

SPRING 2022 QUARTERLY NEWSLETTER

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Age Concern Taranaki



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TARANAKI**

He Manaakitanga
Kaumātua Aotearoa



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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, Peter Ertel.

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.



Feel at home

at Enliven's Chalmers Home

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

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

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

For more information please visit:
www.enlivencentral.org.nz

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



Welcome to Age Concern Taranaki's first newsletter using our new visual identity. The team and I are so proud to be part of Age Concern, are privileged to work with you all. We love our new look, it's freshness and it's meaning. We have the same values, the same

heart, the same leadership role, same appreciation for older people and focus on their wellbeing. All alongside our circle of hui feathers portraying concepts of community, friendship and respect. Enjoy reading our newsletter, looking at who we are and what we do.

On page 5 is an invitation to Age Concern Taranaki's Annual General Meeting (AGM). This is to be held at our Hall at 33 Liardet Street at 11:00am on Wednesday 21st September; followed by a light lunch. I look forward to seeing you all this year and chatting over some savories and sandwiches.

Age Concern Taranaki is pleased to be a part of the Age Friendly Group and a partner in the Spring Back campaign that is running for the month of October, all about getting out and about into the activities you enjoy – see the back cover for more information. Age Concern Taranaki has a number of activities running throughout the region, see our What's On, page 6. We would love for you to get in contact with us to join in, or even ask us if we could bring one of our programs to your location.

As we move into the season of spring, let's take appreciation of the world around us; of the blossoms and of the smiles on the faces of the people we meet. Let's continue to treat each other with kindness.

Nga mihi.

Keryn Roderick | Executive Officer

One should never count the years – one should count one's interests. I have kept young trying never to lose my childhood sense of wonderment. I am glad I still have a vivid curiosity about the world I live in.

Helen Keller

Visual Identity Project – Taranaki Branding Launch

What a fantastic time we had getting together to celebrate our new branding. In 2022, Age Concern gave our brand a makeover. Our community told us Age Concern is a name they respect and trust. So, no change there. But they also told us our brand needed a refresh and update. We listened and launched our new look.

The Huia feather is a sacred treasure for Māori, symbolising leadership and mana. Huia feathers were traditional given as tokens of friendship. The bold contemporary design uses individual Huia feathers to suggest the mana of our older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and respect – all things we value and uphold!



NPDC Mayor Neil Holdom with ACT EO Keryn Roderick



Our values underpin everything we do

- 
Dignity
 We respect the dignity and uniqueness of every person.
- 
Wellbeing
 We ensure that older people are given the opportunities to achieve physical comfort, engage in satisfying activities and personal development, and feel valued and supported.
- 
Equity
 We direct resources to help those disadvantaged or in greatest need so that older people have an equal opportunity to achieve wellbeing.
- 
Respect
 We respect the values and social structures of Māori and people of other cultural and ethnic backgrounds, demonstrating respect by working together to gain mutual understanding.

Age Connect - Life is a song, sing it – North Taranaki

Pauline invites you to join her at regular singalong and social programmes in New Plymouth, Inglewood and Waitara. They are such valuable occasions with opportunities for people to socialise, make friends and more importantly make music.

Singing has numerous health benefits:

- Reduces stress and anxiety
- Improves breathing
- Improves sense of rhythm
- Keeps your brain active and smart
- Enhances memories
- Provides comfort and peace
- Promotes emotional and physical well-being

With the introduction and use of musical percussion instruments, everyone contributes to the tunes with tambourines, shaker eggs, and maracas. Accompanying Pauline on her guitar we also have a pianist and a boom box, double base player. The songs we sing are fun songs, folk songs and rock and roll, many have actions and dance involvement, finger clicking, movement and various forms of participation. I include a cultural component in many waiata's as you will see our lovely Kuia pictured with her poi.

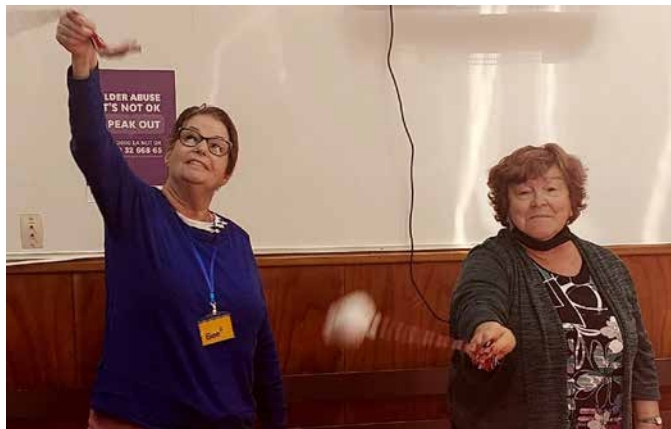
Song books are given out with more than 40 songs available so everyone gets their own words. The books also have a lucky number which could win you a spot prize on the day.

There is an opportunity for visiting musicians, keyboard players and entertainers to attend to ensure variety and fun is always on the menu. Also, always on the menu is a lovely morning and/or afternoon tea.

Rest homes are welcome to attend these singalongs with prior arrangement.

I would like to extend a big thank you to all our sponsors, support, volunteers and those who donate food, spot prizes and their time. We greatly appreciated your contribution as it enables us to host such events, reaching out and meeting the needs of our very valued older people in their communities.

Pauline Julian | Service Coordinator



Notice of AGM Wednesday 21 September 2022 11:00am

Venue: Age Concern Taranaki
33 Liardet Street, New Plymouth

Guest speaker - Paul Rangiwahia
speaking on Mental Wellness for Older people

A light lunch will be provided
at the end of the AGM

Phone: 06 759 9196

Email: info@ageconcerntaranaki.org.nz



Governing Board Call for Nominations



Submit your nominations
on or before
21 September 2022

Nominations open Monday 22 August 2022
and close Monday 5 September

For a nomination form please contact
info@ageconcerntaranaki.org.nz

Completed nominations form with a short (500-word) bio can be returned to 33 Liardet Street or emailed to info@ageconcerntarnaki.org.nz

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.

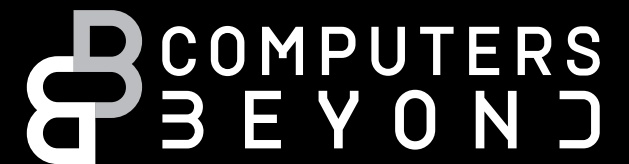
Well, we can help you with our data recovery service. Normally we can recover files and photos from computer hard drives relatively easily and at reasonable cost, so contact us if this interests you. We also get rid of the old computers for you for a small fee.

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**

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So if you are keen to Warm up on a Wednesday, keep In Tune with Inglewood and Waitara or you would just like to come along and meet people and make friends and make music, I will see you at:
New Plymouth - 33 Liardet St 10am – 12.30pm every second and fourth Wednesday
Inglewood - 6 Mamaku St 1.30 pm – 3.30 pm every second and fourth Thursday
Waitara - Senior Citizens Hall 3 Warre St 1.30 pm – 3.30 pm every Friday



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 2nd and 4th 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. Koha appreciated.

Monthly Outing > for **all groups** in Hawera, including the **Wacky Scooter Club** every second Wednesday of the month at 12:00, held at the South Taranaki Club Caledonia Restaurant, 43 Caledonia Street, Hawera.

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. Gold coin 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. Please join is for morning tea, make or meet new friends, socialise, relax and sing the Friday away! Koha is appreciated.

PATEA

Morning Coffee > 10.30am held on the 4th Wednesday of the 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.

Well done Manaia SAYGo!

The Steady As You Go group in Manaia, is comprised of friendly members in a diverse age group, with Nanette Roberts, a young sprightly 91 year old, who is a positive example to all.

During a visit to Manaia, we held a short discussion in order to identify a few of the benefits experienced by members, of this friendly group.

The general consensus is that they are able to walk with more confidence – they feel steadier on their feet and enjoying walking in and around Manaia. They were able to distribute flyers, inviting others to join!

Getting together regularly with something to do is a highlight, which they share with like-minded people, sharing laughter, socialising and making new friends. They enjoy getting out of the house come wind, rain or sunshine!



Dignity Champion Recipient

Pat Rowe was nominated for her continuous involvement as a valuable volunteer with Age Concern Taranaki.



Over the duration of approximately 20 years, Pat has been involved with the visiting service, shopping service and served a great deal of time as a Board Member. To date she actively attends many social programmes and volunteers her time promoting Age Concern Taranaki in her local Bell Block community along with her husband Rex.

The Age Concern Dignity Champion award is awarded to those who show an outstanding commitment to encouraging commitment to supporting and showing dignity and respect for our older people.

Congratulations Pat!



Celebrate International Day for Older Persons

Date: Thursday 29th September 2022
Time: 9.30 am – 11.30 am
Place: 33 Liardet Street, New Plymouth

Join us for morning tea to celebrate the International Day for Older Persons

Guest Speaker Erica Perry

For further information please contact our Office 06 759 9196
Pauline Julian
Service Coordinator




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Steady As You Go

As we slowly come out the other side of Winter, we can look forward to a few more sunshine hours ahead, which naturally gets us out and about more. In the meantime, we are still challenged by cold, wet days, which makes wrapping up cosy on the couch very appealing. Exercise remains important though, no matter the season - our Steady As You Go classes are a great way to keep physically and socially active all year round.

For those who 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.

Despite the weather, we are very pleased to see our Steady As You Go groups around Taranaki growing in numbers again as people are feeling more confident to get back out in the community. If you have been looking for new ways to add more physical activity in your life, come along to try one of our classes - we would love to see you there!

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 the office at 33 Liardet St for a chat.

Antonia Smith
Steady As You Go Service Coordinator

QuinLaw - Barristers & Solicitors

RELATIONSHIP PROPERTY ON DEATH

(part 2 of a 3 part series)

The person who makes an Option "A" choice is then required to file proceedings in the Court to have the matter determined. This estate cannot be distributed until the Court proceedings are concluded.

The entitlement of the surviving spouse or partner has priority over the persons left legacies in the Will, or under an intestacy (dying without a Will). However, despite the legislation saying that the surviving spouse's interest is a priority, they do not have a priority over debts of the deceased nor the cost of the deceased's funeral. Those are absolute priorities.

The law also presumes until proven otherwise that all the property of the deceased is relationship property. There are exceptions to this and the most notable one is where the property is owned jointly, either with

the spouse or with someone else. Unless the Court specifically directs otherwise, that property is not automatically treated as being the separate property of the surviving spouse.

The status of that property and whether it is relationship property or separate property is to be determined according to the status it would have had if the deceased had not died.

As you can see it can be complicated. We are experienced in this field and happy to help.



Steady As You Go®

Fall Prevention Exercise Classes

Spring 2022 Timetable

Monday	10:00 am	Tainui Day Centre	141 Tasman Street, Opunake
Tuesday	10:15 am	Presbyterian Church Hall	35 Argyle Street, Hawera
Tuesday	10:30 am	St Mary's Peace Hall Lounge	37 Vivian Street, New Plymouth
Wednesday	10:30 am	Inglewood United Church	30 Brown Street, Inglewood
Wednesday	10:15 am	Gibson Memorial Hall	48 Tauhuri Street, Manaia
Thursday	10:00 am	All Saints Church	88 King Edward Street, Eltham
Friday	11:00 am	Disabled Citizens Craft Centre	83 Hine Street, New Plymouth

Newcomers welcome!
Contact Age Concern Taranaki on 06 759 9196 to find out more



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AgeConnect TARANAKI



ACP Social Morning Nutrition

Stratford - Chirpy Fridays.

This delightful, friendly fun group look forward to their meetings through the month. Our Pianist Marilyn Tippett and our Musical Director Roger Hignett, keep the music rolling.

The members add to the joyful sound, by beating the Danish drum, castanets, tambourine or just joining the tune and singing out loud!

You are invited to join us every second and forth Friday of the month, at the Senior Citizens Hall, 53 Juliet Street, Stratford. Be ready to share good cheer, good company and many favourite songs. See you there.

Estelle | 027 228 5371 | estelle@ageconcerntaranaki.org.nz



Age Concern Visiting Service

Kia ora, greetings.

Big news – along with our new branding, the Accredited Visiting Service has a new name! For clarity, it is now called the Age Concern Visiting Service. For those who haven't heard of the visiting service, it 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. All of our volunteer visitors are

police vetted and trained to ensure they are well equipped to be good companions.

As the coordinator, it is my job to match people who I think will get along in interest and personality; this is probably my favourite aspect of the service, because we want the AVS companionships created to be long-lasting and mutually enjoyable. The effort made to make matches between people who get along has resulted in some companionships which have

lasted years. The benefit afforded to our clients by having this ongoing social contact – especially where they otherwise would not have any in their lives - is immeasurable, and we are pleased to be able to provide this valuable service to those in need. Although many of our referrals come through associated healthcare and social organisations, it is important to 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 receive a client referral form, or an application form to become a volunteer visitor, please give us a call on 06 759 9196 or send an email with your request to info@ageconcerntaranaki.org.nz

If you would like to have a discussion about the Age Concern Visiting Service, please feel free to call me on my work mobile 021 120 0746, or email antonia@ageconcerntaranaki.org.nz

Take care and stay well,

Antonia | Accredited Visiting Service Coordinator

Central Audiology Taranaki

Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. With over 20 years of experience working in the Taranaki region, we know and value our customers and community.

We're the only 100% independently owned and operated audiology practice in the region with the largest supply in the latest hearing aid technology. This means we are able to tailor your hearing needs to suit you.

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

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Hawera Welcomes our Executive Officer Keryn Roderick



Age Concern has a new look and our members really appreciated a visit from Keryn, who discussed the design and the Huia feathers, which suggests the mana of older adults and the leadership role Age Concern Taranaki takes. The circle of three feathers portrays the concept of community, friendship, and respect – all things Age Concern values and upholds.

We were treated with a lovely morning tea, and enjoyed having an opportunity to receive answers to our questions. *Thank you Keryn for all that you do in Taranaki!*

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. Lessons are free to attend, run for 45 minutes, and are carried out 1-1 with a volunteer tutor 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**.

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.

And lastly, if you or someone you know is interested in becoming a volunteer tutor for our Digital Literacy Lessons, whether in north or south Taranaki, please get in touch with us on **06 759 9196** or email info@ageconcerntaranaki.org.nz

Antonia | Digital Literacy Service Coordinator

Elder Abuse Response Service

Kia Ora readers, as our Elder Abuse Response Service heads into a new financial year we thought we could take a look back at the previous year and what we've been doing and what we've been a part of.

As many of you may already know, our Clinicians and Social workers cover all of the Taranaki region when responding to any allegations of Elder Abuse.

Statistically we had a very busy Financial year! While this may appear to be a negative, a positive is that people are clearly reporting more. From 1st June 2021 to 31st July 2022, the Elder Abuse team responded to 187 referrals to the service. In 126 of these referrals Elder Abuse was established as occurring, the remaining 61 referrals were related to connecting those vulnerable to support services in the community.

Psychological abuse has been identified as the highest form of abuse this financial year. This accounts for 88 of the 126 referrals. Psychological abuse tends to be an underlying issue even when more than one type of abuse is occurring at one time. Financial abuse continues to be second highest form of abuse reported with 62 of the cases involving finances.

This Financial year family members make up 50% of abusers, 74% of these family members are adult children, while family members make up a high percentage of Abusers family members also play a large part in protecting our older people, Family members

are the highest group of referrers at 32%.

Our Elder Abuse Response team spend a lot of time on the road, travelling and visiting our clients & supporting them to appointments etc. We are also involved in a number of collaborative activities and are proud to represent Age Concern Taranaki on the Taranaki Safer Families Trust and attend their monthly collaborative meetings to work towards reducing family violence & raising awareness on such an important issue. We also continue to attend monthly panel meetings for Safeguarding Vulnerable Adults Taranaki where several agencies attend to discuss how we can better support those in the community who may be vulnerable to abuse and neglect.

We look forward to continuing to support our Kaumātua this Financial year and remember "Trust your Gut" we can all play our part in speaking up, so older Kiwis can be free from the fear, mental anguish, emotional pain, and distress the elder abuse causes.

Take care, Stay safe.

Aimie Stahnke-Earley, Belinda Burke and Rochelle Jakeman.

A woman goes into a butcher's shop and as she is looking at the display cabinet she spies an unfamiliar object. "What on earth is that?" she asks. "Beef tongue," replied the butcher. The woman gives an involuntary shudder. "No way would I put anything in my mouth that came out of an animal's mouth!" The butcher nods sympathetically. "And you'll have your usual dozen eggs?"

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](https://www.facebook.com/glenbennettlabour)
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Hi There,



My name is Belinda Burke and I am the newest member of the Elder abuse response team. I started with the service at the beginning of May.

I have come from a long and rewarding career in the Aged

Care sector and have spent the last 5 years as the Village Manager of Molly Ryan, which I really loved. My husband and I have 4 children (3 boys and 1 girl), and 5.5 grandchildren. 2 of my sons live in Australia and the other 2 are here in Taranaki, which is wonderful. I feel very lucky to have been chosen for this role as it fulfills my lifelong love of the elderly and my ability to be able to continue to help them live a long and meaningful life.

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

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FROZEN CONVENIENCE MEALS

You can purchase tasty, wholesome, nutritional frozen meals from our Office at 33 Lizardet 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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Ph 06 759 9196 to place your order.

FORM OF BEQUEST

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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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WELCOME FOR YEAR ENDING 30 SEPT 2023

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 Legalties
 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.



Spring, spring, spring!

What better time of the year than to create new beginnings and new habits. After all, spring symbolises growth and transformation.

Age Concern Taranaki is pleased to be a part of the WHO Age Friendly New Plymouth Group and proud to be a partner in the Spring Back campaign that is encouraging social connectedness and participation within Taranaki. For the month of October, beginning on the 1st of October (The International Day of Older Person's), we encourage as many people as possible to get involved in activities within their community.

COVID has changed the way we live, making it easier to stay inside our homes. But let's remember the things that we loved doing before the pandemic and ease back into them or try something new.

It's simple! Pay close attention to the many activities that are already running throughout Taranaki, and add them into your weekly schedule or to do list, whatever it may be. Not sure if you want to do them alone? No problem! Take a friend, neighbour, cousin, or sibling. Spring Back is all about getting out and having some fun. So together, let's **#SpringBackintolife!**

Alex McNab
Community Connector
Mob: 027 2055 182



FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



ACNZ Staying Safe – Driver Safety Workshop facilitator training was held in Wellington at the beginning of August 2022. Antonia and Belinda attended on behalf of Age Concern Taranaki. They are now ready to facilitate these valuable driver safety workshops, a refresher for older drivers. If you are interested in attending one of these workshops or have a group who may be interested in hosting a workshop please get in touch with our office on 06 759 9196 or email info@ageconcerntaranaki.org.nz

