

WINTER 2022 QUARTERLY NEWSLETTER

Phone (06) 759 9196

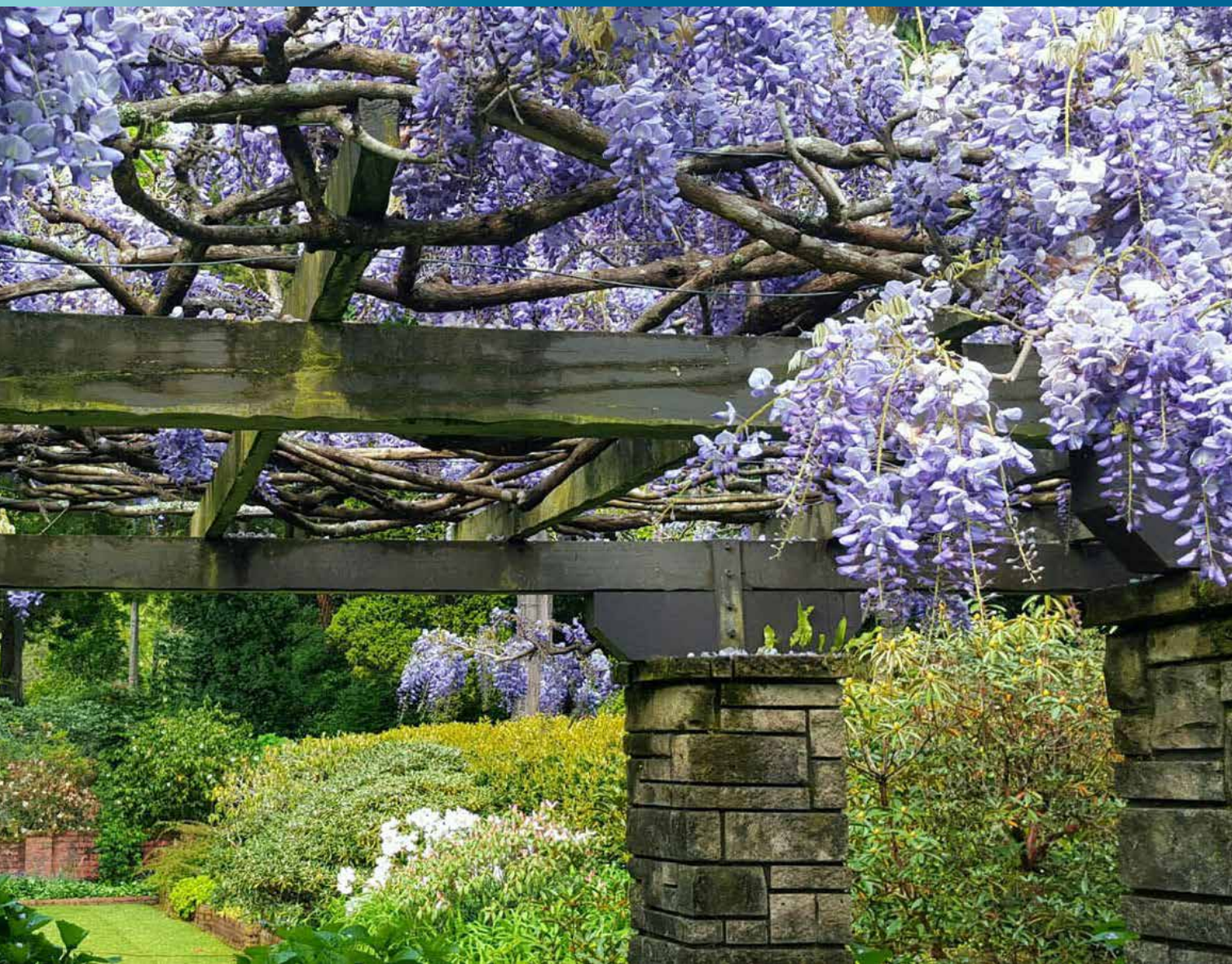
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Serving the needs of older people

Age Concern Taranaki

Serving the needs of older people



FREE NEWSLETTER TARANAKI WIDE

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Contact Information

Phone: (06) 759 9196 or 0800 243 625

Email: info@ageconcerntaranaki.org.nz

33 Liardet Street, New Plymouth

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

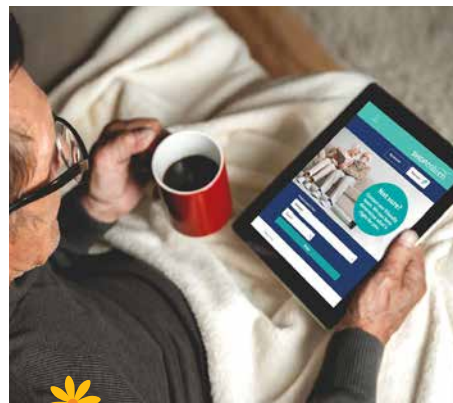
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Disclaimer: The information contained in this newsletter is not necessarily the view of Age Concern Taranaki. While it is believed to be correct, readers should consult their own advisers.



Visit ShopEnliven.org.nz

ShopEnliven is Enliven's one-stop online shop featuring products for older adults

We offer gifts, food and nutrition, dementia care, personal care, and lifestyle products all at an affordable price.

New products are being added all the time – so make sure to check in on a regular basis!



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



With winter approaching it's timely for a winter wellness reminder. Stay warm, keep connected and active, eat healthily. Flu vaccines are coming available, and also a second booster of Covid-19 vaccination. Check in with your GP if you haven't done so in a

while. Then sit down with a cuppa and have a read of our magazine.

We start off with information on elder abuse, we are here to help, contact us if you or someone you know, is experiencing elder abuse. Our staff can work alongside you to improve the situation.

Our Aqua Exercise class is going well at the new location in Bell Block, people are really enjoying the class and the camaraderie. Staying Safe driver education courses have started back up, our coffee mornings continue and our singing programs are back underway. We can also organise a volunteer visitor to visit you each week in your home for a chat and cuppa.

We also are running free digital Literacy lessons, these are one to one help so that they can really meet your needs, whatever level you are with using a device, or even in turning a device on...ummm you laugh now, so do my kids when I ask them! Our volunteers are so nice and helpful. And also look at page 12 – BAFs community connection service, if you need help this winter if you are home with Covid or some other sickness or issue – give Alex a call. She is lovely and helpful.

Kind thoughts and winter wellness wishes to you all.

Keryn Roderick | Executive Officer

Sometimes we need to remind ourselves that today is the tomorrow we worried about yesterday, all is well.... So why worry! If you are feeling blue and don't know what else to do, think of someone else who might be as lonely as you. Pick up the phone and dial! You'll brighten another person's day, and yours too!

ELDER ABUSE HITS CLOSE TO HOME

Call 0800 EA IS NOT OK or Age Concern 0800 65 2 105



ELDER ABUSE AWARENESS 15-22 JUNE

What is elder abuse and neglect?

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. Elder abuse usually occurs behind closed doors and is seldom noticed in public.

What does Age Concern Taranaki do to prevent elder abuse and neglect?

Age Concern Taranaki offers free, confidential, specialist Elder Abuse Service. We work with older people and their family / whānau to stop abuse, reduce the harm caused and increase understanding to keep all family members safe. Age Concern works alongside health services, needs assessment services, police, banks, residential care facilities, iwi, and other community agencies, to improve outcomes for the older person/kaumātua.

How can I tell if someone is being abused or neglected?

The following signs MAY indicate an older person/kaumātua is being abused:

- unexplained behaviour, sleeping or eating habits
- unexplained injuries
- recoiling from touch
- unusual withdrawals from bank accounts
- appearing fearful and remaining silent when some people are present
- never being given an opportunity to speak, another person always talking over them
- fearfulness and edginess confusion
- drowsiness (such as due to over-medication)
- withdrawing from contact with a particular person
- unpaid bills, lack of money for necessities

10 tips to prevent elder abuse

- Love and cherish your older relatives/whānau.
- Visit older people in your neighbourhood.
- Encourage kaumātua to make their own decisions.
- Enable older people to set their own pace.
- Speak respectfully and listen to older people's stories.
- Seek advice from any Elder Abuse Service or Age Concern if you think an older person is being abused or neglected.
- Phone, zoom or facetime kaumātua.
- Involve older people in your social activities.
- Honour kaumātua's wisdom
- Support older people to use their money for their needs.

If you have concerns about the way you or someone you know are being treated, spoken to or cared for, or if you are concerned about how money is spent and property is being used. Please contact us on (06) 759 9196 or 0800 243 625 to speak with our Elder Abuse Response Social workers/Clinicians. Or email info@ageconcerntaranaki.org.nz

VISUAL IDENTITY PROJECT LAUNCH

We have exciting developments at Age Concern Taranaki. Our community have told us Age Concern is a name they respect and trust, but they also told us our brand needed a refresh and update. Age Concern have listened and we are now ready to launch our new look. The event is starting at 11:30 am on Tuesday 5th July 2022, with the official program starting at 11:45 with welcome, karakia and cake cutting as a symbolism of our launch. Please join us, our members and friends in celebration and light lunch.

Join us for the re-branding of
Age Concern New Zealand
and our own
Taranaki Association.



Find out what
will be filling
this space???

TUESDAY 5TH JULY
2022
11:30 am

to be held at
Age Concern
33 Liardet Street, New Plymouth

join us for our official launch and a light lunch
RSVP by Tuesday 28th June 2022
By phoning 7599196 or email
info@ageconcerntaranaki.org.nz

BAF BISHOP'S ACTION FOUNDATION Community Connection Service

A COVID Community Connector supports the welfare needs of individuals and whānau who are self-isolating.

The type of support that is offered is determined by the needs of the people or whānau seeking help.

Support is primarily given through the delivery of food parcels and prescriptions, and making one-off emergency payments.

You may self-refer via the MSD website or by contacting Alex's details below.

A referral can also be made on your behalf through Age Concern Taranaki or any other local agency.

Contact: Alex McNab | Mob: 027 2055 182
Email: Connector@baf.org.nz
Availability: Monday – Friday - 8:30am-5:00pm



Digital Literacy Lessons

Does your phone frustrate you, with tiny screen font or too many irrelevant notifications? Not sure how to send a photo of the snow-capped mountain to your family overseas? Are you wondering... how do I use "Bluetooth"? or perhaps, what even IS "Bluetooth"???

Not to worry - Age Concern Taranaki's Digital Literacy Lessons are here to help with your technology troubles!

Our regular Digital Literacy Lessons held at the Age Concern office in New Plymouth have continued to be popular and we are so thrilled to hear how useful this service has been for so many people. Some people will come along for just 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 – we encourage you 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	Wednesday	Friday
9:30am - 10:15am	1:00pm - 1:45pm	9:30am - 10:15am
10:15am - 11:00am	1:45pm - 2:30pm	10:15am - 11:00am
11:00am - 11:45am		11:00am - 11:45am

To make a booking in New Plymouth, please give us a call on 06 759 9196.

We recently held a series of Digital Literacy Lessons in Hawera to allow access to the service for those in south Taranaki. These sessions were very successful; several attendees expressed a great sense of relief after learning the skills needed to overcome ongoing issues with their devices and felt more confident going forward with their new knowledge.

For anyone in south Taranaki interested in Digital Literacy Lessons, please give the Age Concern Taranaki office a call to register your interest on 06 759 9196. We would love to hear from you, as this will help us determine where the service is most needed and where we could bring it to next. It is our hope that in time Digital Literacy Lessons in some form or another can become an accessible service for our elderly community members in all of Taranaki.

Antonia | Digital Literacy Service Coordinator

The Hawera Wacky Scooter Club

Own a mobility Scooter, or thinking of getting one and need somewhere to go?



Our Mobility Club meet in Hawera meet every first Friday of the month at the Presbyterian Church Hall at 10:30am. Come and join our finding member Pat Nixon, who is joined by many others, to form new friendships, listen to guest speakers and join in the fun and laughter.



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!



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 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 > Held at the Methanex Indoor Pool Complex, 10 Murray Street, Bell Block, every Tuesday 10am – 11am. \$3pp payable to Pool Reception. Fun exercises to fabulous music which are beneficial for improving stability and balance, and increasing fitness. Please phone our Office 06 759 9196 to register with Pauline prior to attending.

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.

If you're a former Spark customer and paid for a service called 'wire maintenance' whilst on a fibre or wireless connection, you may be owed a refund.

Wire maintenance is an older Spark service designed to cover the cost if something goes wrong with your internal wiring. It was created at a time when customers were predominantly connecting via copper, which required maintenance at times. In more recent years, it was made available on fibre connections and while some fibre customers have benefited from the wire maintenance service, it was not applicable for the majority.

It was also identified that a small number of wireless broadband customers were charged for wire maintenance because of separate historical system errors.

Since then, Spark has stopped offering wire maintenance as a service on fibre and has also processed a refund for all Wire Maintenance payments customers made while on a fibre or wireless connection. They have contacted all customers who are owed a refund; however, some former customers may have changed their contact details since then.

To ensure all customers can claim what's owed to them, Spark are encouraging customers who used to be with Spark and believe they paid for a Wire Maintenance service while on a Fibre or wireless connection to check if they are owed a refund by visiting <http://www.spark.co.nz/refund-check> or by calling 123.



Are you a former Spark customer?
Did you pay for a service called
'wire maintenance' whilst on a fibre
or wireless connection?

YOU MAY BE OWED A REFUND

Call 123 to check or visit
<http://www.spark.co.nz/refundcheck>

66 Clickity Click **Bingo in New Plymouth**



A fun filled bingo morning was held in New Plymouth. **Who got the full house?**

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\$80 Initial Consultations

With **COMPLIMENTARY** x-rays at one of four locations (New Plymouth, Hawera, Whanganui, Feilding)
(offer valid until 30 June 2022)

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CALL NOW TO BOOK
hawera@gmchiro.nz

Steady As You Go

Although the cold weather outside may make wrapping up cosy on the couch our preferred activity of choice, physical movement always remains important no matter the season. Despite the weather, we are very pleased to see our Steady As You Go groups around Taranaki growing in numbers again.

For those have not heard of Steady As You Go before, it is an evidence-based exercise class which is designed specifically for older people to promote strength and balance. The aim of this programme is to strengthen muscles which will improve balance and reduce the incidence of falls, but it is also important to note that increasing fitness will improve one's rate of recovery if you do have a fall.

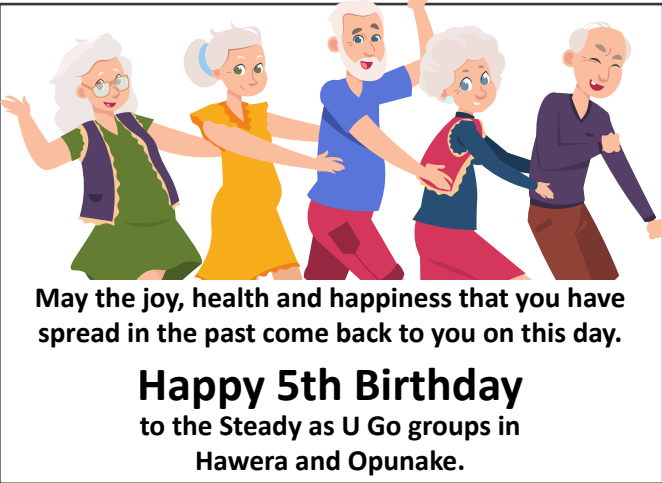
As many know, falls in older age can be devastating. Prolonged periods of injury recovery will cause muscular dystrophy, leading to a loss of strength that may be hard to regain. But just as difficult, which we sometimes forget, is the reduced mobility during recovery that can lead to social isolation if one cannot get out and about for some time. Maintaining fitness isn't just beneficial for the body – it is also important for looking after our mental health.

There are many reasons why Steady As You Go is a

valuable programme for older people – not least, the classes provide an opportunity to socialise with friendly people who return week after week. You might find you not only gain strength and balance from the classes, but maybe even some new friends.

For any enquiries about Steady As You Go classes in New Plymouth or the Taranaki region, please give the Age Concern office a call on 06 759 9196 or pop by for a chat. Alternatively, you can call my work mobile 021 120 0746, between Monday – Thursday, 9:30am-2:30pm.

Antonia Smith | Steady As You Go Service Coordinator



Steady As You Go®

Falls Prevention Exercise Classes

LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

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

QuinLaw - Barristers & Solicitors

RELATIONSHIP PROPERTY ON DEATH (part 1 of a 3 part series)

One often overlooked but important legal change to the Property (Relationships) Act came into effect in 2014.

It provides a scheme for how relationship property is to be dealt with when a spouse/partner dies. When one spouse/partner has died the surviving spouse/partner may choose Option "A" or Option "B" under the Act.

Option "A" is for the surviving spouse/partner to choose to make an application under the Property (Relationships) Act for a division of relationship property instead of taking what they have been left to them under the Will. In comparison Option "B" is for the surviving spouse/partner to choose to take whatever is left to him or her in the Will of the deceased spouse/partner. It is obviously a very important decision as to which Option is chosen.

There is a set form for the choice to be made and recorded, and a lawyer must certify that they have explained the effect and implications of the

document to the spouse/partner. More on this in the next part of this series.

The surviving spouse needs to make their choice within six months of Probate of the Will being granted. However, all is not lost if the application is not made in time as the Court can extend the time in certain circumstances. An obvious problem to time expiring is if the Estate has been finally distributed. In that case there will not be any Estate to deal with, so time will not be extended in that situation.

This of course takes us to when can the Estate be distributed? The Estate of a deceased spouse/partner cannot be distributed within the first six months after Probate was granted or before the surviving spouse/partner has chosen Option "A" or "B", whichever happens first.

If the surviving spouse/partner does nothing, then after six months he/she is deemed to have made an Option "B" choice.

For the MOST important decisions of your life see us

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Phone: (06) 769 9687
Email: office@quinlaw.co.nz
www.quinlaw.co.nz

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

on the following dates:

FRIDAY 10TH JUNE 2022

FRIDAY 24TH JUNE 2022

- PUBLIC HOLIDAY NO MEETING

FRIDAY 8TH JULY 2022

FRIDAY 22ND JULY 2022

FRIDAY 12TH AUGUST 2022

FRIDAY 26TH AUGUST 2022

FRIDAY 9TH SEPTEMBER 2022

FRIDAY 23RD SEPTEMBER 2022

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 Taranaki Music - Chirpy Fridays Stratford.



At last another Covid restriction has ended and we were allowed to sing, the sound of music flowed through Stratford, where our Fridays are filled with singing, joy and laughter. See you at the Senior Citizens Hall at 10:30am on the second and fourth Friday of the month.



Rocking to Elvis in Hawera

All our good memories of years gone by were recovered by KD Wasley at our Thursday Drop in Social Morning. KD shared some of his Elvis records and memorabilia which he has been collecting since 1959. Two of our members could not resist the music and gave us a dancing demonstration. Thanks to KD, Therese and Karen. Visit the Elvis Museum at 51 Argyle Street, Hawera.



Introducing Robyn King, Administration Assistant



Hi there, I'm Robyn King and I started with Age Concern Taranaki as an Administration Assistant in April.

Originally from Hawera, I have lived in New Plymouth now for 38 years with my husband Andrew where we have raised two lovely children Ciaran and Georgia.

For the last 34 years I have worked within Education in numerous roles, with the last 22 years spent at Frankley School the last 16 of those years as their administrator. I decided it was time for a change, and as I have always enjoyed relationships with older people, I felt Age Concern would be a great place to further this and be of help to people in our community in some way, this is very rewarding and I have been enjoying meeting you, and look forward to more of you in time to come.

We can all make a difference in the lives of others in need because it is the simplest of gestures that make the most significant of differences.

"Connection is why we're here; it is what gives purpose and meaning to our lives."



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To complete the services under one roof, Central Audiology has added "earwax microsuction" for adults. No referral required.

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- Wax removal by microsuction



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Clinics in New Plymouth, Stratford and Hawera

FREEPHONE 0800 751 000

Health Promotion

AGE CONCERN TARANAKI Aqua Exercise Service

**Held at The Bell Block
Methanex Indoor Complex
Meet at the facility at 10 am
Class commences 10.15 am - 11.am
Cost \$3 per person (pay at reception)**

- Gentle Fun Exercise to music held in the pool to help improve balance and keep you fit.
- Please inform your GP or Health Provider that you wish to attend.
- A “timed up and go” balance test is carried out prior to the first class.
- Only do the exercises you feel comfortable with. Stop for a rest if you need one.
- If you find the pool floor slippery, it has been suggested that you wear a pair of cotton socks.
- We do not hold classes on public holidays or in the school holidays.

First time attendees are encouraged to call in and visit Pauline at our Office based at 33 Liardet St, New Plymouth who can provide you with information on the class and complete your balance test and registration.

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



Accredited Visiting Service

Kia ora, greetings! For those who haven't heard of it, the Accredited Visiting Service (AVS) is a programme run New Zealand-wide which aims to reduce elder loneliness and improve the livelihoods of older people by providing social connection from volunteer visitors. It's one of those things that I wish could become obsolete; unfortunately, though, due to the complex changes we have seen in the last couple of years, there appears to be more demand for the visiting service than ever. The fortunate part is however, there are so many kind-hearted people in the community who have put themselves forward to donate their time and provide the social contact so many people vitally need; for this I am incredibly grateful.

I would like to give a big thanks to Volunteering New Plymouth for their ongoing assistance in advertising for volunteer visitors, to help us meet the growing demand for the service. We have had a great response, and with more volunteers coming on board I feel confident that we can sustainably provide this service to our elderly community going forward.

To ensure the AVS is available to anyone who needs it, we have networked with various other organisations. Proactive referral submissions from other providers partly explains the recent increase in demand; which goes to show that with teamwork we can reach more people than we could alone. Please note, we accept referrals from anyone – any person is welcome to refer themselves, and any family member or friend may complete a referral form for a person on their behalf, too (with their permission).

If you would like to apply to be a volunteer visitor or make a referral to the service, please give us a call on 06 759 9196 or email info@ageconcerntaranaki.org.nz

For any other enquiries about the AVS, please feel free to call me on my work mobile 021 120 0746, or email me at antonia@ageconcerntaranaki.org.nz I am ordinarily available Monday – Thursday, 9:30am – 2:30pm.

Take care and stay well.

Antonia | Accredited Visiting Service Coordinator

Staying Safe

After many months' postponement due to COVID-19 restrictions, our popular Staying Safe driver refresher courses are now back up and running – hurrah!

In the month of May we had the pleasure of having the national Staying Safe coordinator, Hariata Hema, come to Taranaki to assist us in facilitating three eagerly-awaited courses. We delivered courses to the Tikorangi Women's Institute, the “Primetimers” at Knox Church in Waitara, and a lovely group at St Luke's church in Bell Block.

We were very grateful to have Sergeant Pat Duffy attend each course, too; Pat was able to answer questions about local road issues and share his experiences as a traffic management officer, providing attendees with valuable insights.



ACNZ Staying Safe Coordinator Hariata Hema presenting to the Tikorangi Women's Institute

Our office is open

Contact our friendly team
in our New Plymouth office:
78 Gill St, New Plymouth 4310

Glen Bennett
MP for New Plymouth
06 757 5662
glen.bennettmp@parliament.govt.nz
/glenbennettlabour
@glen_bennett01



Authorised by Glen Bennett MP,
Parliament Buildings, Wellington



Labour

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



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- 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?

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to book your appointment in our
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Casual Cuppa in Opunake

Come join a lively and jovial group at the Tainui Day Centre for a cuppa, every first Monday of the Month at 11am to meet and make new friends, socialise and relax.



These wall flowers were watching everyone as they walked by, during their Steady as U Go exercises. Join them every Monday of the week at 10am.

See you there.

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

follow us facebook

Follow us on facebook
www.facebook.com/ageconcerntaranaki

FROZEN CONVENIENCE MEALS

You can purchase tasty, wholesome, nutritional frozen meals from our Office at 33 Liardet Street, New Plymouth Monday to Friday during Office hours 9.30 am – 1.30 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 \$11 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

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GOOD KIWI FAMILY FOOD

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".

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Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

JOIN AGE CONCERN TARANAKI MEMBERSHIP SUBSCRIPTIONS

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.

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 ☐ Eftpos ☐ 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.

Raffle Winners in North Taranaki Mothers' Day raffle results - Drawn 5th May 2022

1st PRIZE: - Pamper Hamper

Ticket # 158 - Johanna Jane

2nd PRIZE: Mothers' Treat

Ticket # 112 - Bex Caldwell

3rd PRIZE: Celebratory Bubbles

Ticket # 070 - Fan Stones

4th PRIZE: Green fingers hamper

Ticket # 098 Chris Hinton



**Alan wheeling
to Waitara to
attend Friday
afternoon's
In Tune with
Waitara.**