

AUTUMN 2022 QUARTERLY NEWSLETTER

Phone (06) 759 9196

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Serving the needs of older people

Age Concern Taranaki

Serving the needs of older people



FREE NEWSLETTER TARANAKI WIDE

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OFFICE HOURS

9.30am - 1.30pm Monday to Friday

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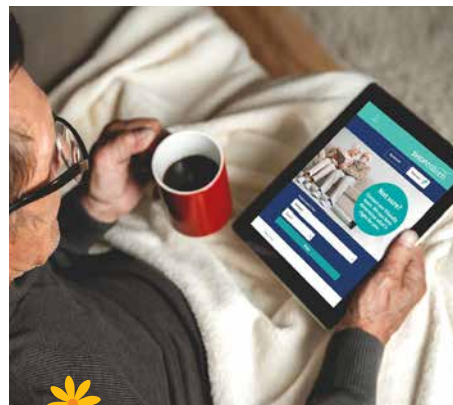
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Disclaimer: The information contained in this newsletter is not necessarily the view of Age Concern Taranaki. While it is believed to be correct, readers should consult their own advisers.



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



Kindness and compassion – this is what comes to mind during these times. I am typing this from home during the last few days of my isolation as a household contact. By now we've probably either had covid, or know someone who has had covid, or are about

to know someone with covid. Keep in contact with people ask for/offer help. Let's treat each other with kindness and compassion and support one another through this time. If you are isolating and would like some regular supportive friendly phone calls, let us know – we arrange a staff member or volunteer to keep in touch.

At Age Concern Taranaki we are running our programs and services, adapting as need be. We are happy to see you and are happy for anyone to give us a call to find out more about what we do and how to join in. Sometimes people just drop in for a chat. I have a wonderful team of staff and volunteers, I am so proud of the work they do and the way in which they carry out their mahi. Browse through this magazine, there are many photos of our work in action and our people enjoying themselves. It's a joy to see people everyday at Age Concern Taranaki events.

I'd like to bring your attention to our Digital Literacy Lessons – see page 12. Our volunteers Brett and Robyn are available for one on one sessions in helping you with whatever your needs are when it come to devices. They do a fantastic job, its great to see people walk out more confident in how to use their smartphone/tablet/computer. Call us to book a session.

Wishing you wellness, smiles and laughter.

Keryn Roderick

Executive Officer

After doing some DIY projects around the house, I have a new motto: Do your best to do things right the first few times.

AgeConnect - St Patrick's Day Celebrations

**KNOCK KNOCK ! Who's there ? IRISH ! Irish Who ?
I RISH YOU A HAPPY ST PAT'S DAY**



New Plymouth

On March 17th 2022 we celebrated St Patrick's Day in style at 33 Liardet Street. Shamrocks, Green Drink, Green Food and even a Leprechaun were all a part of a fantastic "Top of the Morning to ya" day. Our guest speaker for this occasion was Taranaki's 2015 Rose of Tralee – Antonia. Her presentation and song she performed was just the green icing on the green butterfly



cake!!! A big Thank You to Sandra who whipped up these delicious Irish treats.

Hawera

Oh, what fun we had on St Patrick's Day in Hawera. The members were divided into 2 teams with Pat Nixon deciding forming his own neutral team! As the quiz progressed there was some cheating, some laughter, but all members learnt a lot about Ireland! Everyone contributed to a fun filled morning we concluded that St Patrick must also have chased all the snakes from New Zealand!



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Accredited Visiting Service

The Accredited Visiting Service (AVS) aims to reduce elder loneliness and improve the livelihoods of older people in Taranaki through social connection. My goal as the AVS coordinator is to enhance community awareness of the visiting service, increase the number of trained volunteers available, and make suitable matches between volunteers and clients with the hopes of establishing a long-lasting friendship.

Over the past few months, we have needed to take each day as it comes with community omicron cases on the rise - but thankfully, most of our clients and visitors

have been able to carry on with their visits with precautions in place.

Networking efforts made with other community organisations are proving worthwhile. I have gratefully been receiving referrals for clients of various organisations who would like to use the visiting service; which goes to show that with teamwork we can reach more people than we could alone.

We accept referrals from anyone though – any person who feels they would benefit from the visiting service is welcome to refer themselves, and any family member or friend may complete a referral form for a person on their behalf also (with their permission).

I am very happy to say there has been a lot of positive feedback from users of the service, from both clients and volunteers. It is a very rewarding role to be able to provide our community members with company, especially during these stressful times when a cup of tea and a chat can really help to take your mind off things. Sometimes, just a simple phone call can make a big difference to someone's day, too.

I welcome any and all enquiries; please feel free to call me on my work mobile 021 120 0746. I am available to chat Monday – Thursday, 9:30am – 2:30pm.

Take care and stay well,

Antonia - Accredited Visiting Service Coordinator

Do your ears feel blocked, are you having trouble hearing?



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Medical Centre

- Are you prone to ear wax build up?
- Do you wear hearing aids?
- Do you use cotton buds?
- Are you about to have a hearing test?
- Are your ear canals narrow or hairy?

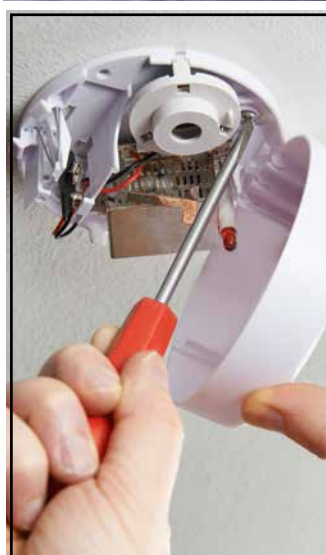
Ear wax build up can cause ear discomfort, Itching, Pain, Ringing in your ears (tinnitus), Dizziness and Reduced hearing.

Earwax removal is performed by our trained and experienced registered nurses and involves using a microscope to view your ear and a small suction tube to remove the wax.

Ear suctioning removes ear wax gently and safely. No referral is necessary. Simply phone Carefirst: 753 9505 to book your appointment in our Westown Medical Centre today

Ultimately, the bond of all companionship, whether in marriage or friendship, is conversation.

Oscar Wilde



If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

It could save lives!

Aqua Exercise

Age Concern Taranaki host a fun, friendly and enjoyable Aqua Exercise Programme on a Tuesday morning currently held at The Methanex Pool Complex, 10 Murray St, Bell Block.

We meet just before 10am and the class runs for 45 minutes, you can do as much or as little as you wish. A groovy playlist of songs accompanies the gentle work out, which is designed and particularly good for improving leg muscles, core strength, balance, stability and of course fitness. The exercises include walking the length of the lane, forwards, backwards and sideways, arm and shoulder movements, stretching, some coordination regimes and a little bit of dancing.

We advise that you must register with Pauline at our Office prior to attending the class. There is a registration process and balance test that is required. Cost per session - \$3pp and is payable to reception at the pools on arrival.

Contact pauline@ageconcerntaranaki.org.nz or Ph 06 759 9196



Over a long life, we accumulate lots of computers and sometimes we have information we'd love to get back, but we're not sure how to do it.

Well, we can help you with our data recovery service. Normally we can recover files and photos from computer hard drives relatively easily and at reasonable cost, so contact us if this interests you. We also get rid of the old computers for you for a small fee.

One of our most popular services is migrating to a new hard drive or solid-state drive. If you have a reliable computer that is very slow, we can improve that performance easily with a hard drive replacement or upgrade. Get in touch if you're interested in doing this with your computer.

Most of you will be using Windows 10 as your operating system. If you have a reasonably new computer, you may be getting messages saying that you can upgrade to Windows 11. This is entirely voluntary at the moment, and I would recommend that you stay with Windows 10 if you're comfortable using it. Conversely, an upgrade to Windows 11 can be done easily so get in touch if you're interested to try it.

Call me if you want to discuss it further on 757 9690 or 027 312 2629

editorial supplied by Computers & Beyond

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info@ageconcerntaranaki.org.nz
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 third Thursday of the month.

Wacky Scooter Club > held on the first Friday of the month in Hawera at 10.30am 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.

MANAIA

SAYGo - Steady As You Go > Falls Prevention Exercises held every Wednesday 10:15am held at Gibson Hall, Tauhiri Street, Manaia. Improve your strength and balance. \$3 donation.

Casual Cuppa > held every first Wednesday of the month 11:15am at Gibson Hall, Tauhiri Street, Manaia. Drop in make friends, socialise and take part

in discussions.

NEW PLYMOUTH

Aqua Walking > This is currently on hold due to Covid-19 restrictions. We will wait and see whether we can start back up at the Todd Energy Aquatic Centre in the new traffic light system.

MUSIC/SINGING > at 33 Liardet Street NP. 10am - 12 noon. Every second and fourth Wednesday of the month.

Drop in Cafe > Thursdays at 33 Liardet St NP. 9.30 - 11.30am.

SAYGO > Steady As You Go, Falls Prevention Strength and Balance Classes. 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 every second and forth Friday of the month 10:30am at the Senior Citizens Hall, 53 Juliet Street, Stratford. Morning Tea / Coffee supplied, please join us to make or meet with friends, socialise, relax and sing the Friday away!

PATEA

Morning Coffee > 10.30am held on the last Wednesday of every month at the Library. Informal visit for morning coffee. Join the "Merry Knitters" for a cuppa and a chat.

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 > second and fourth Fridays at the Senior Citizens Hall (supper room) 3 Warre St Waitara. 1pm - 3.30pm.

WAVERLEY

Morning Coffee > 10:30am held every third Wednesday of the month. An informal visit for morning coffee at the Library. Drop in, make friends, socialise and take part in robust discussions.

AgeConnect Taranaki MUSIC In Tune with Waitara and Inglewood

Age Concern Taranaki are keeping In Tune with Inglewood and In Tune with Waitara with singalong, music activities and socialising.



Above: These lovely ladies all enjoying time together at Inglewood.



left: Marie and Peter on stage in Waitara.

Board Strategic Planning Consultation - The Future of Health

We are all awaiting to learn about changes to our Health System, that will perform better for all of us. We were joined by David Gibson - Chairperson, Alison Brown - Vice Chairperson, Jane Bocock - Board Member and Keryn Roderick - Executive Officer for morning tea and to discuss the ACT strategic planning and the Future of Health System reform.



Staying Safe

a refresher course for older drivers



This FREE classroom-based course will help you re-familiarise yourself with traffic rules and safe driving practices.

For more information or to register your interest, please contact the Age Concern Taranaki office

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Email: info@ageconcerntaranaki.org.nz

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SAYGO TARANAKI - Fall Prevention Exercise

As NZ entered the Traffic Light System late last year, we were very pleased that all of our public Steady As You Go exercise classes could finally recommence. We are excited to see class numbers growing, with our community members keenly returning to keep their bodies moving – and of course, to catch up with friends for a good yarn!

The Manaia SAYgo class had a particularly rough deal last year – unfortunately, due to lockdown, they were put on hold after only six weeks of classes when they were just getting into the swing of things. But thankfully, with all of our public classes able to start up again, the Manaia group reassembled in mid-January, with a steady increase in class numbers and lots of positive feedback.


Here is a photo from the Manaia class on March 2nd. Exercise and friends – what a wonderful way to bring the smiles out!



Manaia Steady As You Go Group are friendly and fun. Why not join us on Wednesdays at 10:15am at the Robert Gibson Hall, 48 Tauhiri Street, Manaia, see you there!



Hawera Steady As You Go started 2022 full of energy, laughter and fun. The group is growing steadily and we all look forward to Tuesdays, join us if you would like to join the Hawera enthusiasm. 10am at the Presbyterian Hall on Argyle Street Hawera.




Steady As You Go®

Falls Prevention Exercise Classes

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Mon	10.00 am	Tainui Day Centre	141 Tasman St, <u>Opunake</u>
Tues	10.15 am	Presbyterian Church	35 Argyle St, <u>Hawera</u>
Tues	10.30 am	St Mary's Peace Hall	37 Vivian St, <u>New Plymouth</u>
Wed	10.30 am	Inglewood United Church	30 Brown St <u>Inglewood</u>
Wed	10.15 am	Gibson Hall	Tauhiri St, <u>Manaia</u>
Thur	10.00 am	All Saints Church	88 King Edward St, <u>Eltham</u>
Fri	11.00 am	Disabled Citizens Society	83 Hine Street, <u>New Plymouth</u>

Contact the Age Concern Taranaki Office between 9:30-1:30 pm
Phone: 0800 243 625 or 06 759 9196

Annual Flu Vaccination - Stay healthy this winter

It's coming up to the time to get your annual Flu Vaccine which should be available from mid-April. It takes around two weeks to develop immunity once vaccinated. Ideally, immunisation should be carried out before the main influenza activity in May to September.

Seasonal influenza vaccinations are recognised as being the single most effective way of reducing the impact of the flu – especially for those most at risk of complications.

Following basic hygiene practices will also help you stay healthy:

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol-based hand rub
- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a lined bin

- Cough or sneeze into your elbow if a tissue is not readily available
- Avoid touching your eyes, nose and mouth
- Don't share drinks
- Avoid crowded places
- Stay home if you are sick
- Use a facemask when you are out and about

Flu can be anywhere. The best chance to protect yourself is to get immunised. Immunisation is **FREE** to those over 65. Ask your Doctor, nurse or Pharmacist for your **FREE** vaccination. Equally importantly, if you do become unwell, stay at home until you are better.

We were created to be "in the community" with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you.



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AgeConnect TARANAKI

Chirpy Fridays



Age Concern Taranaki cordially invite you to our chirpy Fridays event, for a good old fashioned, sing along. Come ready to share good cheer, good company and many good songs.

A song is not a song until you sing it!

Join us at

the stratford senior citizens hall
53 Juliet street, stratford
10:30am
2nd and 4th Friday of each month

Call estelle at: 0800 243 625 or 027 2285371
or Email: estelle@ageconcerntaranaki.org.nz

Please join us to make or meet with friends, socialise relax and sing the friday away.

AgeConnect - Visitors

Beautiful "Honey and the Bee Soap's" on display at Age Concern Taranaki's Drop in Café today. These were presented by Liana who is seen here with two of our members



Chirpy Fridays - Stratford

If you were wondering what all the foot tapping, laughter and singing was about on Friday at the Senior Citizens Hall in Stratford, you can blame it on the Ukazoos! They are a very talented group of musicians, who shared their skill with the Chirpy Friday Group!

AgeConnect New Plymouth

We were "Rockin around the Clock" at 33 Liardet St despite the cancellation of our usual Americarna Street Party due to the present Covid 19 restrictions within New Zealand. Under the red traffic light guidelines, we were still able to host an American Diner Themed morning which "ROCKED". A sausage sizzle in takeaway boxes was single served, we had games, a hoola hoop demonstration and 50's music so you could twist away. Hot Wheels cars were on display and spot prizes were won. Elvis trivia was a "HIT" and a diner full of vinyl records, flags and smiling faces was so "TUTTI FRUTTI"



A big thanks to the Age Concern Taranaki team, volunteers, members and friends for contributing to the morning and helping create this colourful event.

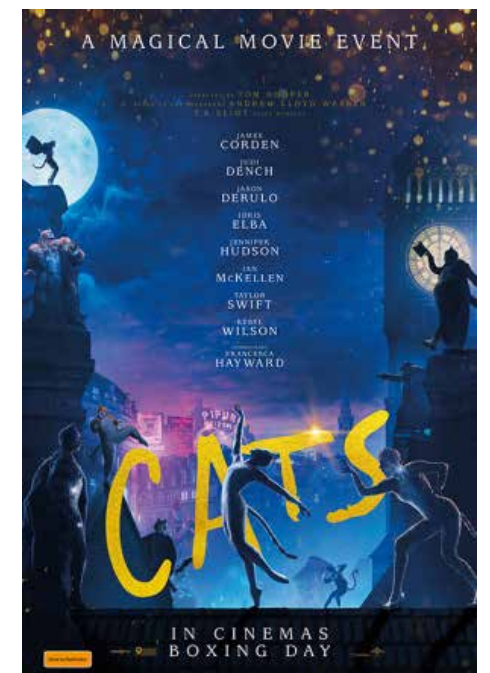
Pauline Julian - Service Coordinator North Taranaki
pauline@ageconcerntaranaki.org.nz

AgeConnect Opunake Morning Tea and Movies

What a super morning was held in February 2022 at the Tainui Day Centre in Opunake, with the lovely members of the Steady As You Go group.

We were treated with a lovely morning tea, enjoyed fabulous company and entertained by Cats the Musical Movie.

Thank you to Jenny Cavaney and the team.



Digital Literacy Lessons

The Digital Literacy Lessons we offer at Age Concern Taranaki have seen huge popularity since they began in November last year. As at March 8th 2022, we have provided a total of 37 days of lessons, delivering over 79 hours of tutoring... and counting!

Those who have attended have expressed very positive feedback. Some have come along just for one lesson to solve a certain problem, others have come in almost every week to continue their learning journey. This service is free and it is designed to serve individual learning needs – this is why you are welcome to come back as many times as you need to feel confident with your digital technology.

Lessons run for 45 minutes and are carried out 1-1 with one of our experienced volunteer tutors in the Age Concern Taranaki hall, 33 Liardet St. Bookings are essential and are available for the time slots below:

Monday: 9:30am - 10:15am
10:15am - 11:00am
11:00am - 11:45am

Wednesday: 1:00pm - 1:45pm
1:45pm - 2:30pm

Friday: 9:30am - 10:15am
10:15am - 11:00am
11:00am - 11:45am

Finally, I would like to extend a huge thank you to our volunteer tutors, Brett Hall and Robyn Hutchinson, as we would not be able to deliver this service without them. They have kindly donated many hours of their time, providing our community members with valuable knowledge to enhance their experience with technology, and they are doing a fantastic job. If you would like to gain confidence with your digital device, Brett and Robyn will help you get there.

Digital Literacy Lessons will be coming to Hawera in May (date yet to be confirmed). If you are interested please express your interest with Estelle, Antonia or Bex.

**To make a booking or an enquiry,
please do not hesitate to get in
touch with Antonia on 021 120 0746,
or Bex on 06 759 9196.**

We hope to see you soon!

Antonia – Digital Literacy Service Coordinator



Above: Volunteer Robyn with Dawn
Below: Volunteer Brett with Maria



Elder Abuse Response Service (EARS)

Kia Ora readers, A new year has arrived and our Elder Abuse Response Team is looking forward to the year ahead.

Social Worker Aimie and Clinician Rochelle have been busy in our Taranaki community, responding to and supporting those who are experiencing Elder Abuse. We have had a very busy year already with almost 30 new referrals since the start of this year and over 120 so far, this financial year.

Our Elder Abuse Service has been seeing an increase in online scams, specifically Social media and Romance scams, these are where a scammer takes

advantage of someone online. Scammers often use social media to build a relationship with someone and prey on people's good nature and their desire to help others. This has also increased due to Covid-19 and with families now living further disbursed we are using more and more of these social media sites such as Facebook.

Once the scammer has gained the person's trust, they will start to ask for money, gifts or personal details that can be used to commit fraud. They often use fake profiles to make it harder to track them down (Cert.govt.nz). Ways to keep yourself safe are;

- Don't give out too much personal information online, whether on social media or by email.
- Only accept friend requests from people you actually know.
- Put privacy settings on your social media accounts and don't add too many personal details to your profile.
- Don't click on web links sent by someone you don't know, or that seem out of character for someone you do know. If you're not sure about

something, contact the person you think might have sent it to check first.

- Try to remember that if something seems to be too good to be true, it probably is and don't give financial assistance to someone you've only met on the internet.

As a community we need to end this stigma and shift responsibility to those who are perpetrating the abuse rather than those who are experiencing it. EARS workers have noticed a large portion of referrals have come from friends and family members who are concerned for an older person, this is great to see our community recognizing abuse and advocating for each other.

More details on Scams and Recognising Scams can be found online [police.govt.nz](https://www.police.govt.nz) and [Cert.govt.nz](https://www.cert.govt.nz). If you or someone you know might be experiencing this please phone our office on 06 759 9196 or call into our office to book an appointment.

Take care, Stay safe.

Aimie Stahnke-Earley and Rochelle Jakeman.



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Take a seat

We have a new seat for our attendees to sit on while they are waiting for their ride after visiting our New Plymouth premises. Many thanks to South Taranaki Menzshed for the construction and colourful paint job.



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

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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 \$11 each. Or perhaps a tasty Snack Meal – Cottage Pie, Spaghetti Bolognese, Macaroni Cheese and other variants available too - \$5.50 each.

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"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".

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Many thanks

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WELCOME FOR YEAR ENDING 30 SEPT 2022

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

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Phone: _____

Email: _____

Ethnicity Origin (or race) (please tick):

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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.

Grandparents raising grandchildren in retirement villages

Article supplied by Retirement Villages Association

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. She was just over two when her grandmother, Gwyneth Harris, collected her from the social worker who'd brought her south on the bus and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University.



Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, sitting with Gwyneth in the choir stalls.

Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there."

Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself." Looking back, Isobel says, "Growing up in a retirement village was my normal, and we made it work."

By contrast, Milly French is only ten, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four; since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-grandfather Dennis Thornbury. Carol says Milly's made friends with their neighbours, mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe."

Milly agrees. "I love seeing all the lovely people here. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

The differences between living in her father's house and her grandparents' apartment are all taken in her stride as well: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns. It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions has given Milly confidence. "It makes her feel grown up, being part of an adult community. I think it's been very good for her."

While these arrangements are relatively uncommon, with goodwill on all sides they can work well for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and having a child around regularly may go some way in filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

To read more about this remarkable story, visit Retirement Life website - <https://www.retirementlife.co.nz/grandparents-in-retirement-villages>