 8  
CHANGING YOUR MIND
- 9  
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71 Barrett Road, New Plymouth  
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**For more information email:**  
**info@ageconcerntaranaki.org.nz or**  
**Phone our Office (06) 759 9196**  
**or 0800 243 625**

## **ELTHAM**

**SAYGO** > Steady As You Go Falls Prevention Class held on a Thursday **10.00am**.

All Saints Church, 88 King Street, Eltham.

## **HAWERA**

**SAYGO** > Steady As You Go Falls Prevention Exercises held every Tuesday 10.15 am. Presbyterian Hall, Argyle Street, Hawera. Improve your strength and balance. Gold Coin Donation

**Casual Cuppa** > Held every 1st and 3rd Tuesday of the month 11.15 am Presbyterian Hall, Argyle St, Hawera. Join us to make or meet new friends, socialise and relax.

**Drop in Social Morning** > Held every Thursday, 10.30 am. Presbyterian Hall, Argyle Street. Hawera. Drop in, make friends, socialise and take part in robust discussions. Guest Speaker every first Thursday of the month.

**Social Outing** > Held once a month in Hawera. Please contact Estelle for confirmation of details, venue and ongoing dates and times.

**Wacky Scooter Club Scavenger Hunt and Hawera "Grand Prix"** > held once a month in Hawera, contact Estelle for details.

## **INGLEWOOD**

**In Tune with Inglewood - Singalong and Social Afternoon** > Held in The Mamaku Centre, 6 Mamaku St Inglewood. A fun afternoon with singing, fun, instruments and much more. Afternoon tea provided. Every second and fourth Thursday of the month 1.30 pm – 3.30 pm. Starting Thursday April 22nd 2021. Gold coin donation.

## **MANAIA**

**SAYGO - Steady As You Go** > Starts 7th July 2021  
 "Watch this Space"

**Drop in Coffee Morning** > Starts 7th July 2021  
 "Watch this Space"

## **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.

**Drop In Cafe** > This cosy Drop in Cafe is held on the first, third and fourth Thursdays of the month. Join us at 10am for a cuppa and great company at 33 Liardet Street, New Plymouth.

**Social Morning** > Our Social morning at 33 Liardet Street is held on the second Thursday of the month. We have interesting Guest Speakers. Starting with morning tea at 10:00am

**Warm Up Wednesday** > This fun filled morning of Singalong continues every second and fourth Wednesday of the month. Come along and enjoy, music, singalong 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. 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. Tuesdays at 9:30 am at the Fred Tucker Memorial Hall 132 Parklands Ave, Bell Block; Tuesdays at 10.30am at St Mary's Complex Lounge, 37 Vivian Street; Fridays 11am at Disabilities Citizens Rooms, 83 Hine Street - \$3 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**

**Chirpy Fridays - Music and Singalong** > held in The War Memorial Centre, TSB Chambers Room, 10.30am, 55 Miranda Street, Stratford. Morning Coffee/Tea will be supplied, please join us to make or meet friends. Specific dates as indicated this quarter

Friday 16th April, Friday 7th May, Friday 28th May, Friday 11th June, Friday 25th June.  
 Lets make some music.

## **PATEA**

**Morning Coffee** > Starting Wednesday 7th April 2021 at The Patea Library, further dates to be confirmed.

## **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.

**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.

## **WAVERLEY**

**Morning Coffee** > Starting Wednesday 31st March 2021 at The Waverley Library - further dates to be confirmed.

KINDLY SUPPORTED BY: TSB COMMUNITY TRUST, TARANAKI ELECTRICITY TRUST, BIN INN WAITARA, DRIVING MISS DAISY COMPANION DRIVING, VOLUNTEERING NEW PLYMOUTH, COMMUNITY ORGANISATION GRANTS SCHEME



Improving Sleep for Seniors Workshop held recently at Liardet Street with Service Coordinator Marguerite Burr

I didn't get old on purpose, it just happened. If you are lucky it could happen to you.  
 Andy Ronney.

## **Is there Life Without a Car?**

It has been a couple of years since I last ran this course, so it's time to run it again for those who missed out previously.

In this 1 ½ hour course we look at ways to keep mobile when we can no longer drive. Not driving doesn't have to limit our activities or prevent us from continuing to enjoy life. There are ways to adapt to life without a car so that we don't lose our independence and freedom, and can remain involved with social activities, and continue to live positively without driving.

**Course dates are:**

**Thursday April 15th 2021 and**  
**Tuesday 25th May 2021.**

The courses will be held at 33 Liardet Street, New Plymouth from 9.30am – 11am and will include morning tea. There is no charge to attend, but it would be appreciated if you could ring to register as this will assist with catering for the morning tea.

Contact Aylene on 759 9196 for further information, and to register.

## **Age Concern Taranaki introduces 2 workshops in South Taranaki**

### **Improving Sleep for Seniors**

**Wednesday 28th April 2021**

**Time: 10:30 start**

This free 2.5 hour interactive workshop is available to older people providing information, strategies and resources to assisting in improving sleep. Held at The Presbyterian Church Hall, Argyle Street, Hawera.

Register at Age Concern Taranaki Office ph 06 759 9196 ext 308, contact Estelle or email marguerite@ageconcerntaranaki.org.nz

### **Staying Safe Driving Refresher Course**

**Monday 3rd May 2021**

**Time : 9:30 – 12:30**

A Free Classroom based, course to familiarise yourself with traffic rules, and safe driving practices. Express your interest by phoning our Office 06 759 9196 email aylene@ageconcerntaranaki.org.nz or contact Estelle.

## Accredited Visiting Service (AVS)

2021 has started well for the Accredited Visiting Service, with new visitors and clients joining us every few weeks.

In addition to her Elder Abuse role, Sinead has started spending time each week getting out and about in South Taranaki spreading the word about the visiting service, and generating interest from both potential visitors and clients, while I continue to do the same in North Taranaki.

If you know of anyone who you think would benefit from having a visitor, please let them know about our service. In the first instance, either Sinead or I will visit and explain about the AVS, and if they're keen to proceed, we set about finding a suitable visitor. We try to match people with similar interests so that they have something to talk about to start off with, and this naturally leads on to chatting about everything and anything. We go along for the first visit to make the introductions, then after visiting for a few weeks, we do a review with both parties to ensure they're getting on and want to continue.

Visits are one hour per week and take place in the

client's home. This is a very easy way to brighten another person's life, and everyone benefits from the social connections made.

If you are interested, either in having a visitor or being a visitor, contact Sinead for South Taranaki or Aylene for North Taranaki and we will get the process underway. Obviously, we need both visitors, and people to be visited ('clients'), to enable this extremely valuable service to continue to grow.

We look forward to hearing from you.

*Aylene & Sinead*

## Elder Abuse Response Service:

Kia Ora readers.

A new year has arrived and I feel very excited looking at the year ahead.

I am pleased that Age Concern Taranaki has a new part time social worker to assist me in responding to any and all allegations of Elder Abuse within the Taranaki community. This means we are able to respond faster and I have an incredible peer to bounce ideas off and discuss complex cases.

As usual, I'd like to dedicate this space to discuss issues that affect Elder Abuse in New Zealand and on a local level. The stigma attached to Elder Abuse is a huge problem, which directly affects reporting the abuse. "Elder abuse is under-reported as often the shame of it being caused by a family member and the stigma, keeps older people quiet and that's not ok." (Age Concern New Zealand, 2020).

The perpetrators of Elder Abuse in New Zealand are mostly family members (about 80%). As you can imagine this can be embarrassing for an older person to come to terms with and especially admit to another person. Most people like to think that they have done a good job in raising their children or grandchildren and when we think of abuse or the idea of someone we love abusing another person, we often associate it with negativity and something that shouldn't be discussed.

It also is so important that we move away from this stigma and confront the issue. Abuse occurs because of an underlying factor(s). This can be a range of things such as mental health, poverty, complex family dynamics or even a lack of understanding an older person's needs (particularly in carer relationships). I

have found that if the perpetrators of elder abuse are supported with their issues it is likely that the abuse lessens and the older person's safety increases. In saying that, the abuser has to want the support. If they don't, the older person is left with a huge choice to make. They either accept that the family member(s) will not accept support or attempt to make change and their situation isn't likely to change or, they take that first step in acknowledging that their behaviour is not ok and reach out for help.

If the latter choice is made, generally a report will come in to the elder abuse response service for us to follow up with. This doesn't mean all reports are self-referrals, many of our referrals come from a variety of services such as health professionals, Police or concerned family/Whanau.

This is only one small example of the stigma attached to elder abuse and why some people chose not to report; in the upcoming newsletter articles I will discuss more.

If you or someone you know may be experiencing elder abuse please phone our office on 06 759 9196 or call into our office to book an appointment.

*Sinead Thomas-Ngatai*

Elder Abuse Social Worker-Age Concern Taranaki

## Introducing Lisa

Tēnā koutou,

Ko Taranaki te maunga  
Ko Wainongoro te awa  
Ko Halcione te waka  
Nō Ngāmotu ahau  
Ko Lisa Read tōku ingoa

Kaimahi Hapori o tūkinō kaumatua I tōku mahi

Hello to you all. My name is Lisa Read and I recently came on board the Age Concern Taranaki team as a partime social worker alongside Sinead Thomas in the Elder Abuse service.

I grew up in New Plymouth and apart from living in London for 7 years I have remained here. 5 years ago, I completed my Bachelor degree and then worked for a counselling service for 7 months followed by prison reintegration for 2 ½ years. Social work aligns well with my values.

I enjoy reading, research, yoga, walking and languages.

## 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.

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Our services include:

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

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# Steady As You Go®

Falls Prevention  
Exercise Classes



- Mon 10.00am Tainui Day Centre  
141 Tasman St, Opunake
- Tues 9.30am Fred Tucker Meeting Rm  
132 Parklands Ave, Bell Block
- Tues 10.15am Presbyterian Church  
35 Argyle St, Hawera
- Tues 10.30am St Marys Complex  
37 Vivian St, New Plymouth
- Wed 10.30am Inglewood United Church  
30 Brown St, Inglewood
- Thur 10.00am All Saints Church  
88 King Edward St, Eltham
- Fri 10.00am St Andrews Church  
88 Regan St, Stratford
- Fri 11.00am Disabled Citizens Society  
83 Hine Street, New Plymouth

Contact The Age Concern Taranaki

Office between 9.30-1.30pm

Phone: 0800 243 625 or 06 759 9196

**LIVE STRONGER  
FOR LONGER**

PREVENT FALLS & FRACTURES



## Wacky Scooter Club - Hawera

What a joy, the sun was shining and the "Wacky Scooter Club" members were ready for something new. The camaraderie was infectious, maps and directions were handed out and you could feel the anticipation in the air. The volunteers were briefed and placed at every turn, to ensure that the whole event was safe but enjoyable. Some of the volunteers walked the whole route just for fun!

The Hawera Community Piano on Union Street was playing our favourite songs, murals were identified and carvings were studied. At the RSA Memorial Arch, a moment was spent in memory of the six wars mentioned on the pillars. Two members felt hungry at the halfway mark and bought some pies at their favourite pie shop!

At the finishing line first prize was awarded to Pat Nixon and "Happy Thoughts" Easter eggs were awarded to Maryanne Gallishan, Marion Calder and Marlie Heretini. All participants received a "Certificate of Achievement".

Our next Wacky Scooter Club event is planned for 10:30am on 21st April at King Edward Park (this event is weather dependant). Contact Estelle@ageconcerntaranaki.org.nz or phone (06) 759 9196 or 0800 2430625



## The best seven doctors:

1. Sunshine
2. Air
3. Exercise
4. Water
5. Diet
6. Rest
7. Laughter



## SAYGo Volunteer Peer Leaders Workshop

With great enthusiasm, annually the SAYGo (Steady As You Go) peer leaders meet to celebrate the success of the Falls Prevention program, they deliver across Taranaki.

At the beginning of January, ten peer leaders met at the gorgeous, rural Inglewood Croquet Club to share a delicious lunch, catered for by the club members.

The workshop is designed as an informal get together with like-minded people and, to thank them for their ongoing commitment to SAYGo. The time is spent getting to know each other, brain storming and a refresher on the correct way to do the exercises.

These volunteers are positive role models. The longer their relationship with the participants in the classes, the more they learn about the participants lives. The peer leaders often become an important and trusted confidant. This connection is particularly reassuring during covid-19 level lockdowns.

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.'

ACNZ Peer leader's certificates were presented to Mary Needs from the Manadon St group Del McDonald & Sue Lewis from Milife Mangati Road. Jenny Nager Hawera's long standing peer leader retired but will still be continuing to attend class.

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

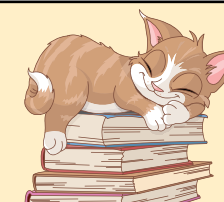
See the advisement left with venues and times of classes near you.

I look forward to welcoming you.

*Marguerite Burr* | Service Coordinator

### NEVER LEND BOOKS.

They never get returned.  
The only ones I have in my library are ones I have borrowed.



## Introducing Bex Caldwell, Administrator



Hi, I'm Bex and I started with Age Concern Taranaki as their new Administrator in January.

I am married to Bevan, and for the past 4 years I have been a stay-at-home Mum raising our two children.

During this time, I have enjoyed volunteering at Hospice Taranaki Waiwakaiho store while my children have been at school. Our family also volunteer with Hearing Dogs for the Deaf NZ as puppy socialiser which we find very rewarding. I have a varied administration background from large businesses to smaller sole charge administration roles. As well as working in administration, I have also worked as a Nanny caring for many children in Taranaki over the years. I love supporting people in our community so the opportunity to work for Age Concern Taranaki is one look forward to. I am really enjoying meeting new people at Age Concern Taranaki. I look forward to meeting more of you soon.

**IT'S EXCITING, IT'S NEW,  
AND  
IT'S SO GOOD FOR YOU!**

### In Tune With Inglewood Singing and Social Afternoon

Age Concern Taranaki welcomes you all to attend a fabulous afternoon of Singing and fun. Join Pauline on her guitar and sing those good old favourite tunes you all know and enjoy. There are numerous health benefits from singing and it provides a great opportunity to socialise, make friends and stay In Tune with Inglewood.

Held on the second and fourth Thursday afternoon of the month, 1.30 pm – 3.30 pm. Starting Thursday 22nd April 2021. Afternoon Tea provided. Gold Coin donation

# AMERICARNA STREET PARTY 2021

## What a blast !!!

Age Concern Taranaki and Taranaki Disability Information Centre jointly hosted our annual street party welcoming car enthusiasts to our Taranaki Community. This collaborative event included entertainment, food, fumes and fun with many members and friends on the day taking rides in these amazing cars.

One Americarna driver accompanied with his banjo most certainly had the large crowd of 45, "rockin around the clock" in our American Style Diner so very creatively decorated for the occasion. Marama you certainly are very talented.

We were also honoured to have Whaea Maata Wharehoka from Parihaka attend with her whanau and who also presented our visiting car drivers and their families with flax weaved putiputi (flowers) with much thanks and aroha. How beautiful was this! They also performed waiata and action songs to our members and guests. The inter- generational relationship was special and these young people also channelled their energy into the dishes and kitchen after they too had rides in the cars. So Cool. At the Diner we served the usual refreshments along with a sausage sizzle, complete with onions and American Mustard Sauce which was kindly donated by Brian of Taranaki Disability Information Centre.

The Taranaki weather was at its best and our street party "rocked". I would like to extend a huge thanks to everyone, including Americarna Management Team, Brian and Marama, Age Concern Taranaki colleagues, volunteers and everyone who supported the annual event.

Same time next year.

**Pauline Julian** | Service Coordinator



## 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".



When you understand why a pizza is made round, packed in a square box and eaten as a triangle... Then you will understand women"

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

TSB Community Trust  
Supporting You - Supporting Our Community

Lottery Grants Board  
FUNDS FOR YOUR COMMUNITY

Bin Inn  
Wholefoods  
and Specialty Groceries

TET

Mountain to Sea  
Te Kaunihara-a-Rohē o Ngāmotu  
NEW PLYMOUTH DISTRICT COUNCIL  
newplymouthnz.com

Driving Miss Daisy

PRIMO

DUNCAN ID DOVICO

Budget  
Car and Truck Rental

ST JOANS  
CHARITABLE TRUST

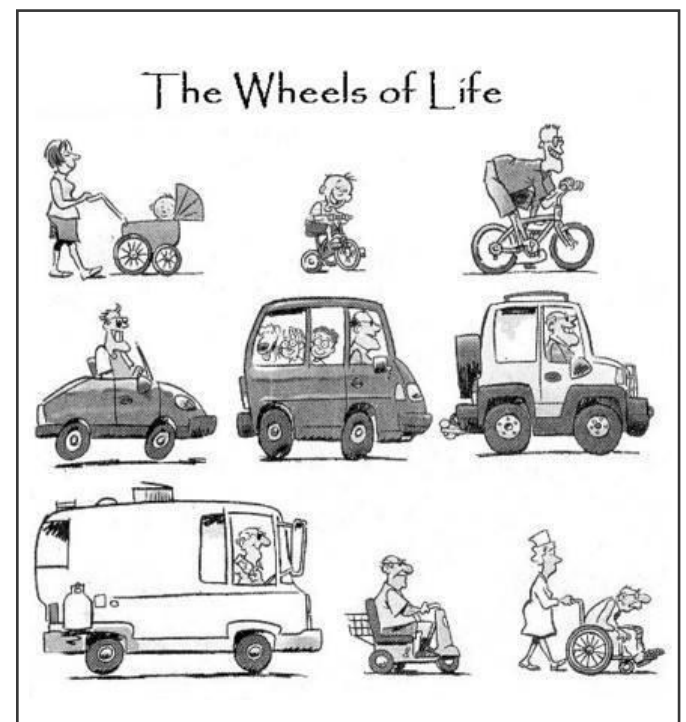
COGS  
Community Organisation

Taurima  
REST HOME  
"You'll be with Friends"

## When Irish Eyes are smiling

...

Bex with the little Leprechaun captured on St Pat's Day judging the Potato Leprechaun Making activity, along with Dawn rocking her shamrock socks..



COVID-19: Getting a vaccine information from Ministry from Health website

We've secured enough COVID-19 vaccines for everyone in New Zealand. They're free and everyone in New Zealand is eligible. Find out how you can get a vaccine. Last updated: 8 March 2021

Your vaccine will be free - The COVID-19 vaccination will be free of charge

Who can get a vaccine You can get a free vaccine if you're in New Zealand Everyone in New Zealand is eligible for free COVID-19 vaccination, regardless of your visa or citizenship status. Any information collected will not be used for immigration purposes. It will not be mandatory for the general public. You can choose whether to get vaccinated.

When you'll get a vaccine The COVID-19 Immunisation Programme is already underway. Over time, everyone in New Zealand will have access to a vaccine if they would like one. Our aim is to vaccinate as many people in New Zealand as possible during the year as part of the programme. The timings below assume there is low or no community transmission in New Zealand. This may change depending on what's happening in the community.

Border and managed isolation and quarantine (MIQ) workers Border and managed isolation and quarantine (MIQ) workers will be vaccinated first from 20 February 2021. This is all workers who undergo mandatory COVID-19 testing as part of their work. These groups include:

- cleaners
- nurses who do health checks in MIQ
- security staff
- customs and border officials
- airline staff
- hotel workers.

It should take 2-3 weeks to vaccinate border workers, followed by the people they live with (household contacts). This is to reduce the risk of them getting COVID-19. The people you live with (household contacts) will be vaccinated as part of the initial roll-out, after border and MIQ workers have had their first dose.

You will be able to nominate the people you live with (household contacts) and we'll contact them once vaccinations have started with more information.

Non-border frontline healthcare workers

We expect that between March and June, non-border frontline healthcare workers, like general practitioners, pharmacists and people working in our testing centres, will have access to the vaccines as the next at-risk workforce.

Other at-risk people

We then expect to shift the focus of the immunisation programme over the coming months to include a broader range of at-risk people (such as other health workforces, older adults, and those with a relevant underlying health condition).

The general public

The general public vaccinations are expected to begin in the second half of 2021.

Where vaccinations will be available

To start with, it is likely vaccines will be given to the general public in workplaces and community locations. District health boards (DHBs) will confirm vaccination sites closer to the time.

Tips to reduce the risk of falling when wearing a face mask

With Auckland going in and out of lockdown, you may find yourself considering wearing a facemask when out and about to help limit the spread of COVID-19.

Unfortunately, for the many of us who wear glasses, masks can cause some loss of lower peripheral vision. The lower peripheral vision is an important sensory function that guides us when we walk and helps to stop us tripping or falling.

It is therefore essential to consider how to reduce the risk of falling while wearing a face mask.

Some useful tips to consider:

- Check your mask fits snugly around your nose and cheeks to reduce any visual impairment and fogging of glasses
- Slow your walking pace to give you more time to consider what is immediately in front of you and what trip hazards lie ahead
- If you wear glasses, consider adopting practices to help reduce fogging, like swimmers do with their goggles (such as a drop of washing up liquid on glasses)

FROZEN CONVENIENCE MEALS AT AGE CONCERN TARANAKI

You can purchase tasty, wholesome, nutritional frozen meals from our Office at 33 Liardet 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.

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.



TOMORROW'S MEALS

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As good as home made!



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Frozen Fresh

JOIN AGE CONCERN TARANAKI MEMBERSHIP SUBSCRIPTIONS WELCOME FOR YEAR ENDING 30 SEPT 2021

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.

## QuinLaw - Barristers & Solicitors

### GIFTING

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

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

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

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

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

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

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

*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.*

**At QuinLaw "people matter"**

- ✓ Estate Planning
- ✓ Wills and Trusts
- ✓ Enduring Powers of Attorney
- ✓ Sales
- ✓ Purchases



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