

ISSUE 01, 2024



AGE
CONCERN
TARANAKI

He Manaakitanga
Kaumātua Aotearoa

Age Concern Taranaki



www.ageconcerntaranaki.org.nz

Contact Information

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OFFICE HOURS

9.30am - 1.30pm Monday to Friday

Board Members:

Chairperson: Sam Bennett

Vice Chairperson: Alison Brown

Board Members: Bobbi Milne
Marianne Pike
David Gibson
Annabel Dennett

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.



Membership is a way the community can support the work we do on behalf of the older people in the Whanganui Region. Becoming a member of Age Concern Whanganui is a way to show your support and help us to assist older people to stay independent and connected with their local community

Membership is only \$20 per year and as a member you will receive:

- A copy of the quarterly Age Concern Whanganui newsletter posted to your home
- Invitations to gatherings, seminars and events
- Discount on the assessment fee when applying for the Total Mobility Scheme

If you would like to know more about the work we do, the services we provide and want to be involved with an organisation that works to achieve wellbeing, rights, respect and dignity for older people, contact us and become a member

Appreciation

Appreciation is a key element for the wellbeing of our elderly community here in New Plymouth, Taranaki, and Aotearoa New Zealand our older people have paved the way for the vibrant community we enjoy today, and it is crucial that we express our gratitude for their invaluable contributions.

In our fast-paced lives, it's easy to overlook the wisdom and experiences our elders bring to the table. However, taking a moment to appreciate them can foster a sense of belonging and purpose. Taranaki is not just a place; it's a home that has been shaped by the hands and hearts of those who have seen it evolve over the years.

Let us recognize the resilience and strength that our elderly community embodies. From their stories of the past to the lessons they share, each individual holds a treasure trove of knowledge. By expressing our appreciation, we not only honour their journey but also create a supportive environment for us to thrive.

Simple acts of kindness, a heartfelt thank you, or spending quality time can make a world of difference.

As we navigate the present and look towards the future, let us remember that appreciation is the key that unlocks the door to a more connected and compassionate community. Together, we can ensure that the golden years for our elderly are truly golden, filled with the warmth of gratitude and the embrace of a community that respects their place today and honours their past contributions.

There are five key attributes when considering the older people and appreciation for them.

Cultural Preservation: Taranaki has a rich cultural heritage, shaped by generations before us. Appreciating this helps preserve and then build upon historical success. Sometimes we need to look back to move forward with purpose.

Community: Gratitude fosters a sense of community and belonging.

Positivity: Gratitude promotes a positive outlook on life. This positive mindset can be infectious, influencing the attitudes of the entire community and inspiring a proactive approach to addressing challenges and embracing opportunities.

Interconnected Generations: Feeling grateful for who we are as a province opens avenues for intergenerational understanding. Older individuals become bridges between the past and the present, sharing their experiences, stories, and wisdom with younger generations.

Resilience: Taranaki, like any community, faces challenges. Gratitude acts as a source of resilience, helping older individuals and the community at large navigate difficult times with a sense of perspective. By appreciating the strengths, resources, and collective spirit of Taranaki, older people contribute to a community that can weather storms and emerge stronger.

The importance of older people in Taranaki feeling grateful for what we have and who we are, extends far beyond individual well-being. It serves as a cornerstone for a thriving community and a resilient, interconnected society.

It should also be remembered by our older generation that we live in a society, that

although not perfect, we do have access to the essentials of life and when we walk out the door, we are reminded of the wonderful place we live in and contribute to every day.

So, let's punch some numbers. Taranaki has a population of 125,000. If we all carried out one act of appreciation each day, collectively that would be 875000 per week, 27million per month, 325 million per year... I think you see where we're going here, but it all starts with one act today.

Richard Anderson
Executive Officer



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*To all our valued funding partners.
We appreciate you.*

We extend our heartfelt appreciation for your generous support and commitment to our cause. Your generosity enables us to continue our vital work in supporting and advocating for the older members of our community.

Your contributions have a direct and meaningful impact on the lives of many, ensuring that essential services, programs, and resources are available to those who need them most.

With your continued support, we can continue to make a difference in the lives of older people in Taranaki, empowering them to live



“valued and meaningful
lives in an inclusive society.



Thank you sincerely



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Elder Abuse Response Service (EARS)

Kia Ora readers!

For this article, we have been asked to focus on 'Appreciation'. In relation to our service, some people may struggle to link elder abuse and appreciation; before writing this article, I've found myself pondering the thought and found it quite interesting.

When responding to referrals or concerns for elder abuse, risk is one of the most important things we must consider. Risk to our staff, risk to the client and even risk to alleged abuser. From experience, the main factor that increases our client's level of risk is having a lack of social connections or being isolated; particularly in cases of self-neglect. Those with fewer natural supports (family/friends etc.) are more vulnerable to abuse and neglect. "Less participation in social activities is identified as a main risk factor for elder abuse and neglect" (Yeung, Cooper & Dale, 2015).

To combat loneliness, isolation and risk of elder abuse, social connection is crucial. I encourage anyone reading this to think about the connections you have in your life. This can be spending time with your family or friends, attending local coffee groups, going to church, spending time online talking with friends overseas etc. or even taking your dog for a walk! All of these are things we can appreciate in life and be grateful for. It can be encouraging to remember that a simple phone call with a friend or a coffee with a neighbour can give us meaning and something to look forward to.

Not only are these connections fun and meaningful, they are likely more important than we think they are. If we consider people that have very little or no social connections and are isolated for a variety of reasons

(dysfunctional family or no family support, poor mobility, mental health issues etc.) we can better appreciate the connections we have and perhaps be more inclined to check in on those we think may need a tad more support. Those who don't have social connections or adequate support are far more vulnerable and at risk of abuse and neglect. We all have the ability to check in our loved ones, neighbours and friends to keep those social connections flowing and appreciate the people, groups and activities that give our life meaning and purpose.

Remember that if you have concerns for Kaumātua that may be at risk of abuse or neglect, don't hesitate to contact the Age Concern Taranaki office and speak to one of our elder abuse response staff and make a referral. Not only do we respond to the concerns of abuse, we can make referrals to other services and encourage our clients to engage and participate in social connections to lower their risk of abuse and hopefully give them more things to look forward to and appreciate as well!

Thank you all for reading, and remember to have a think about the people, things or activities you enjoy that increase your social connection and keep you safe, happy and healthy! I hope you all have had a great start to 2024 and I look forward to seeing our members and clients throughout the year.

Ngā Mihi Nui,
Sinead Thomas-Ngatai
Registered Social Worker
- Service Provision Lead
Age Concern Taranaki - 06 759 9196

What's Coming Up . . .

Eltham

SAYGo – Steady As You Go strength and balance exercise class held on Thursday 10.00am. All Saints Church, 88 King Street, Eltham.

Hawera

SAYGo – Steady As You Go strength and balance exercise class held on Tuesday 10.15am. Presbyterian Hall, Argyle Street, Hawera.

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

Drop in Social Morning – Held every Thursday 10.30am. Presbyterian Hall, Argyle Street, Hawera. Drop in, make friends, socialise and take part in robust discussions. Guest speaker 3rd Thursday of the month. Koha appreciated.

Monthly Outing – Every 2nd Wednesday of the month. Check out our What's On for further information.

Games Morning – Every 1st and 3rd Friday of the month at 10:30am held at the Presbyterian Hall, Argyle Street, Hawera. Drop in, make new friends, learn new games and crafts and enjoy the company. Koha Appreciated.

Inglewood

In Tune with Inglewood – Sing a long and Social Afternoon – Every 2nd and 4th Thursday of the month, 1.30pm – 3.30pm. The Mamaku Centre, 6 Mamaku St, Inglewood. A fun afternoon with singing, instruments and much more.

Manaia

SAYGo – Steady As You Go strength and balance exercise class held every Wednesday, 10.15am. Gibson Hall, Tauhiri Street, Manaia.

Casual Cuppa – Held on the 1st Wednesday of the month, 11.15am. Gibson Hall, Tauhiri Street, Manaia. Drop in make friends, socialise and take part in discussions.

New Plymouth

Aqua Walking – Held every Tuesday, 10am – 11am at the Methanex Indoor Pool Complex, 10 Murray Street, Bell Block. \$3 payable to the pool reception. Fun exercises to fabulous music, beneficial for improving stability and balance, and increasing fitness. Registration is a must. Phone Pauline at our office on 06 759 9196.

Warm Up Wednesday – Music and Singing – Held on 2nd and 4th Wednesday of each month, 10am – 12noon. 33 Liardet Street, New Plymouth.

Drop in Café – Every Thursday morning, 9.30am – 11.30am. 33 Liardet Street, New Plymouth

SAYGo – Steady As You Go strength and balance exercise classes. Tuesday's at 10.30am, St Mary's Peace Hall, 37 Vivian Street, New Plymouth. Friday's at 11.00am, Disabled Citizens Rooms, 83 Hine Street, New Plymouth.

Okato

SAYGo – Steady As You Go strength and balance exercise class held on Thursday, 9.30am. Hampton Hall, Carthew St, Okato.

Coastal Connections – Held on the 1st Tuesday of each month, 1pm – 3pm, Hempton Hall Supper Room, Carthew St, Okato. Join us for a relaxed social afternoon.

Opunake

SAYGo – Steady As You Go strength and balance exercise class held every Monday, 10.00am. St Barnabas Centre, 142 Tasman Street, Opunake.

Casual Cuppa – Every 1st Monday of the month at 11am, Join the happy group for a tea, a chat and games at St Barnabas Centre, 142 Tasman Street, Opunake.

Stratford

Chirpy Fridays – Music and Sing a long – Held on the 2nd and 4th Friday of each month, 10.30am at the Senior Citizens Hall, 53 Juliet Street, Stratford. Join us for morning tea, make or meet new friends, socialise, relax and sing the Friday away.

Aqua Walking – Held every Thursday at 1:30pm at the Wai O Rua Stratford Aquatic Centre, 53 Portia Street, Stratford. Join us for fun, gentle water exercises, beneficial to improving stability, balance and increasing fitness. No meetings during school holidays. Cost \$3.60 per person pay at reception

SAYGo – Steady As You Go strength and balance exercise class held every Friday, 9.00am. Stratford Senior Citizens Hall, 53 Juliet Street, Stratford.

Patea

Morning Coffee – Held on the 4th Wednesday of the month, 10.30am. Patea Library. Informal morning coffee and a chat. Join the “Merry Knitters”

Waitara

In Tune with Waitara - Sing a long and Social Afternoon – Every Friday, 1.30pm – 3.30pm. Senior Citizens Hall, 3 Warre Street, Waitara. A fun afternoon of singing, musical instruments and entertainment with Pauline on her guitar.

Waverley

Morning Coffee – Held on the 3rd Wednesday of the month, 10.30am. Waverley Library. Informal morning coffee and a chat.



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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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Age Connect

You are the Bee's Knees and the Cat's Pyjamas - North Taranaki

In my busy role of Service Coordinator of North Taranaki Age Connect Programmes, Singalongs, Outings and also delivering regular Aqua Exercise Classes, I am sincerely thankful to everyone who contributes in a voluntary capacity to achieve great outcomes for our older population who attend.

From delivering flyers, assisting with transport, shopping, kitchen preparation, morning and afternoon teas, music and so much more. I say ...

"Thank you for always being my greatest supporters

Thank you for being so incredible and giving of your time

Thank you for being wonderful friends"

Pauline Julian
Service Coordinator - North Taranaki



Introducing Julie

Kia ora my name is Julie and I'm thrilled to be the newest member of Age Concern, supporting Estelle to deliver a fun AgeConnect social connection program in Central and South Taranaki.

I was born and bred in Taranaki. I live on a dairy farm in Kaponga with my husband Roger, where we have raised our four children. They're all grown up now, and having served on boards of trustees at primary and secondary schools, plus Lantern House Trust, it's time for a new opportunity to serve my community and bring joy to our precious seniors.

In my spare time I enjoy spending time with my grandchildren, family and friends. My husband and I both love cars and are

members of a local car club. I've always got a knitting project on the go and love my weekly walks with a friend, and singing along to anything playing on the radio.

I'm looking forward to meeting everyone at our many events coming up over the next few weeks.

Take care, Julie



South and Central Taranaki

Another successful year has been completed and we are rearing to start a new year.

However, first we should reflect on all the events held during 2023. Most, if not all, of these events, would not have taken place without the wonderful, willing and efficient assistance of various volunteers, kitchen fairies and our wonderful sponsors.

The past year we have enjoyed so many events, coffee mornings, mystery bus trips, monthly lunch outings and guest speakers, who willingly donated their precious time to our members.

We achieved some milestones in South Taranaki during 2023 these are:

- Started Stratford Aqua Walking 8th June 2023.
- 6th Anniversary for Saygo Hawera – started 7/3/2017.
- 6th Anniversary of the Thursday “Camelia Café Hawera” morning tea since 2017.
- 2nd Anniversary for Chirpy Fridays Stratford – started 16/4/2021.
- 6th Anniversary for Saygo Opunake – started 24/7/2017.

There are far too many volunteers to mention by name, suffice to say that there are many helping hands, that assist with cups tea and coffee combined with a small plate of sustenance to satisfy most discerning taste buds. Following on from every meeting, many hands make the clean up effortless. I cannot even begin to explain how much the combined help is appreciated by Age Concern Taranaki.

And to our precious members, thank you for:

- being the reason why I smile, you brighten the world around us all.

- for your continued support and being part of the Age Concern Taranaki story.
- for your membership and the coins placed in the KOHA tin, your generosity is appreciated.

I am grateful for your unwavering support and look forward to creating more memories in 2024.

Take care and stay well.

*Estelle Barnes – Service Coordinator
estelle@ageconcerntaranaki.org.nz*

Men's Group - Just Blokes Being Blokes

*On the second Monday of every month, we are holding an event just for men. In February we had a sausage sizzle and watched the movie *The World's Fastest Indian*. There was lots of laughter fun, and even some friendly banter.*

In November we went to The New Plymouth Club to watch the Melbourne Cup, which although didn't generate money through our betting, it was another fun event. We really would love you to join us next month and beyond it's not even about the event but more about connecting. Please contact Pauline on 06 759 9196 or see Richard at 33 Liardet Street. We will welcome you with open arms.



Christmas 2023





Health Promotion

28 Day Water Challenge

Wow what an uptake we had on this challenge to improve your hydration.

It is fantastic how many stories I have heard from those who have benefited from this challenge and increasing Their average water intake. Not everyone accomplished the full 2L every day, but that is ok. The aim was not to be perfect; the aim was to increase the habit of hydrating yourself adequately and more than you were before you started.

If you missed the challenge and would like to know more, it is a challenge that can be started at any time and can be done by anyone.

The aim is to drink 2l of water for 28 days. Why 28 days? Because it takes 21 days to form a habit and 28 days is 4 weeks. It is best to track your achievement daily, this will help hold yourself accountable to keep improving. Many say I can't drink that amount in a day, I will feel bloated or be running to the bathroom constantly. There are two ways around this:

1. Start slowly – start with trying to drink 750ml a day – that's 3 glasses and then work your way up to increasing it. But also, don't drink the glasses all in one go. Sipping on water throughout the day is more beneficial for your body and will help with feeling bloated.
2. Jump in headfirst – like I do with everything and run to the bathroom constantly for a couple of days. You will find it won't take long for your body to reregulate to the water coming in and it will begin using it effectively by the end of the first week. You will then start to notice a less frequent need to go.

Often people find it difficult to keep track of how much they have drunk when they first start and for this reason, we tracked down some drink bottles with timeslots printed on the bottle, helping to remind you to drink small amounts often throughout the day. These bottles proved to be very popular, and we sold out of both the 1l and 750ml sizes in the first week, so we had to get hold of some more. If you would like to purchase a



1L Bottles \$12

SHOP NOW!

750mL Bottles \$10



bottle to help your own hydration, they can be purchased from the Age Concern office on Liardet Street.

Many who took part in the challenge noticed:

- Better quality sleep
- Smoother more hydrated skin
- More energy in the afternoon
- Felt less hungry and noticed thirst quies better.

If I haven't convinced you yet that hydration is a good thing here is what the key research states:

Good hydration is one of the most important aspects of the diet – drinking enough liquids to keep the fluid levels in the body topped up helps to ensure that all bodily functions can take place as normal.

Drinking enough water each day helps:

- to regulate body temperature,
- keep joints lubricated,
- prevent infections,
- deliver nutrients to cells, and
- keep organs functioning properly.

Being well-hydrated also improves sleep quality, cognition, and mood.

Well done to everyone who took part, and has accomplished improving their own hydration, I am sure like me you are reaping the benefits of such a wonderful small habit to change.

If you have any questions or would like to know more, feel free to get in contact with me at Age Concern Taranaki.

Aqua Walking - Stratford

Held at Wai O Rua Stratford Aquatic Centre. Every Thursday at 1:30. Cost \$3.60 per person to be paid at reception. Registration is a must Phone Estelle at 027 2285371

Why not join us for fun in water gentle exercises to fabulous music, beneficial for improving stability, balance and increasing fitness.

A "timed up and go" balance test is carried out prior to the first class. Only do the exercises you feel comfortable with.



If you find the pool floor slippery, it has been suggested that you wear a pair of cotton socks. We do not hold classes on public holidays or during the school holidays.

See you there!

Health Promotion

Steady As You Go

The sun is shining, and the weather is vibrant, what a wonderful Summer it has been.

Our Steady As You Go classes took a break over the Christmas period giving our wonderful peer leaders some well-deserved time off, but the classes are all back into the full swing of things now and I have seen many enjoying being back into it.

Without our wonderful peer leader's dedication to turn up every week and manage the funds so the venue hire can be paid, these classes just wouldn't be able to have the reach they do to so many in the community. I know all the participants join me in saying a HUGE thank you to all our peer leaders for their time and dedication. You are very much appreciated.

Over the last couple of months, I have made it around several groups, to offer a helping hand with any exercises that anyone is finding difficult to perform and to advise some extensions for those who have been doing the

classes for a while and find they are ready to be extended. The best part about getting out of the office into the community and visiting the classes, is meeting everyone taking part. I absolutely love hearing your stories and having a yarn with you all, thank you to you all for making me feel so welcome when I come along and for including me in your lives. How can I not love my job with such wonderful people to be working with.

If you are yet to head along to a class, and have been sitting on the fence about it, give me a call at Age Concern Taranaki and let's have a chat, I am sure you won't regret going along. You will find the groups so welcoming of newcomers.

Keep up the good work everyone, keep attending those classes, enjoying yourselves all while doing something amazing for your bodies.

Take care,
Andrea, Service Coordinator
andrea@ageconcerntaranaki.org.nz

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Health Promotion Workshops

The next 3 months are going to be busy with lots of interesting workshops coming up. We are currently taking registrations of interest for anyone interested in any of the following. To register your interest please phone Age Concern 0800 65 2 105 / 06 759 9196 or email info@ageconcerntaranaki.org.nz

In February we held the first Down But Not Out workshop to a very keen group of people ready to learn all about depression and having the blues, they were also able to take away information on where to get help and support if needed. The second workshop will be held in Hawera during March, and I look forward to presenting it again to another keen group.

Following on from the Down But Not Out workshop we have an 8-week Mindfulness series being delivered. The series is an hour a week for the duration of 8-weeks. Session in New Plymouth will begin in March and Hawera will begin in April. This 8-week series will walk you through understanding mindfulness and the benefits of practising it. When we practise mindfulness, it allows us to be aware of how we are feeling and what we are thinking about without being engaged in the emotions. The goal of this 8-week series is to increase self-awareness and to cultivate a sense of calm and clarity. Practising mindfulness is a great tool to living a long happy life and can help with working through times of the blues.

We also have our Housing for Seniors workshops that will be late in May, one workshop will be held in New Plymouth with a second workshop being held in Hawera. In this workshop you will find out all you need to know about retirement villages, rest homes, independent living options and other housing related information.

In amongst these very informative workshops we also have three more Staying Safe Driving Courses. I am keen to get these out into the community rather than just at our office in New Plymouth. I need to have an average of 25 people at each session, and need a space that can be used as a classroom setting with a screen of some sort for presenting. If you have any interest in your community, please reach out and get in touch and hopefully I can organise to bring the sessions to you.

I look forward to seeing you at these workshops over the next coming months,

Take care,
Andrea, Service Coordinator
andrea@ageconcerntaranaki.org.nz



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Health Promotion

Visiting Service Companionship Showcase

Each issue of our newsletter we will showcase one of our matches, to share the positive impact of the Visiting Service in our community, and to highlight the wonderful volunteers who make the service possible.

This issue we are sharing the story of Gwen and Mary. This is a particularly special match because Gwen used to be a volunteer visitor, and she is now enjoying receiving the service herself.

Gwen was initially a visitor with the Blind Institute, and was part of their calling service. Eventually though, due to a lack of helpers, this service unfortunately ceased. In 2015, Gwen became a volunteer for Age Concern's Visiting Service, providing visits and calls until 2019.

Mary has also been a volunteer for a long time; she started visiting people through a service called "Friends Plus" in the early 1990s. In 2015, Mary became a volunteer for the Age Concern Visiting Service and has

been providing company to those in need ever since.

Gwen and Mary have been matched since early October, 2023. They were initially paired together as a temporary match, as Gwen's usual visitor was unfortunately out of action for a while due to injury. As it turned out though, Gwen and Mary got along so well they continued to see each other every week thereafter.

They like to talk about life, gardens, and they share a passion for complaining about the state of the local footpaths. Mary often brings goodies for Gwen – like eggs, and replacement Steelo pads – and she sometimes takes Gwen to appointments. Mary says she will be happy to help get the groceries home when the winter comes, which Gwen is very appreciative of.

Gwen says she feels her and Mary can talk about anything, and that a couple of hours will easily fly by. Mary says she enjoys Gwen's positive outlook, and how she is keen to keep doing things. Both women have been knitters in the past, intending to pick up the needles again for a while. Perhaps this winter they will find a new shared activity?

Who knows? Perhaps this pair won't be producing woollen socks anytime soon, but what we do know is whatever Gwen and Mary do decide to do together, they will have each other's company to enjoy all the while.

Take care and stay well,
Antonia - Visiting Service Coordinator
antonia@ageconcerntaranaki.org.nz



What is the Visiting Service?

What is the Visiting Service?

The Age Concern Visiting Service is a befriending service that matches older people, who are lonely or socially isolated, with volunteers who are keen to spend time getting to know them. The volunteers are police-checked and trained, and spend about an hour each week sharing conversation and activities with their older friend. Some visits take place in the client's home, and some involve going out together. Matches are made carefully, on the basis of personality, shared interests, cultural needs, and location, and are regularly reviewed.

Would you like more company? Or do you know an older person who needs more company?

If you are feeling lonely, or would just like more social contact, it's important to do something about it. Similarly, if you are concerned about an older person being socially isolated, please reach out. Whether the Visiting Service, or one of our social connection groups, Age Concern can help.

If you would like to receive a referral form, either for yourself or to refer someone 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., mental health or cognitive decline) please do not hesitate to get in touch to discuss the service.



Would you like more company?



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



10 BENEFITS OF EXERCISE FOR OLDER ADULTS

Maintain independence

Manage weight

Reduce health risks

Improves brain function

Boosts mental health

Promotes mood and energy

Enhances sleep health

Strengthens mobility and flexibility

Improves body image

Elevates sexual function





Bean Stuffed Kūmara

Ingredients

4 Medium red kūmara
1 420g can Five bean mix, drained
1 cup grated cheese
Salt and pepper, to season
Sour Cream, to serve

Method

1. Preheat an oven to 180°C (160°C fan-forced)
2. Using a fork, prick the kūmara a few times. Place onto a tray, rub with a little oil. Place into the oven for 1 hour 30 or until cooked through. Remove from oven and allow to cool.
3. When cool enough to handle, slice the top off each. Scoop out the inside carefully without tearing the skin, and place filling into a large bowl. Add the bean mix, half the cheese and spring onions, reserving a little for garnish. Season with salt and pepper.
4. Return the filling to the kūmara, piling it up, and sprinkle over the remaining cheese.
5. Bake for a further 20 minutes until golden brown and hot through.
6. Serve hot with a dollop of sour cream and garnish with remaining spring onion



Carrot, Apple & Ginger Loaf

Ingredients

4 Medium red kūmara
2 Eggs
1 Ripe banana, mashed
¼ cup Brown Sugar
100g Butter, melted
¼ cup Peanut oil
1 cup Grated carrot
1 cup Grated apple
1 ½ cup Flour
1 ½ tsp Baking powder
2 tbsp Grated fresh ginger
1 tsp Cinnamon

Method

1. Preheat an oven to 170°C (150°C fan-forced). Line a loaf tin with baking paper.
2. Into a medium sized bowl place, the eggs, banana, sugar, butter and oil, combining well. Stir through the carrot and apple.
3. Into another bowl place the flour, baking powder, ginger and cinnamon. Add the wet ingredients to the dry, stirring to combine.
4. Pour the mix into the loaf tin. Place into the oven for 45 minutes or until a skewer comes out clean. Remove and cool in the tin before serving.

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