

WINTER 2020 QUARTERLY NEWSLETTER
Phone (06) 759 9196
www.ageconcerntaranaki.org.nz



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@ageconcern taranaki.org.nz

33 Liardet Street, New Plymouth

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

OFFICE HOURS

10.00am - 2.00pm Monday to Friday

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



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



It's certainly been an interesting few months; we've all had to significantly change the way we live and work in a joint effort to look after each other and prevent the pandemic from taking serious hold in NZ. What has come to light is the friendliness of our neighbourhoods and support of our communities. I had a neighbour I shopped for and in return she baked scones, more people smiled and said hello as my kids and I were out exercising; such stories are across the region. Age Concern Taranaki staff were amazing, continuing to work from their homes and keep in touch with you all. They made over 1400 connections to our members, clients, older people and their families. Some phone calls were a few minutes long and some were three quarters of an hour, as people were happy to chat with a friendly person from Age Concern Taranaki. Staff delivered our range of frozen meals to several people and assisted one or two with supermarket shopping. Our Social Worker continued to be available for Elder Abuse Support, our volunteer visitors took to the phone as SAYGo falls prevention class volunteers. As soon as we could, we opened up the doors at Age Concern Taranaki's Hall at 33 Liardet Street and welcomed people back in. The first couple of weeks, numbers were restricted and distancing in place; Pauline and I were so happy to have you back here. This is your place as much as ours, and know you are so welcome.

The Board and I are impressed with the efforts of our team, the way they overcame challenges and supported each other and our people. We have acknowledged their efforts with a gift basket put together by New World Merrilands.

Wishing you a safe and healthy winter.

Keryn Roderick

Executive Officer



Serving the needs of older people

Lean on Me

The words of this popular song come to mind when thinking about you all and our Driving Miss Daisy community at the moment.

Lean on me when you're not strong
I'll be your friend
I'll help you carry on
For it won't be long

As an essential service we have been at the frontline with the most vulnerable people during these extraordinary times. To be acknowledged and trusted by the Government has enabled us to continue supporting our elderly clients utilising our gold standard health and safety procedures.

Your Daisy can help you live independently by doing those essential errands for you while you remain safe in your bubble. We are able to do your grocery shopping, collecting and delivering prescriptions and get you to your medical appointments and safely back into your bubble. We can make this time more bearable by picking up a magazine, or a fresh bunch of flowers. We have received heart-warming thanks and appreciation for helping you in this time of need.

Whilst the future is unknown, we do know that the current situation will not be forever. If the lockdown has been getting you down, we can get you out and about in our Driving Miss Daisy car bubble. Nature is putting on a beautiful autumnal display at the moment, enjoy it at its best with a trip to your local park or the beach with us, we could even pick up a coffee on the way.

Going forward the core Driving Miss Daisy commitment is to empower you, giving you the freedom to live independently by offering a companion driving service that is trusted and affordable. Safe as well, we follow Ministry of Health hygienic and social distancing guidelines.

Don't forget a Daisy Experience gift voucher is an ideal treat for you or for a friend.

We have always been there for you and we will continue to be by your side in the community especially during this period, post COVID-19. Stay safe, be kind, let's support each other.

Melanie
Co-founder DMD

We're your bubble on wheels



"Free at Last! Get out and about, safely and hygienically, with Driving Miss Daisy New Plymouth"

We can drive and accompany you to:

- Medical and personal appointments
- Grocery shopping
- Deliveries - e.g. take home meals
- Companion outings
- Take your pets to the vet
- Airport drop-offs and pick ups
- Wheelchair accessible vehicles available

Total Mobility Scheme cards accepted and ACC contracted supplier.

Bookings are essential - call Mel today and make your next outing a pleasure!

New Plymouth

Phone: (06) 751 0209
Mobile: 027 773 3268



Driving Miss Daisy®



Age Concern Taranaki welcomes all older people to visit us at our new premises, situated at 33 Liardet St New Plymouth.

follow us 

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

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Taurima
REST HOME
"You'll be with Friends"

DUNCAN ID
DOVICO

countdown

4 FOUR
SQUARE

Along with the rest of the country, it has been a very strange few months for the Accredited Visiting Service (AVS). I was notified by our national co-ordinator that our volunteer visitors should cease face-to-face visiting on the 17th March, a week or so prior to the start of 'lockdown' for everyone else. We were particularly concerned about the Covid-19 outbreak, as the majority of our visiting service clients, and many of our visitors, are in the group deemed by the Ministry of Health to be most at risk.

As the cessation of face-to-face visiting, along with a suspension of various types of home help, would mean a lot of people would see absolutely no one over lockdown, we started calling on a regular basis to check in and make sure everything was going ok. I did a count up recently, and over the lockdown our AVS visitors, plus Taran & I, made over 200 calls checking up on our clients and visitors. Some of these calls were just a brief chat to check in, whilst others were much longer. It was great to have the opportunity and time to spend chatting, which we don't usually have in our busy 'normal' working day. Also, because we had more time to chat, we were then able to find out when there were problems and assist as necessary. We made a number of referrals to other agencies during lockdown, including to Civil Defence and the needs assessment team at the hospital.

Everyone coped wonderfully well during the lockdown, but towards the end we were all a bit impatient to get back out in the world again, but also a bit hesitant about what it would be like to be socialising again. We are receiving referrals for quite a number of new people who will benefit from having a visitor, so if you think you could help us out, please get in touch so we can start the process.

Finally, remember to wash your hands, and be kind.

Aylene Hall | AVS Service



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All occupation licences for units at the village are secured by a first-ranking mortgage over the village land in favour of the Statutory Supervisor.

RVA
NEW ZEALAND
Retirement Village Association

Events Calendar

AgeConnect Taranaki

We are excited to launch an Events Calendar informing older people, their Whānau and friends of options for getting together across the region. Community groups can submit events from the Events Calendar page <https://ageconcerntaranaki.org.nz/events/>

An Age Concern Taranaki staff member can upload to the calendar, please note, submit your event early as it could take a couple of days to be uploaded. Reoccurring events or sessions can also be uploaded, so be sure to let us know if it is one off or a weekly or monthly program.

The screenshot shows the website's header with the Age Concern logo and navigation links for Home, Services, AgeConnect Taranaki, Events, Submit Event, Get Involved, and Contact. Below the header is a search bar with 'Events for June 2020' and a 'SEARCH Keyword' field. A date picker shows 'May' and 'July'. The main content area displays a weekly calendar grid for June 2020. A sidebar on the right titled 'Event Types' lists 'All Events', 'SAYGO', 'Social', and 'Swimming'. A large green button at the bottom right says 'Submit Your Event'.

A Wise old man was talking to a boy and said, There are two wolves always fighting inside me.
One is filled with anger, hate, jealousy, shame and lies,
the other wolf is filled with love, joy, truth and peace,
this battle rages inside of you and all men".
The boy thought for a moment and asked "Which wolf will win"
The old man answered: "The one you feed"

We invite and encourage every organisation to submit their events on this events calendar, creating a platform for people to know what is available in Taranaki, promote socialising, enable people to become connected within their community; providing a sense of value and reducing loneliness.

For more information, please visit our website
<https://ageconcerntaranaki.org.nz/events/>
Email us on info@ageconcerntaranaki.org.nz
or phone 0800 243 0625



For more information email:
info@ageconcerntaranaki.org.nz **or**
Phone our Office (06) 759 9196
or 0800 243 625

Due to Covid 19 a number of these sessions may be put on hold. Please phone the office to check.

ELTHAM

SAYGO > Steady As You Go Falls Prevention Class held on a Thursday **10.00am**.
All Saints Church, 88 King Street, Eltham.

HAWERA

Coffee Mornings > Held on Thursday mornings 10.30am - 11.30am.
St John's Church Hall, 35 Argyle Street, Hawera.

Social Mornings > Held on the third Thursday of the month. 10.30am - 11.30am.
St John's Church Hall, 35 Argyle Street, Hawera.
(may include a Guest Speaker, a topic of discussion or an activity).

SAYGO > Steady As You Go Falls Prevention Classes are held weekly on a Tuesday at 10.00am at 35 Argyle Street, Hawera.

NEW PLYMOUTH

Aqua Exercise > Restarting on Monday 20th July, this class is held weekly at the Todd Energy Aquatic Centre at 10.15am. Please phone our office (06) 759 9196 to register for Aqua Exercise.

Drop In Cafe > This cosy Drop in Cafe is held on the first, third and fourth Thursdays of the month. Come along and join us at 10am for a cuppa and great company at 31-33 Liardet Street, New Plymouth.

Social Morning > Our Social morning at 31-33 Liardet Street is held on the second Thursday of the month. We have Guest Speakers who provide the group with relevant information, health education and other interesting topics. Starting with morning tea at 10am.

Warm Up Wednesday > This fun filled morning of Singalong continues every second and fourth Wednesday of the month. Come along and enjoy a great singalong, morning tea, fun, music and make friends. A light lunch is served at the conclusion of the morning. 10am - 12.30pm. Gold coin donation. Held at 33 Liardet Street, New Plymouth.

Monthly Outing > The first Wednesday of the month is our Outing. A great day out incorporating lunch and a visit to a place of interest. Please phone Pauline to express your interest.

SAYGO > Steady As You Go, Falls Prevention Strength and Balance Classes are held in New Plymouth. Tuesdays at 10.30am at St Mary's Complex Lounge, 37 Vivian Street, \$3 per class and on Fridays 11am at Disabilities Citizens Rooms, 83 Hine Street \$2 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

Coffee Morning > We now hold weekly coffee mornings in Stratford, every Friday 11.00am - 12 noon. Held at St Andrews Church Hall, 88 Regan St, Stratford. A great opportunity to make friends, socialise and enjoy morning tea.

SAYGO > Steady As You Go Falls Prevention Classes are held on a Friday at 10.00am at St Andrews Presbyterian Church Hall, Regan Street, Stratford.

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. A gold coin donation is appreciated to assist with costs.

Drop in Cafe > Held on the 2nd and 4th Friday of the month in The Senior Citizens Hall, (supper room) Warre St Waitara. 1.30pm - 3 pm Enjoy a quiz or a game or sit and chat over a cuppa tea, coffee and snacks. A great opportunity to make friends.

New World Merrilands Community Support

It is always pleasing to collaborate with a community minded business such as New World Merrilands, a local supermarket that has always been proactive in supporting our older community.

Appreciating the need is greater during Covid-19 lockdown, Hooi and his team created a list of older shoppers; Age Concern Taranaki phoned the shoppers and offered to take



Age Concern Taranaki are now hosting their very popular Warm Up Wednesday Singalong and Social Occasion at the new and exciting premises at 33 Liardet Street New Plymouth.

The same enjoyable programme will continue on the second and fourth Wednesday of the month at the same time as it was previously held in Moturoa.

I am looking forward to reconnecting with you all and having some fun with some cool new songs up my sleeve.

Pauline Julian Service Coordinator



WARM UP WEDNESDAY

PHONE PAULINE AT THE OFFICE 06 7599196

Where: Age Concern Taranaki,
33 Liardet St
Time: 10am - 12.30pm
2nd & 4th Wednesdays

Come along and enjoy a fun filled morning, socialise and make friends. Join us for a light lunch which is served at 11.30am, you may win a spot prize!

Singing is interactive fun, it enhances memories and has many benefits for your health and wellbeing.

Gold coin donation appreciated.

PHONE PAULINE AT THE OFFICE 06 7599196

orders over the phone and deliver the groceries that would be packed by New World Merrilands, enabling them to stay home and keep safe.

New World Merrilands then topped this off with donating 20 'Goodie Bags' to be distributed among ACT's clients. The reactions of the recipients was varied, including being delighted, surprised, overwhelmed but most of all greatly appreciative of the generosity of New World Merrilands.

Thank you so much Hooi and the New World Merrilands team for keeping an eye out for our older people.

It was so exciting to see IN TUNE WITH WAITARA return to Warre St Waitara at the Senior Citizens Hall on Friday 5th June 2020.

This is held on the first and third Friday of the month from 1.30 pm to 3.30 pm.

Many Thanks to our valuable sponsors and supporters TSB Community Trust, Senior Care Trust, Bin Inn Waitara, Driving Miss Daisy Companion Driving, Waitara Senior Citizens.

Quote

"A small and cosy number today yet a good afternoon of toe tapping music and laughter with the "note of the day" being our first day back at Warre St Age Concern Taranaki. Come and join us for music and laughter and companionship, it makes us feel better and chases the blues away. Marie on the piano, Jack on the tea chest base, Peter on the piano accordion and the group leader Pauline Julian on her guitar ... Music always sounds better on a Friday.

Marie McDonald



DID YOU KNOW?

Listening to 5 to 10 songs a day can improve memory, strengthen immune system and reduce depression risk by 80%.

HealthCare New Zealand

Being independent is key to our quality of life. For most people, that means staying in our own homes, close to our family, friends, communities and favourite activities.

Sometimes we need a hand to maintain our independence, and that's where HealthCare New Zealand can offer high quality help, tailored to your lifestyle.

HealthCare New Zealand supports people around the country with personal care, home management and domestic support, nursing services and rehabilitation. Their specialist skills, knowledge and expertise lets them work with you to create a plan that suits your needs, regardless of age, illness, injury or disability.

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Editorial supplied by HealthCare New Zealand

Snippets from My Neck of the Woods

During the Covid-19 lockdown walking in my neighborhood I observed the behaviors of others. This pursuit added to the pleasure of my daily walks, with my dog.

The same direction and speed others walked, their exercise attire. Those who took pleasure in tending their gardens and house maintenance. The bears and Easter eggs in the windows. Those who acknowledged me and those who did not. My hope that they were ok?

However, my greatest delight was stopping to read small, plastic, bound bags with 'Observational Writings' inside, pinned to the fences on my route.

Upon reading one of these notes, a chuckle and a smile ensued, as I continued on my merry way. I appreciated these small bags of pleasure on a number of levels. Firstly, the obvious, they made me smile but also I wondered about the person penning them and fixing them to the fences. Male or

female, young or old? Most of all I wanted to thank them for their sense of fun and the effort of their endeavors.

Email me your lockdown experiences both positive and negative of daily life in your neighbourhood. marguerite@ageconcerntaranaki.org.nz



2 Representation: Taking the views of the local community to Parliament and ensuring politicians understand the impact of law on the communities of the New Plymouth electorate.

3 Advocacy: Speaking to Ministers and Government Departments on your behalf. Encouraging and developing local causes, supporting schools and health facilities and advocating for local and regional infrastructure projects.

4 Support: A happier part of the job involves acknowledging people achieving success or celebrating milestones like significant wedding anniversaries. Attending school prizegivings and visiting a myriad of community organisations and sports events; essentially being accessible to our community in as many ways as possible.

If there's something I can help you with, please contact my office 06 7591363, newplymouthmp@parliament.govt.nz.

Jonathan Young | MP for New Plymouth

Taranaki's other Electorate MPs are:
Barbara Kuriger (Taranaki-King Country) (06) 756 6032
Harete Hipango (Whanganui) Stratford (06) 765 8464
Hawera (06) 278 4059
Adrian Rurawhe (Te Tai Hauāuru) 0800 237 126

JONATHAN YOUNG
MP FOR NEW PLYMOUTH

TO CONTACT ME

P 06 759 1363
E newplymouthmp@parliament.govt.nz
W jonathanyoung.national.org.nz
F facebook.com/MJJonathanyoung
T [@jonathanyoungmp](https://twitter.com/jonathanyoungmp)

 National
Authorised by Jonathan Young, Chr Gill & Luard St, NP

In these uncertain times I wanted to remind you that I am available to help when you need it.

The work of an electorate MP is divided into four categories.

1 Assistance: Helping people in dealings with government departments such as Work & Income, Inland Revenue and Kāinga Ora (Housing New Zealand). Assisting with immigration, ACC, education and health issues.

Editorial supplied by New Plymouth MP Jonathan Young

Do you feel that you spend too much time on your own? Maybe you know someone else who doesn't have many visitors?

The Accredited Visiting Service (AVS) has caring volunteers who are keen to spend time with an older person in the community.

Our volunteers have all been reference and police checked, and are available to spend about an hour each week in the home of an older person. This time is spent chatting, perhaps having a cup of tea, and generally providing company to someone who otherwise may not see anyone else from one week to the next.

If you would like to discuss the service, either for yourself or someone you know, please get in touch with me as I have volunteers ready to start visiting now.

Aylene | (06) 7599 196
aylene@ageconcerntaranaki.org.nz



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW**.

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

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Editorial supplied by Freedom Drivers

ELDER ABUSE RESPONSE SERVICE



Kia Ora readers!

Welcome to Age Concern Taranaki's elder abuse response section of this newsletter.

Winter is a very important time of the year for Elder Abuse as we head into Elder Abuse Awareness week! This is held from the **15th-22nd of June** every year. I'd like to reiterate the most important day of the elder abuse awareness week being '**World Elder Abuse Awareness Day**' held globally on the **15th of June**. For those of you Techno Savvy readers out there, you can search the hashtag **#WEAAD** on social media to see a variety of local and national events happening around NZ.

Locally, we will be holding two events. The first at our new Age Concern Taranaki office, 33 Liardet Street, New Plymouth, on Monday 15th June at 10:00am. I'll be teaming up with our fantastic Community Worker Pauline Julian to deliver a jam packed morning full of important information, relevant statistics, quizzes & spot prizes. The second at our Hawera Coffee Morning, on Thursday 18th June, at 10:30 am at the St Johns Chruch Hall, 35 Argyle Street, Hawera facilitated by our AgeConnect Service Coordinantor, Taran Gill.

This year, the theme is '**Elder Abuse Hit's close to home.**' This essentially highlights how this issue is often hidden behind closed doors. Elder abuse doesn't discriminate. It affects those from all backgrounds, religions & socio-economic statuses

The purple ribbon is an iconic symbol of Elder Abuse (EA) Awareness. I urge that anyone who wants to show their support for such an important issue dress in as much



Sinead Thomas | Registered Social Worker
Age Concern Taranaki



purple as possible on 15th of June! We may even see the clock towers around Taranaki be lit up Purple during **EA week (15-22nd)**. So, dress in as much purple as you can, pop on your purple ribbon & head on down to Age Concern Taranaki on **Monday 15th of June @ 10am** to show your support. I'll be talking to the types of abuse seen in the Taranaki area and how we can all help those who may need it and work towards preventing elder abuse and neglect from happening in our communities.

Throughout the rest of the week, Age Concern Taranaki will be teaming up with Taranaki Safer Families Trust to hit the Streets in New Plymouth and discuss this issue with the public to test their knowledge, offer purple ribbons and raise awareness for Family Violence as a whole.

I believe the main point to take away from this quarters Elder Abuse article is to simply talk about the issue. The more it's talked about and normalised, the more those affected by it are likely to discuss the abuse with someone else who can offer support. Remember, there are several different types of abuse that an older person can be subjected to. I have dedicated this space to write up about these types of abuse in the past. These include, **Psychological, Financial, physical, neglect, self-neglect, sexual** abuse and abusing the use of **Enduring Power of Attorney**.

THANK YOU ALL for your time reading up on such an important topic. Learning about the issue and raising awareness in the community is a great way to prevent further abuse and neglect.

If you would like to discuss anything further, please call Age Concern Taranaki to book an appointment on 06 759 9196 or email me at sinead@ageconcerntaranaki.org.nz

I am thoroughly enjoying the new office space which enables clients to visit me in the office in private. I do continue to visit people and towns throughout Taranaki.
Cheers!

FROZEN CONVENIENCE MEALS AT AGE CONCERN TARANAKI

You can purchase tasty, wholesome, nutritional frozen meals from our Office at 33 Liardet Street, New Plymouth Monday to Friday during Office hours 10 am – 2 pm.

We also offer a delivery service on a Friday morning (within New Plymouth City perimeters) at a cost of \$5.

Do you fancy a Roast Meal – Pork, Chicken, Beef or Lamb complete with vegetables and gravy, a Family Meal - Lamb Hotpot, Sticky Asian Pork Belly and Beef Casserole - all \$10 each. Or perhaps a tasty Snack Meal – Cottage Pie, Spaghetti Bolognase, Macaroni Cheese and other variants available too - \$5.50 each.

Not forgetting Chocolate Fudge Pudding as a dessert - \$5.50 each.

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Bank account: 15-3953-0717362-00 (Ref: Your name)

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Please help our work by including a donation (tax deductible over \$5).

You can make a donation at any time.

Leave a gift to Age Concern Taranaki in your Will and create a lasting legacy. If you would like to know more about how to bequest or leave a legacy contact your legal advisor.

Old age ain't no place for sissies!
~ Bette Davis ~

QuinLaw - Barristers & Solicitors

QuinLaw v Lockdown

Well, we are still in the stages of Lockdown, albeit improved and soon to be out. We were fortunate in that we had prepared for Bird Flu and hence we had moved our legal software into the cloud ten years ago and the Hand Sanitizer that was on all desks and tables was still working although ten years old.

Like other organisations we worked from home with mixed results across our fourteen employees. Two staff members are living in different parts of the greater city had their power off on different days, Maria had just shifted house and Fibre was not installed immediately. The beautiful weather was also a diversion for some. Some of us were hanging out for takeaways and Sushi.

We have learnt that we can manage at home although not always that successfully and that's got more to do with personality and style of working, than with difficulties at home per se. Our software provider Actionstep really showed it's worth as all of us were able to access documents at home by 'Tapping into the Cloud'.

We have been able to buy and sell properties even under Lockdown. This is because Title changes now

occur via the online platform at Land Information. Banking no longer requires us to attend at the bank with a cheque to pay back the mortgage. We do all of that by internet, email and or fax.

I was shopping and cooking for four adults. I found the men in my life were the fussiest, one did not like rice, the other wanted green vegetables, one hated frozen vege, one loved rice risotto, the one who never complained at all was my 91 year old mother. Leftovers disappeared very fast from the fridge.

We are available on Alert Levels 3,2 & 1 and are all now back in the office. Please do not hesitate to contact us by phone, email or come and see us by appointment.

General enquiries:

Email – catherine@quinlaw.co.nz
or phone us on 06 769 9687

EPAs, Wills & Estates:

Email – alison@quinlaw.co.nz
and For any **Family matters** please:
Email – gordon@quinlaw.co.nz

Conveyancing matters:

Email – rosemary@quinlaw.co.nz

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