

SUMMER 2022 QUARTERLY NEWSLETTER

www.ageconcerntaranaki.org.nz

Phone: 0800 65 2 105

Age Concern Taranaki



**AGE
CONCERN
TARANAKI**

He Manaakitanga
Kaumātua Aotearoa



FREE NEWSLETTER TARANAKI WIDE

For advertising phone Sam 027 872 6629 or email samanta@kiwipublications.nz

A Kiwi Publications Limited publication | www.kiwipublications.co.nz | Please refer to website for disclaimer

Contact Information

Phone: (06) 759 9196 or 0800 65 2 105
 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

Chair Person: David Gibson
Vice Chairperson: Alison Brown
Board Members: Bobbi Milne, Kevin Rolfe, Marianne Pike, Sam Bennett.

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.



free phone
 0508
 ENLIVEN

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 our last newsletter for 2022. It has been a year of kindness, friendship and support at Age Concern Taranaki. A big shout out goes to our wonderful staff and volunteers whom make Age Concern Taranaki the success it is. On page 10 we recognise our volunteer,

Kiwibank Local Hero of the Year Pat Keinzley and on page 13 our Dignity Champion Mel Henshilwood from Driving Miss Daisy.

He aroha whakatō, he aroha puta mai.
 If kindness is sown then kindness you shall receive.

I wanted to let you know that after five years leading Age Concern Taranaki, I am leaving for new adventures. I have enjoyed my connections with people at Age Concern Taranaki. We have amazing staff and volunteers; I love the smiles and welcome from people whom walk in the door, and treasure the times of sadness shared. It has been a true privilege to work with you all.

I hope you enjoy our newsletter and have a great summer.

Nga mihi

Keryn Roderick | Executive Officer

NZ has the highest rates of skin cancer in the world

Good news, Skin cancer is easily treated if caught early

The team at Skin Clinic Taranaki specialise in the diagnosis and treatment of skin cancer. Check our website for treatment options
www.skinclinetaranaki.co.nz

80% of all new cancers diagnosed every year in New Zealand are skin cancers.

For an appointment call our friendly staff on (06) 281 1698 or email: reception@skinclinetaranaki.co.nz
 OPEN 8am - 5pm Mon - Fri | 183 Powderham Street

In celebration of our dedicated staff, we recently held a mid-winter get-together for 2022. Fun and games were had while savouring an assortment of scrumptious treats. Thank you ACT for the afternoon tea shout! – R.J.



Pictured above left to right: Antonia, Sinead, Belinda, Robyn, Pauline, Bex & Rochelle.
 Absent: Estelle, Keryn & Aimie

AGE CONCERN TARANAKI
 Invite you to Christmas Lunch
 Wednesday 14th December 2022
 12 noon
 South Taranaki Club, 43 Caledonia St Hawera

Let's socialise, celebrate and enjoy lunch together.

RSVP to Estelle
estelle@ageconcerntaranaki.org.nz
 or 027 228 5371

Age Concern Taranaki
New Plymouth Group
Christmas Party
 Thursday 15th December 2022
 33 Liardet Street
 10:00 am – 12:00 noon
 Everyone Welcome

Age Concern Taranaki
In Tune with Inglewood
Christmas Get Together
 Thursday 8th December 2022
 The Mamaku Centre
 1.30 pm – 3.30 pm
 Everyone Welcome

Age Concern Taranaki
In Tune with Waitara
Christmas Get Together

Friday 16th December 2022
 3 Warre Street Waitara
 1.30 pm – 3.30 pm

Age Connect – North Taranaki Out and About with Pauline and Robyn

Our monthly outing in November saw 38 members, guests and friends take a bus trip to Stratford to Col Malones Café and Bar. Here we enjoyed a fantastic set menu lunch in a relaxed and enjoyable atmosphere.

We then travelled up to Inglewood to visit Windsor View Garden which was a part of the local Taranaki Fringe Garden Festival. An opportunity to wander around this delightful garden and of course the Mustang Cars and model cars on display. Thanks to Noel and Rose King for their hospitality and to Gloria who was entertaining on the deck with coffees, jams and pickles for many to enjoy.

A BIG thanks to John our bus driver from Tranzit Coachlines who did a splendid job in driving us on the day.

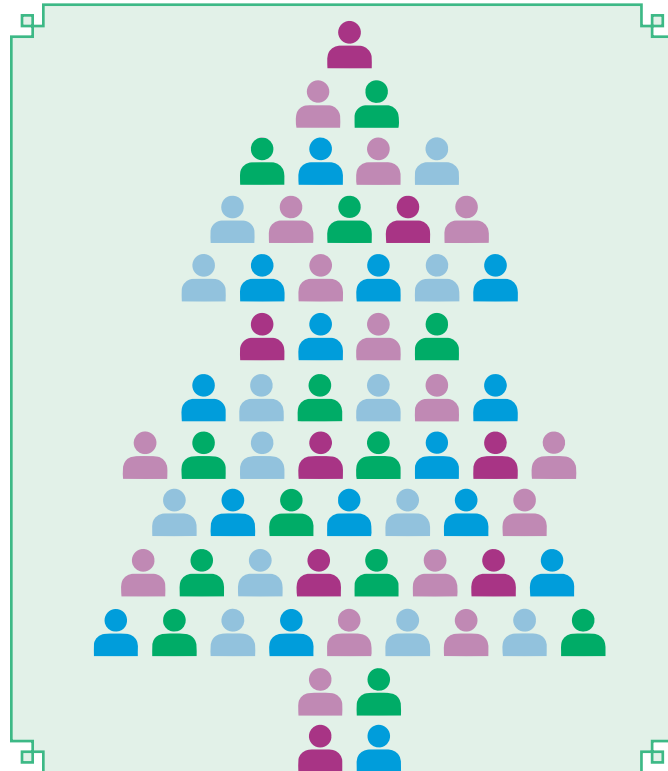
Pauline Julian | Service Coordinator



To all our wonderful volunteers
in North, Central
and South Taranaki
We wish you a very
Merry Christmas
And Happy New Year

In recognition of all your
support throughout 2022 we
will be holding a celebration
for you all in February 2023.
Date and Time to be confirmed.

You are all a wonderful asset
to Age Concern Taranaki
and we look forward to
continuing working with
you in 2023.



Free 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 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.

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

Please note: Our final day of Digital Literacy Lessons for 2022 will be Wednesday 14th December, and we will restart lessons again on Monday 16th January, 2023.

Are you a whizz with digital technology? We would love to have you as a tutor! If you or someone you know may be interested in becoming a volunteer tutor for our Digital Literacy Lessons, please get in touch with us on 06 759 9196 or email info@ageconcerntaranaki.org.nz

Take care and happy holidays,
Antonia | Digital Literacy Service Coordinator
antonia@ageconcerntaranaki.org.nz

AT Computers & Beyond we cover the following IT Areas:

- Computer sales, service, and support.
- Computer rebuilds.
- Alternative Linux operating systems.
- Hard drive replacements and upgrades.
- Memory upgrades.
- Data recovery from flash drives, hard drives and storage drives.
- Printer sales.
- Managed services with remote support.

And the following geographical area:

City:

All of New Plymouth out to Egmont Village to Omata to Waitara \$50.00

Rural:

Urenui to Hawera to Opunake and all points in between \$75.00

Hourly rate onsite: \$130.00 charged quarter hourly.

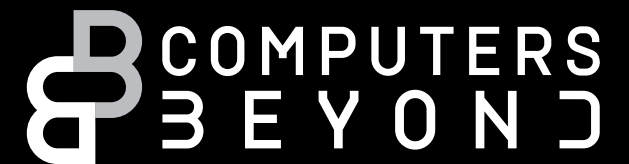
Workshop hourly rate: \$120.00 charged half hourly.

Email: Sales@ctsnp.co.nz

Phone: 027 312 2629

Website: www.computersandbeyond.co.nz

editorial supplied by Computers & Beyond



We'll look after you

SALES SERVICES SUPPORT YOUR CHOICE
Workshop or Remote Services

Phone: (06) 757 9690 or Steve 027 312 2629

Email: sales@ctsnp.co.nz

www.ctsnp.co.nz



For more information email:
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 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.

Festive Season Dates for diaries

North Taranaki – AgeConnect

Warm up Wednesday - Wednesday 14th Dec 2022, on this day attendees are welcome to a casual drop-in for - Christmas carols playing in the background and a coffee in preparation for our Christmas party on the next day.
Warm up Wednesday return dates - 8th and 22nd February 2023

Drop in Café /Social morning the last Drop in Cafe is the Christmas Party on Thursday 15 Dec 2022, **the first drop in Café will be Thursday 26 January 2023 then continuing thereafter.**

The first **Social Morning** returns Thursday 9th February 2023.

Outing - last Outing is on Wednesday 7th December 2022, **the first Outing for 2023 will be Wednesday 1st February 2023**

Inglewood - last Inglewood is Thursday 8th Dec 2022 - **returning Thursday 9 Feb 2023**

Waitara - last Waitara is Friday 16th January 2022 - **returning Friday 3rd February 2023 venue tbc**

South Taranaki - AgeConnect

Hawera – last casual cuppa Tuesday 6th December 2022 – **returning Tuesday 17th January 2023**

- Last Drop in Social Morning Thursday 8th December 2022 – **returning Thursday 19th January 2023**

- Last Outing Christmas Lunch Wednesday 14th December 2022 – **returning Wednesday 18th January 2023**

- Last Mobility Scooter Club Wednesday 14th December – **returning in January 2023 date and venue to be confirmed.**

Manaia – last casual cuppa Wednesday 7th December 2022 – **returning Wednesday 18th January 2023**

Opunake – last casual cuppa Monday 5th December 2022 – **returning Monday 16th January 2023**

Waverley – No morning coffee in December – **returning Wednesday 15th February 2023**

Patea – No morning coffee in December – **returning Wednesday 22 February 2023**

Stratford – last Chirpy Fridays Friday 9th December 2022 – returning Friday 27th January 2023

Aqua Exercise

Last day Tuesday 20 Dec 2022 (10 – 11 am) - **returns Tuesday 31 January 2023**

Convenience Meals Service

The last day of convenience meals deliveries will be Friday 16th December 2022
 Monday 9th January 2023

Staff Returning (phone orders welcome)
Friday 13th January 2023. Meals deliveries start for 2023

Age Concern Taranaki Offices

Office closes

Wednesday 21st December 2022 – 12noon

Office opens

Monday 16th January 2023 - 9.30 am

We look forward to seeing you in 2023



Socks too tight?

We sell soft topped
bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz

*To improve mobility, flexibility and reduce aches and pains
- Chiropractic may help you live a better quality of life*



Hawera: 06 278 4657
 Stratford & New Plymouth: 06 758 8334

Steady As You Go

The beautiful Taranaki sunshine has finally returned, which usually means more outdoors time and exercise for everybody – hurrah! Despite the warmer weather, though, it is still sometimes hard to keep up a regular fitness routine – especially if you have a comfy lawn chair calling your name! 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 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 social isolation that reduced mobility can cause, if one cannot get out and about for some time due to injury recovery.

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.

After an unusual year, 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
antonia@ageconcerntaranaki.org.nz

QuinLaw - Barristers & Solicitors

RELATIONSHIP PROPERTY ON DEATH

(part 3 of a 3 part series)

Having set out previously what a surviving spouse or partner can do, it is useful to note that the personal representative and /or Executor of the deceased can also bring Court proceedings for a better share of relationship property for the spouse or partner. There are times when this is both necessary and appropriate. Sometimes those two factors coincide and sometimes they do not. The issue that can arise is that the spouse of the deceased may well be named as the Executor, and that person is unlikely to want to take proceedings to get a better share taken from the deceased estate. One example where it would be common to have the Estate in essence apply for division of relationship property, is where all of the assets were in joint names and so on the death of one party, the other one inherits everything outright as a result of the joint ownership. There is then nothing in the Estate.

One point to remember is, has a Section 21 Agreement

(also known as a Pre-Nup or Pre-Nuptial agreement) already been made? That agreement is also relevant where one party has died. The question then leads to who has knowledge of the Pre-Nup? If the only person who has knowledge of the Pre-Nup is the spouse or partner of the deceased then the Pre-Nup may not ever come to the attention of the other beneficiaries or be taken into account. Everyone of course wants to keep their own information private, but the Section 21 Agreement should usually be kept with the Lawyer who holds your Will.

If you would like further explanation or information please do not hesitate to contact me Catherine Quin, QuinLaw phone 06 7699 687



Steady As You Go©

Fall Prevention Exercise Classes

Summer 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
Or free phone 0800 65 2 105 to find out more

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES



For the MOST important decisions of your life see us

QuinLaw are dedicated to offering professional and cost effective legal services with a personal touch.

At QuinLaw “people matter”



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

11 Robe St, New Plymouth
Phone: (06) 769 9687
Email: office@quinlaw.co.nz
www.quinlaw.co.nz



AgeConnect - Stratford Chirpy Fridays in Stratford

Estelle would like to invite you to join the happy singers at 10:30 on the second and fourth Friday of the month at the Senior Citizens Hall, 53 Juliet Street, Stratford. ***Come along and join in the fun!***



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.

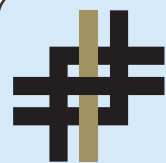
10:30am on the following dates:

FRIDAY 9TH DECEMBER 2022
10TH FEBRUARY 2023
10TH MARCH 2023

27TH JANUARY 2023
24TH FEBRUARY 2023
24TH MARCH 2023

Call Estelle at: 0800 243 625 or 027 228 5371 or email: estelle@ageconcerntaranaki.org.nz

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



Kiwibank New Zealander of the Year Awards
Ngā Tohu Pou Kōhure o Aotearoa

Congratulations Pat on receiving one of eight Kiwibank New Zealand Local Hero of the Year Awards for Taranaki, 100 people nationally receive this award. Your dedication and enthusiasm to volunteer is inspiring, you are truly appreciated.



Patricia (Pat) Keinzley - Taranaki

Ensuring older people have great meals is Patricia Keinzley's gift to her community. Volunteering with Age Concern for the past three years, Pat is meticulous in her work and keeps everything in order for Age Concern's Convenience Meals service - from being in the kitchen, to running stock takes and rotation, and delivering meals - she's valued for her warm communication by her peers and those who look forward to seeing her smiling face when she brings clients their weekly meals on a Friday morning. She goes beyond what's required, driving staff around, collecting groceries, delivering mail and sometimes standing in as receptionist. Her friendly and respectful approach is appreciated by all the lives she touches.



ELDER ABUSE RESPONSE SERVICE

Kia Ora readers!

Sinead here, It is with great pleasure that I sit here and type my first article for Age Concern's newsletter since returning from parental leave. I have returned to a fantastic team of Registered Social Workers and Nurses that make up our Elder Abuse Response (EARS) Team.

We now have 4 EARS clinicians covering the Taranaki area. Since returning to the role of team lead for the EARS Service in early September we have been as busy as ever! While some may see this as a negative, it is great to know that the level of reporting is increasing. Not only does our team have the capacity to respond to any allegations of elder abuse Taranaki wide, we are also responding to some community support referrals. In these referrals, abuse isn't necessarily identified but getting those people in touch with other agencies or community groups etc. decreases their vulnerability and the potential for abuse to occur later on down the track.

The EARS team recently completed our quarterly report for our funders at MSD and we were able to establish (like in previous years) Psychological abuse is still the highest type of abuse identified with 39 cases of psychological abuse confirmed within a 3-month period.

I'd like to take this opportunity to remind you all that psychological abuse can be a very subtle behavior that many of us in society have normalized and come to accept. It can be little things such as not allowing an older person to speak for themselves when they are asked a question, it can be putting our Kaumatua down and making them feel useless or like they are unable to contribute; or even worse are a burden on their families. It can be excluding our older loved ones from family gatherings if they don't do what is asked of them.

The EARS team here at Age Concern Taranaki are working tirelessly to promote elder abuse and raise awareness. My colleague Aimie and I recently presented at the 'Safeguarding Vulnerable Adults in Taranaki' training facilitated at the TDHB. We used this opportunity to discuss what is elder abuse, what does it look like and what should we do if we see it? We also shared some national and local statistics.

Our Nurse colleague Belinda Burke has also been giving

elder abuse education presentations within local rest homes (which she has A LOT of experience in). This is a great way to ensure rest home staff are equipped with the knowledge on how to report abuse if they see it etc.

Finally, the last part of our team, Rochelle Jakeman has been working down in South Taranaki, taking on a huge portfolio, and putting effort into our external networks to ensure greater collaboration.

As much as I love my little man (who is now 1!) and it certainly tugged on the heart strings returning to work and leaving him during the day, I am very excited to be back working in a great team here at Age Concern Taranaki. I look forward to seeing you all soon.

Sinead Thomas-Ngatai | 06 759 9196 ext 311
Service provision Lead – Age Concern Taranaki

AgeConnect – South Taranaki Can you guess?

Yes I can, said Dorothy Campbell who was able to guess the number of Jelly Babies at the Monthly lunch outing in Hawera. Dorothy was accompanied by Evelyn Van Engen.



“ A smile is a curve that sets everything straight. ”

Phyllis Diller

AgeConnect – South Taranaki Hawera Mobility Club

Estelle and Pat Nixon our founding member, would like to wish all of the members a Merry Christmas and a Happy New Year.

Planning forward to 2023, please mark your diaries to join us at our monthly event held on the third Friday of the month.

Please come prepared to participate in games and entertainment. On the menu is, but not limited to: "Golf", "Drop the Ball" "Rummikub" and more.

When: Friday 20th January 2023 at 10:30am. And thereafter every third Friday of the month.
Where: at the Presbyterian Hall on Argyle Street, Hawera.

Community Support in South Taranaki - Shopping in comfort!

As many of you know, shopping does not get easier as we get older. With this in mind Pak N Save Hawera, have proudly supplied a mobility scooter and wheelchair for use by their customers. Trying it today was Jackie Morrow and supported by Marion Gallichan and Estelle Barnes.



Age Concern Visiting Service

Kia ora, greetings.

It has been a challenging year for the Visiting Service – the fall out of COVID-19 restrictions has seen an increase in loneliness, and subsequently an increase in referrals for the service. However, with coordinated efforts, we are managing to address this increased demand, to ensure those in need can access the service in a timely manner.

I would like to give a warm thanks to all of our clients and volunteers for their patience throughout 2022, during which many of us faced an unusual level of disruption and have had to re-normalise; your consideration during this time has been much appreciated.

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 Visiting Service companionships created to be long-lasting and mutually enjoyable. 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.

If you would like to receive a referral form, either for yourself or to refer on behalf, or if you would like to learn more about becoming a volunteer visitor, please give us a call on 06 759 9196 or send an email with your request to info@ageconcerntaranaki.org.nz

Please note, if you wish to refer someone on their behalf, you must gain their explicit permission before doing so. Additionally, if you have any uncertainties about someone's eligibility to the service (i.e., cognitive decline) please do not hesitate to get in touch, I am more than happy to discuss the service with you and answer any questions you may have.

Take care and stay well,

Antonia | Visiting Service Coordinator
antonia@ageconcerntaranaki.org.nz



Dignity Champion Award



Congratulations to Mel from Driving Miss Daisy - New Plymouth who is the recipient of the Dignity Champion Award from Age Concern New Zealand and Tomorrows Meals. Mel is an absolute star in our province, the support she gives with mana, respect and dignity to both our older people and our Taranaki community is so valued. Ka rawe te mahi a aua māia Mel

Your local MP
Glen Bennett

Glen Bennett
MP for New Plymouth

Keep in touch:

glen.bennettmp@parliament.govt.nz

[/glenbennettlabour](https://www.facebook.com/glenbennettlabour)



Funded by the Parliamentary Service. Authorized by Glen Bennett MP, Parliament Buildings, Wellington



Census | StatsNZ

Tatau tātou - All of us count



Field Collectors Recruitment

REMUNERATION

\$25.50 p/hour (plus 8% holiday pay)
- 10% completion payment paid at the end of the temp assignment.

ASSIGNMENT DURATION

Approx 7-week temporary assignment - 16, 20 or 40-hours p/week. Assignment Duration 23 January - 5 April 2023.

CHECKLIST

- Will you be 18 years old or over on 24 January 2023?
- Are you legally entitled to work in New Zealand?
- Do you have a current NZ Drivers Licence (minimum Restricted), or will you have one before 24 January 2023?
- Do you have access to a reliable motor vehicle with a current Warrant of Fitness and Licence Registration?
- Do you have a reasonable level of physical fitness? There is a lot of walking involved.

DOCUMENT LIST

- NZ Passport/ NZ Birth Certificate or Overseas Passport with Visa
- Driver's licence
- Car registration number
- Current car insurance (Minimum of third party)
- Passport headshot photo for ID badge (Scan here to help with photo requirements)

Apply Here

www.censusjobs.co.nz

Locally owned & operated

a simple cremation & burials

Helping Taranaki families with a range of simple, professional funeral services. With affordable caskets, urns & jewellery.

0800 236 236 233 Carrington St
www.asimplecremation.co.nz New Plymouth



**Now stockists of
Hearing Aid
batteries**

**Battery types available
U312A, U13A and U10A**

\$4 per packet | \$35 per box of 10



**to order phone 06 759 9196
or 0800 65 2 105**

**email info@ageconcerntaranaki.org.nz
or drop in and see us.**

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



follow us facebook

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

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, Beef or Lamb complete with vegetables and gravy, a Family Meal - Lamb Hotpot, Pork and BBQ sauce, Chicken, potato and gravy and Beef Casserole - all \$11 each. Or perhaps a tasty Snack Meal – Cottage Pie, Spaghetti Bolognese, Macaroni Cheese and other variants available too - \$6 each.

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

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

TOMORROW'S MEALS

*A new range of
Frozen Meals and Snacks
As good as home made!*

GOOD KIWI FAMILY FOOD

Frozen Fresh

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".



**PLEASE SUPPORT
OUR ADVERTISERS**

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 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.



Staying Safe

A refresher course for older drivers

This FREE classroom based course is designed to increase driving confidence and safety, by re-familiarising you with traffic rules and safe driving practices.

What is the course about?

- Recognising the effects of driving conditions around us
- Raising awareness about driving behaviour
- Recognising the effects of ageing on driving
- Making safer driving decisions
- Improving driving confidence on busy roads
- Considering alternative transport options in case driving is no longer an option in the future

Who is the course for?

Staying Safe is open to anyone over the age of 65, and can be especially useful for those soon requiring a license renewal.

To register your interest in an upcoming course, or to organise a course for your group, please contact:

Age Concern Taranaki

Office: 06 759 9196 Free phone: 0800 65 2 105

Email: info@ageconcerntaranaki.org.nz