

SUMMER 2021 QUARTERLY NEWSLETTER

Phone (06) 759 9196

www.ageconcerntaranaki.org.nz



Serving the needs of older people

Age Concern Taranaki

Serving the needs of older people



FREE NEWSLETTER TARANAKI WIDE

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OFFICE HOURS
 9.30am - 1.30pm Monday to Friday

BOARD OF AGE CONCERN TARANAKI

Chair Person: David Gibson
Vice Chairperson: Alison Brown
Board Members:
 Marianne Pike, Heather Grant, Jane Bocock, Carol Fox

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

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 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 everyone, to our Summer newsletter.
 I've been spending several fine sunny evenings walking along the Taranaki coastline, thinking of how lucky I am to live in this beautiful place and how lucky I am to live and work with beautiful people. The team at Age Concern Taranaki, our staff and volunteers, are wonderful. They are skilled, compassionate and always do their best. From our AgeConnect friendship programs, to Elder Abuse Response Service and the things we do in between, like our new Digital Technology learning program, we are here to support.

Read through our magazine for a taste of our programs. Our members are fantastic – always bringing a smile to my face. We will need these friendly traits as we head into 2022. Already it is looking like it will shape up to be a year like no other. If we continue to treat each other with kindness and compassion, to smile at one another and to help our friends and neighbours, then we will get through ok.

Have a festive and happy holiday season.

Keryn Roderick

Executive Officer

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Age Concern Taranaki AGM

On Wednesday 27 October 2021 Age Concern Taranaki held our AGM. Chairman David Gibson presented two Honorary Life Memberships on behalf of the organisation to Helen Collins and John Albers.

They were both recognised for their long service involvement with Age Concern Taranaki and have both given years of dedication and commitment to the organisation.

Congratulations!



How Age Concern Taranaki will be working under the new Traffic Light System



The safety of our older people is of utmost importance to us as we navigate this new system. At Age Concern Taranaki we will continue to support everyone no matter what their vaccine status, however the way we work with you may be a little different. This may be arranging over the phone chats for our Accredited Visitor Service (AVS) clients and volunteers; our team visiting you wearing Personal Protective Equipment (PPE); staff or volunteers visiting with you in an outdoor well-ventilated environment. If we are coming out to visit you, our team may phone you first to check if you are well. We may also ask your vaccine status to determine how we will work with you.

From Friday 3rd December all of our group programmes will be operating under the vaccine pass system. This means to attend you will need to present your vaccine pass for scanning when you arrive.

At the time of writing this, we do not yet know which colour of the traffic light we will be entering when the new framework begins so we appreciate everyone's patience and cooperation during this time while we all learn together.

If you would like to know any more information on how we will be working with the Traffic Light System or if you need assistance in obtaining your vaccine passport, please feel free to contact the team on 06 759 9196.

Elder Abuse Response Service

Tēnā koutou

Our new financial year has arrived and it has been a busy one at that!

Since July our Elder Abuse Response Service (EARS) here at Age Concern Taranaki has grown and changed. The team now includes Manager Keryn Roderick, Registered Social worker's Lisa Read, Aimie Stahnke-Earley and the newly welcomed Support Worker Rochelle Jakeman.

We have had an incredibly busy year so far and we are very fortunate to have Rochelle join our team to support our work in the Taranaki Community.

Since July, our Elder Abuse Response service has received 57 referrals for elder abuse and 15 referrals for community support.

It is important to note that these numbers may reflect a growing awareness of what Elder Abuse is and the supports our service has to offer. Abuse can often lie dominant within the community and with awareness comes reporting.

From these 57 the highest type of abuse is identified

as physiological and financial.

The EARS team have noticed a number of adult children and grandchildren moving back with their parents/grandparents. This could be due to financial pressures of housing costs, suitable and/or available Sustainable housing. This often resulting in the older person covering additional costs and adding Strain to family relationships.

Our Referrals continue to come from concerned friends and family/whānau, neighbours, agencies and the person themselves. If you or someone you know may be experiencing elder abuse please phone our office on 06 759 9196 or call into our office to book an appointment.

Take care, Stay safe.
Aimie Stahnke-Earley, Lisa Read and Rochelle Jackman.

He aha mea nui o te ao?
He tāngata, he tāngata, he tāngata

What is the most important thing in this world?
It is people, it is people, it is people

feel confident with their devices. We decided on a 1-1 personalised teaching format rather than a crash course of set topics, because when surveying prior to beginning the service we found people had varying needs and pre-existing skill sets, and we recognised everyone has a different learning style and pace. We will be running regular workshops in the future on specific tech topics too, such as enhancing cyber security or the basics of video calling, to allow for some group learning to occur.

So far, we have had very positive feedback and the lesson slots are being filled quickly as we've found there is a big demand in the region. Gratefully, both of our current volunteer tech tutors have a history of teaching, and as they are both older people themselves they are very understanding of the learning process and they are very patient. They really are the stars of our programme! I anticipate we will have more tech tutors coming on board in future so we can expand the service to meet the demand.

Digital Literacy

Our brand-new Digital Literacy programme started on the 8th of November, following a round of surveys to understand our community's needs - and so far, so good!

Anyone who is interested in attending a free Digital Literacy Lesson can contact either Antonia or Bex on 06 759 9196 to book a time.

Time slots available:

Monday 9:30am, 10:15am or 11am
Wednesday 1pm or 1:45pm
Friday 9:30am, 10:15am or 11am

Anyone can book in for a free 40-minute 1-1 lesson with one of our volunteer tech tutors and work on whichever specific problem they have.

We nominated lesson timeslots of 40 minutes so that people can just work on one problem at a time so it's not too overwhelming, and we encourage attendees to book in as many times as they need to

NEW STAFF - Welcome Rochelle Jakeman



Ngā mihi aroha ki a koutou kaimahi manaaki me nga rangatira o te manaakitanga Taranaki kaumātua katoa – Warm Greetings to all staff, Board and members of Age Concern Taranaki especially those of the older population we serve here in Taranaki.



Kia Ora, I'm Rochelle, a proud māmā of three wonderful tamāriki – from teens to toddler. Whānau is everything to me. I have a wealth of recent community, mental and public health nursing experience since graduating with a Bachelor of Nursing (BN) at Western Institute of Technology at Taranaki (WITT) in 2016.

I am on a journey of self-discovery, live in coastal Taranaki and join the Elder Abuse Response Service (EARS) team as a Support Worker with vigour and a willingness to learn on the job. As a mature professional, I am looking forward in asserting and promoting the rights of older people, working alongside a dynamic team of experts in their respective roles and contributing to quality service delivery already prominent in Age Concern Taranaki, assisting where, who and whenever I can.

Rochelle Jakeman – BN PGCertHSc



Bayleys Taranaki is a full-service Real Estate business operating from both the New Plymouth and Hawera Offices covering the region and is part of the wider Success Realty Group that encompasses Taranaki, Waikato and Bay of Plenty.

In New Plymouth they are located in the modern premises that was the old press room of Taranaki Newspapers Limited on Courtenay Street, just across the road from the intersection with Carrington Street.

"We have experts in all sectors of Residential, Lifestyle, Rural, Commercial & Industrial Real Estate as well as Property Management. Having a large team of people with different specialties ensures we can meet all the varied needs of Taranaki's broad customer base." says Bayleys Taranaki General Manager Dean File.

Over the years Bayleys Taranaki has sponsored or supported a significant number of community groups or events. "As a company that has enjoyed the benefits of working in Taranaki, we believe in putting something back", says Dean.

ALL OVER TARANAKI

Talk to our team about how we can help with your property needs today. **Buying, selling or renting, we cover it all.**

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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
LAST meeting for 2021 is 14th December 2021 returning on 18th January 2022

Casual Cuppa > Held every 1st and 3rd Tuesday of the month 11.15 am Presbyterian Hall, Argyle St, Hawera. Join us to make or meet new friends, socialise and relax.

Last meeting for 2021 is on 7th December 2021 returning on 18th January 2022

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.

Last meeting for 2021 is on 16th December 2021 returning on 18th January 2022

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

INGLEWOOD

In Tune with Inglewood - Singalong and Social Afternoon > Held in The Mamaku Centre, 6 Mamaku St Inglewood. A fun afternoon with singing, fun, instruments and much more. Afternoon tea provided. Every second and fourth Thursday of the month 1.30 pm - 3.30 pm.

Starting Thursday 27th January 2021.

MANAIA

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

Starting back up Every Wednesday from 19th January 2022.

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. **Returning 2nd February 2022.**

NEW PLYMOUTH

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

Outing - Wednesday 1st December > Today we meet at Butlers Reef for lunch, seated in the lovely conservatory at 11.30 am. A set menu available on the day. Please contact Pauline at the Office to express your interest and discuss transport.

Restarting Wednesday 2nd February 2022.

MUSIC/SINGING - Wednesday 8th December > at 33 Liardet Street NP, has temporarily turned into Xmas Music Trivia contactless quiz, or other similar interactive activity, single serve fruit salad and icecream light refreshments. 10 am - 12 noon
Music programmes will return in New Plymouth Wednesday 26th January 2022.

Christmas Party - Wednesday 15th December > We welcome you to attend our KIWIANA CHRISTMAS PARTY held at 33 Liardet St NP. Celebrate Christmas with us. It will be fun with good old Kiwi Style entertainment, food and festivities 10 am - 12 noon. Lets make this a cracker of a Christmas together. Please contact Pauline for further information. Dress Code: KIWIANA CHRISTMAS WEAR

Drop in Cafe > Thursday 2nd and 16th December at 33 Liardet St NP. 9.30 - 11.30am.

The first Drop in Café returns Thursday 20th January 2022.

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 fourth Friday of the month 10:30am at the Senior Citizens Hall, 53 Juliet Street, Stratford. Morning Tea / Coffee supplied, please join us to make or meet with friends, socialise, relax and sing the Friday away! **Last meeting 10th December 2021, returning on 28th January 2022.**

PATEA

Morning Coffee > 10.30am held on the last Wednesday of every month at the Library. Informal visit for morning coffee. Join the "Merry Knitters" for a cuppa and a chat. **We will wait and see if we can start back up under the traffic light system.**

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 > The Senior Citizens Hall, (supper room) 3 Warre St Waitara. All commencing 1 pm - 3.30 pm. Friday 3rd December, Friday 10th December and the Christmas party/Music Celebration afternoon on Friday 17th December. All welcome.

"MERE KIRIHIMETE" and "Happy Holidays"
We will regroup on Friday 28th January 2022.

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.

We will wait and see if we can start back up under the traffic light system.

KINDLY SUPPORTED BY: TOI FOUNDATION, TARANAKI ELECTRICITY TRUST, BIN INN WAITARA, DRIVING MISS DAISY COMPANION DRIVING, VOLUNTEERING NEW PLYMOUTH, COMMUNITY ORGANISATION GRANTS SCHEME, LOTTERY TARANAKI COMMUNITY, ST JOANS TRUST, TARANAKI FOUNDATION, NPDC

Office closes

**12 noon Tuesday 21 December 2021
 reopens 9.30am Monday 17 January 2022**

**A skeleton staff will be available from
 Wednesday 5th January to respond to
 any phone messages left over the
 holiday season and New Year.**

**TOMORROW'S MEALS - Convenient Frozen
 Healthy Meals are available to purchase daily.
 Deliveries on Friday's \$5 fee.**

**Phone 06 759 9196 or 0800 243 625
 Last date for delivery is Friday 17 December
 and deliveries commence Friday 7 January 2022**



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



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Steady As You Go

Falls Prevention Exercise Classes



- Mon 10.00am Tainui Day Centre
141 Tasman St, Opunake
- Tues 10.15am Presbyterian Church
35 Argyle St, Hawera
- Tues 10.30am St Marys Complex
37 Vivian St, New Plymouth
- Wed 10.15am Gibson Hall
Tauhiri Street, Manaia
- Wed 10.30am Inglewood United Church
30 Brown St, Inglewood
- Thur 10.00am All Saints Church
88 King Edward St, Eltham
- Fri 10.00am St Andrews Church
88 Regan St, Stratford
- Fri 11.00am Disabled Citizens Society
83 Hine Street, New Plymouth

Contact The Age Concern Taranaki
Office between 9.30-1.30pm
Phone: 0800 243 625 or 06 759 9196

LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES



Steady As You Go Fall Prevention Classes and The New Traffic Light System

As we move into the new the 'COVID-19 protection framework', otherwise known as the traffic light system, we hope to be able to get all our Steady As You Go (SAYgo) classes back up and running again.

Under the new system, our SAYgo peer leaders will be checking vaccine passports. The safety of our community members is of utmost importance to us and we appreciate everyone's patience and cooperation during this time.

We can not yet give a date for when each SAYGo class will start back up as it may vary for each location. For more information or for help to get your vaccine pass, contact Antonia or Bex on 06 759 9196.

If you would like to continue with SAYGo in your own home, we have SAYGo books and CD's available. Please contact us for prices and delivery options.



"You don't stop laughing when you grow old, you grow old when you stop laughing."
~George Bernard Shaw

QuinLaw - Barristers & Solicitors WHY YOU SHOULD MAKE A WILL NOW

Some people approach making Wills as something they wish to avoid because to think about death is not comfortable. However, if you do not address the issue, you can leave your family members in the lurch and with more expenses. Any old existing Will may make gifts to persons that you have long forgotten.

A few friends and I at University used to write our Wills in the midst of our various studying days which was fun to address it and give my favourite shirt to one person, my stereo system to someone else and my car to someone else. We had no assets of any value. We could feel generous like giving a car to a sibling without one, but in fact it never happened but we had the warm glow of the giving without the actuality of it.

If Covid has taught us anything at all it is that the unforeseen can happen. It is never too early to consider a Will and outline your final wishes.

I have done Wills for quite a few eighteen-year-old young males, most of them left everything to Mum and Dad and were a bit horrified when I raised with them, what if there was a baby, not a pleasant thought at that age. However, they were all happy that Mum would do the right thing by any baby if there was one. For these young men if they have not done another Will then this Will is in effect until they make another Will or if they marry. Consequently, the

romance at university or the partner of two years will not automatically qualify to apply for administration of their estate.

NOT HAVING A WILL OFTEN LEADS TO UNDESIRABLE OUTCOMES

Wills also appoint your Executors as your personal representatives. This means that the Executors are as if they were in your shoes and can make decisions on contracts which may still apply. For example, cancelling the rental contract, paying off the car loan, as well as closing bank accounts. It always horrifies me too that often it is people with a lot of money who have no Will or do an online cheapo.

As a lawyer I have been seeing self-made Wills for many years. They are often contradictive and often alarming. I have seen for example Wills that leave the farm to a son as long as he keeps the widow in milk, wood and meat – what does that mean? Does it mean she gets the whole of the milk cheque for the dairy farm? Can she start a business up selling meat? How much wood is she allowed – whatever the son decides or what if she wants to keep the chip heater and fire going all year round? Another one gave the business to his wife but if she sold the business, she was to give some of the proceeds to his children – sell the business; in what timeframe? How much to give the children?

For the MOST important decisions of your life see us

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www.quinlaw.co.nz



Please contact us at

06 769 9687

to make or review your Will.

AgeConnect Taranaki

Chirpy Fridays



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

A song is not a song until you sing it!

Join us at the stratford senior citizens hall
53 Juliet street, stratford

10:30am on the following dates:

- Friday 26th November
- Friday 10th December last meeting for 2021
- Friday 28th January 2022
- Friday 11th February 2022
- Friday 25th February 2022
- Friday 11th March 2022
- Friday 25th March 2022

Call estelle at: 0800 243 625 or 027 2285371
or Email: estelle@ageconcerntaranaki.Org.Nz

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



The Fund Friendly Knitters in Patea Library



The friendly Thursday morning coffee group in Hawera.



Early arrivals at the Hawera Mad Hatters Tea Party.



The Friendly group at Waverley Library.

Waitara and Inglewood - you rock !

With Covid restrictions currently changing the way we deliver some of our programmes, it has been a challenge and also a pleasure to still visit these communities on a regular basis. It always makes me happy to pack up my baskets and books, QR codes, masks, information and single serve refreshments and head out to venues in both Waitara and Inglewood and still catch up with everyone. As Rest Homes are also not venturing out, it is pleasing to know that many locals are still happy to meet in smaller groups. We have utilised the Classroom at The Mamaku Centre in Inglewood which has given opportunity to create a "Back to School" theme and in Waitara we even popped over to the RSA Club for a coffee and snacks.

I would like to thank these communities and all volunteers, sponsors and guests who attend and support us. We have had a great year and hopefully a better one next year.

KIWIANA CHRISTMAS PARTY

Wednesday 15th December 2021
10am – 12noon
33 Liardet St, New Plymouth

Dress Code: KIWIANA CHRISTMAS WEAR

Celebrate with good old Kiwi Style entertainment, food and festivities. Let's make this a cracker of a Christmas together.

Please contact Pauline for further information.

Please join
Age Concern
Taranaki

MERRY & BRIGHT

Food to make you merry!
Beverages to make you bright!

THURSDAY | 16 Dec | 10.30am
Presbyterian Hall, Argyle Street, Hawera

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

IN TUNE WITH INGLEWOOD

A FABULOUS FUN AFTERNOON OF SOCIALISING AND FESTIVITIES

Age Concern Taranaki welcomes everyone to attend this Christmas/Music Celebration in Inglewood

Thursday 9th December 2021
1:30 pm – 3:30pm

The Mamaku Centre
6 Mamaku St Inglewood

MERRY CHRISTMAS AND THANK YOU FOR YOUR SUPPORT

We will regroup
Thursday 27th January 2022 - 1.30 pm

RSVP to Pauline
Ph 06 759 9196 0800 243 625
pauline@ageconcerntaranaki.org.nz

Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.

AgeConnect New Plymouth Social morning – guest speaker on Diabetes

When you have diabetes, your feet need a little extra care to keep them healthy.

Your feet are your body's foundation, so it's vital they stay healthy to keep you moving.

Whether you have type 1, type 2 or another type of diabetes, you have an increased risk of foot problems. That's because diabetes can damage your nerves and blood vessels over time, causing issues including loss of feeling in your feet.

In New Zealand, there are more than 1,000 lower limb amputations related to diabetes each year. More than 600 of these amputations could be prevented with regular foot care, foot checks and screening.

To reduce your risk of foot problems, foot care at home is important:

- Check your feet regularly for cuts, sores, swelling, blisters, warm spots or numbness
- Ensure open wounds are cleaned and covered
- Wear well-fitting shoes and socks
- Look after your toenails by cutting or filing them straight across and not too short. A podiatrist should cut your nails for you if you have numbness
- Attend an annual foot screening with your doctor, diabetes nurse or podiatrist and have your feet checked regularly.

To find a podiatrist visit <https://www.podiatrynz.com/>

Living well with diabetes is important to reduce your risk of foot problems. This includes:

- Eating a healthy, balanced diet
- Staying active
- Taking prescribed medication to manage blood glucose levels

You can also help avoid foot issues by not smoking and keeping your blood pressure and cholesterol in

check with your doctor's support.

For more information go to www.diabetes.org.nz or you can call the free helpline 0800 342 238

November marked Diabetes Awareness Month. I invited Diabetes New Zealand Community Coordinator – Hauroa Kaimahi - Matire Ropiha to be our Guest Speaker at our monthly Social Morning. Matire was joined by Kristie McCulloch - Kaitautoko Mate Huka Service from Tui Ora. (pictured below)

This was a fabulous, fun and very informative presentation to a large group of members and friends who appreciate the opportunity to attend such valuable health education sessions, held monthly on the second Thursday from 9.30 – 11.30 am here at 33 Liardet Street.

Spot prizes, quick fire questions, resources and the importance of foot care were all a part of the morning followed by "healthy kai" refreshments. I am looking forward to regrouping with everyone in 2022 and wish everyone Meri Kirihimete, Merry Christmas and happy holidays. Please stay safe and look after yourselves.

Pauline Julian | Service Coordinator Social Connection Programmes



STEP UP FOR DIABETES, AOTEAROA!



NOVEMBER IS DIABETES ACTION MONTH

Accredited Visiting Service (AVS)

Greetings from the new Service Coordinator for Taranaki's Accredited Visiting Service (AVS).

As many now know, I have recently taken over the Service Coordinator role overseeing the AVS service after Aylene's resignation, and Sinead going on parental leave. Over the recent months, we have had multiple referrals come in for people wanting to use the service; thankfully, we have also had many people coming forward to volunteer and offer their time to be visitors to meet the demand.

We know social connection is vital for our health and wellbeing, yet sadly, there are currently many older people in our community who are experiencing the negative effects of loneliness. Thankfully, the AVS is a programme working to combat this loneliness and help improve the livelihood of those experiencing social isolation.

The process of matching clients with volunteer visitors first involves meeting with clients who have been referred to the service and interviewing with

people who have applied to volunteer, to learn more about individual needs, personalities and interests. This information is then used to find a suitable match for our clients; we don't aim to simply match people to have company, we aim to match people to have company *they will enjoy*.

The feedback we receive from clients of the AVS is very positive and it is a programme that I am proud to be involved with.

If you would like to learn more about the AVS, or would like to make a referral for yourself or someone you know (with their permission), please do not hesitate to get in touch with me on 021 120 0746 or by email at antonia@ageconcerntaranaki.org.nz

I am ordinarily available Monday – Thursday, 9:30am-2:30pm.

Take care, **Antonia**
(06) 759 9196 | 0800 243 0625

Volunteer Recognition

Thank you to our volunteers.

At Age Concern we promote dignity, wellbeing, equity and respect and provide expert information and support services in response to older people's needs.

The team at Age Concern Taranaki would like to thank our many volunteers, for their hard work over the past year. Without your help we could not have completed this year successfully.

Your talents, patience, support and kindness constantly amaze us. Thank you for everything that you bring to the table.

Come rain, sunshine or even COVID, you have been the saviours that we could call on in our time of need. We are all connected by giving, sharing and caring. We thank you for your valuable contribution.





Joan looking Pretty in Pink

On October 28th - we were pretty in pink in support of Breast Cancer Awareness.

A delicious Fruit Salad and Ice Cream, pink marshmallow, and pink wafers were on our Pink Menu for a Pink Ribbon Morning morning tea.

Breast Cancer Information, current statistics and Pink Ribbon resources were shared to a large group along with Pink Trivia Questions and Pinky Bars.

Held collectively at both North and South Taranaki AgeConnect Social Programmes, we were "tickled pink" to have raised money for Breast Cancer Awareness.

Pauline



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

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 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

TOMORROWS MEALS are here TODAY.

Ph 06 759 9196 to place your order.

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".

Almost everyone is at risk of shingles because they are likely to have been exposed to chickenpox at some stage in their lives.

The Zostavax vaccination prevents shingles, funding for this is changing.

- From the 31 December 2022 it will only be funded once for patients and in their 65th year.
- The ministry has funded a catch up programme for anyone over 65 who has not yet received their vaccine.
- The vaccine is free for anyone between 65 and 81 years of age until 31 December 2022.
- Funded vaccines are only available through your GP practice

People are encouraged to book an appointment to receive a funded Zostavax vaccination before the opportunity expires on the 31 December 2022.

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Growing diversity in retirement villages - *an article from Retirement Villages Assn.*

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Summerset at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved to effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged

nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"

