

ISSUE 03, 2023



**AGE  
CONCERN  
TARANAKI**

He Manaakitanga  
Kaumātua Aotearoa

# Age Concern Taranaki



# Tupou Vaa'i from the **ALL BLACKS**

[www.ageconcerntaranaki.org.nz](http://www.ageconcerntaranaki.org.nz)

## Contact Information

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

**Email:** [info@ageconcerntaranaki.org.nz](mailto:info@ageconcerntaranaki.org.nz)

**Address:** 33 Liardet Street, New Plymouth

Postal Address: PO Box 15, Taranaki Mail

Centre, New Plymouth 4340

## OFFICE HOURS

9.30am - 1.30pm Monday to Friday

## Board Members:

**Chairperson:** David Gibson

**Vice Chairperson:** Alison Brown

**Board Members:** Bobbi Milne  
Marianne Pike  
Sam Bennett

## Disclaimer

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

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# Embracing the Joys of Spring

*"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste adversity, prosperity would not be so welcome." Anne Bradstreet*

For many of us, spring serves as boost to our energy levels as we come out from the hibernation of the winter blues.

As the days grow longer and the sun shines brighter, we should look for and seek the joy of spending time outdoors, whether it's tending to a garden, taking leisurely walks, or simply feeling the heat in the sun as we sit and enjoy.

## A Time for Renewal and Growth

Spring embodies the spirit of rejuvenation and growth, just as the trees sprout new leaves and the flowers blossom, we celebrate the joy of new life and new growth. We should challenge ourselves to explore new hobbies, pursue passions that we have set aside, and embrace opportunities for personal growth and learning. It is time to get on with living life to the full. If 70 is the new 50 then 80 is the new 60 and so on; spring is a time to look forward and move forward; it is a joyful season with potential as its foundation.

## Community Connection

In our last edition we discussed the importance of connection and connecting well. Spring provides the climate to promote these connections. With the arrival of warmer weather, social gatherings and outdoor events become more frequent. These occasions offer a chance to reconnect with friends and engage with the community.

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Age Concern Taranaki

### Promoting Physical and Mental Well-Being

Spring's milder temperatures encourage seniors to engage in more physical activities, which can have a positive impact on their health and well-being. Additionally, spending time outdoors and soaking up natural sunlight can improve mood and mental health.

From gardening tips to life lessons, as seniors we have a unique perspective that can enrich the lives of those around them. Spring is a time to get out and share the love. We have much to offer and often too humble to offer it.

In conclusion, as we celebrate the joys of spring, let us also celebrate our age and experience and the invaluable contributions we make to our communities. Together, let's make this spring a time of joy and appreciation for all generations; and celebrate not only what we have, but what we have to give and offer.

*Wishing you a blossoming and joyful spring season!*

*Popoia te kākano, kia pūawai ai  
- Nurture the seed so it will blossom*

**Richard Anderson**  
Executive Officer



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# Elder Abuse Response Service (EARS)

*Kia Ora readers*

*Spring has finally arrived and warmer weather is on its way.*

For this article, we are going to focus on scams. While people are becoming more aware of scams and there are far more resources and information available on how to protect ourselves from them, scams continue to evolve and are becoming far more sophisticated.

What we don't want, is for our older population to stop using technology such as social media and online banking for fear of being scammed. What we do want is for our Kaumātua to be better informed and confident when it comes to recognizing potential scams.

One type of scam that we are seeing a lot more now is '**Dating & Romance Scams**'. "Scammers use online dating sites to form relationships with people who are looking for love. Once they've built up enough trust, the scammers begin asking for money "to pay medical expenses for a sick aunt" or some other ruse. They request more and more money until the victim cottons on ... or runs out of funds" (Consumer NZ, 2023).

## How to avoid them:

- Online-dating scammers work from a script, which they copy and paste to several dating profiles. Be wary of messages that are vague or have no relationship to your profile.
- Scammers may try to email you directly after they've made an approach through a dating site. That way, they can avoid the



site's security checks. It's always safer to chat through the site.

- Bottom line: don't give financial assistance to someone you've only met on the internet.

'**Phishing Scams**' is one of the most popular types of scams used. The name refers to the scammers "phishing" (fishing) for victims by sending official-looking emails. When a recipient clicks on a link in the email or replies, they can unwittingly provide the scammers with access to the user's personal information.

Scammers send an email pretending to be from a bank or another trusted organisation. These emails try to trick the recipient into giving their personal details. A common ploy is claiming their account has been compromised and they direct the recipient to a fake, but official-looking, website to "fix" the user's login details. In reality, the account in question is fine, and the website is recording your login details for the scammers to use later.

## How to avoid them:

- Don't click on any links in the email.
- Don't reply or forward on the email.
- If your email account has a "Report spam" or "Report phishing" feature, report them. This also blocks future emails from that sender.

- Immediately delete the email and block their email address.

These are only 2 types of scams, how they work and how to avoid them. However, there are several more! Another one gaining momentum is **'Facebook For Sale groups'**. The groups allow vendors to advertise and sell goods via posts on their Facebook page. But as these profiles are easy to set up and abandon, you may find it difficult to track down a seller if the transaction goes awry. The EARS team here at Age Concern Taranaki are happy to discuss any concerns you or someone who may know have regarding scams. If you need support or assistance feel free to call the office and arrange a time to come and visit one of our lovely team.

### Consumer NZ's top five tips for protecting yourself against scammers are:

- Never reply to any email asking you to confirm your bank or credit card details. Legitimate organisations will never ask you to do this. The same applies if you're asked for this information over the phone.
- If you're buying goods online, check the billing process is secure (characterised by https:// and a padlock symbol in the URL). Ensure the business has a physical address and telephone number.
- Research the firms you're dealing with. Use the Companies Register to see if the company exists and who's behind it.
- Don't be swayed by cold-callers promising bargain deals or instant riches if you sign up on the spot. Legitimate companies will give you time to do your research.
- If you think you've been scammed, report it to police. If you've handed over your bank details, contact your bank

and immediately suspend your account. Fraudulent credit card transactions can sometimes be reversed

Thanks for reading and I hope you all have a happy and warm Spring time


**Sinead Thomas-Ngatai**  
Registered Social Worker | Service Provision  
Lead. Age Concern Taranaki

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# Visiting Service

*Greetings everybody*

*I hope our newsletter finds you well!*

The Visiting Service has been under demand this year, as loneliness of older people remains pervasive in our community.

It is easy to think of loneliness as a purely psychological issue, but did you know it can also impact us physically? Researchers have found that the fully adjusted effects of loneliness give rise to a 26% increase in the likelihood of premature mortality (Holt-Lunstad et al., 2015). In terms of lifestyle factors, those who are lonely are 40% more likely to be diabetic, 13% more likely to smoke, 20% more likely to be less physically active, and 31% more likely to have high cholesterol; additionally, loneliness has also been associated with sleep dysfunction (Cacioppo et al., 2002; Richard et al., 2017).

*Loneliness is so much more than just an unpleasant feeling – it poses a risk to our overall health.*

The Visiting Service aims to reduce loneliness and improve the livelihoods of older people by providing them regular social connection from a trained volunteer visitor. As the coordinator, it is my job to match people who I think will get along in interest and personality; this is probably my favourite aspect of the service, because we want the companionships created to be mutually enjoyable and long-lasting.

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](mailto: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, I am more than happy to discuss the service with you and answer any questions you may have.

Take care and stay well,

**Antonia, Visiting Service Coordinator**  
[antonia@ageconcerntaranaki.org.nz](mailto:antonia@ageconcerntaranaki.org.nz)



## Notice of AGM

**Wednesday 20 September 2023**

**Time:** 11:00am

**Venue:**  
Age Concern Taranaki  
33 Liardet Street  
New Plymouth

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

**Phone:** 06 759 9196  
**Email:** [info@ageconcerntaranaki.org.nz](mailto:info@ageconcerntaranaki.org.nz)

# Steady As You Go

It's spring time again! A few sunnier days, crisp clear mornings, little lambs arriving in the paddocks, and flowers re-emerging. Lovely.

You know what they say, there is never a better time to start an exercise programme than this time of year. Well, if you've read any of my past newsletter entries you'll know I say that every season – but that's because it's always true!

As we exit winter and head toward the warmer months, it's a good time to think about what we would like to do when the weather improves. Perhaps it's walking on the beach with friends, or playing with grandkids in the park? These activities can be made easier with a good baseline level of fitness, such as the fitness gained and maintained by attending Steady As You Go classes. Thinking ahead, if you would like to improve your fitness for the summer months, the best time to start is now, wherever you're at. Steady As You Go classes are designed for all levels of fitness and are a great way to meet new

people, too.

As spring is all about renewal, it feels timely to say this will be my final newsletter article as the Steady As You Go coordinator, as I shift my role to focus on the Visiting Service, and we bring into the fold our new Health Promotion Coordinator, Andrea Mathews.

It has been a pleasure being the Steady As You Go coordinator for Age Concern Taranaki over the last two years. I have loved meeting all the wonderful people involved in the programme and I am so grateful for all of our dedicated peer leaders who play a vital role in helping others in the community to maintain their health. Thank you.

Take care and stay well,

**Antonia, Service Coordinator**  
[antonia@ageconcerntaranaki.org.nz](mailto:antonia@ageconcerntaranaki.org.nz)

## Steady as You GO Hawera

*Every Tuesday morning at 10:15am the Hawera SAYgo members arrive at the Presbyterian Hall on Argyle Street to join other likeminded members.*

Come rain or shine, everyone is in full agreement, that their weekly classes are

beneficial to maintain our fitness throughout the years. It also provides an opportunity to catch up with friends.

*Special thank you to our Peer Leaders Jenny Nager, Ann O'Connor and Estelle Barnes.*





# Age Connect

## AgeConnect Taranaki – three cheers for Tupou Vaai”

*Hip o ray Hip o ray Hip o ray and one for Richard - Hip o ray!*

Wednesday 16th August was match day at Age Concern Taranaki. We were privileged to meet Tupou Vaa’l, current NZ All Black and is heading to play in the World Cup 2023.

In true rugby style we enjoyed a Sausage Sizzle, played Corn Hole, Giant Jenga. We had some young fans in the crowd and many work their favourite strip, team colours, hats, scarves and socks.



On the blow of Pauline’s Whistle we concluded our morning with a team song - “Stand By Me” as we formed a “lineout” next to the 6ft 7” Lock.

*Rugby was the winner on the day. Thanks to everyone who attended - Pauline*





# Age Connect

## North Taranaki Age Connect

When hosting social programmes, music and singalong in New Plymouth, Inglewood, Waitara and Okato,

I enjoy the challenge of coordinating health education, topics of interest, guest speakers, musical entertainment and of course lots of fun and fantastic food and refreshments. Attendance is growing at all venues even throughout the colder months which is great to see. Please contact me at the office. ph 06 759 9196 or email [pauline@ageconcerntaranaki.org.nz](mailto:pauline@ageconcerntaranaki.org.nz)

**Pauline Julian - Age Connect Coordinator  
North Taranaki.**



## Mix and Mingle with Aged Care Commissioner Carolyn Cooper

In August we hosted a luncheon with Aged Care Commissioner Carolyn Cooper. It was lovely to have Carolyn join us for a casual mix and mingle where she was able to sit, chat and hear the voices of our older people.

Carolyn has been appointed by the Minister for Seniors Dr Ayesha Verrall to champion the rights of our older people. Carolyn has a great understanding of the needs of older people and is looking forward to using her skills and experience to drive change across the sector.



# Oh, the Places You'll Go!"

*Doctor Seuss- "Oh, the Places You'll Go!" ... or the places you could*

Following my article on Spring and the joys of setting new goals I defer to one of my life mentors Dr. Seuss, the beloved children's author. His books are not only entertaining but also carry powerful morals that resonate with readers of all ages.

In books like "The Lorax," he emphasizes the importance of environmental care, teaching us to protect and cherish the world we inhabit.

"The Cat in the Hat" encourages creativity and the joy of exploring new experiences.

"And to Think That I Saw It on Mulberry Street" highlights honesty and integrity.

In "Horton Hears a Who!," Dr. Seuss champions the idea that every individual matters, regardless of how small they may seem.

"Green Eggs and Ham" teaches the value of openness and willingness to try new things.

However, I wish to highlight one of Dr. Seuss's most iconic books, "Oh, the Places You'll Go!" is a timeless guide to life's journey. It emphasizes the importance of resilience, determination, and self-belief in the face of challenges and setbacks. This book serves as a source of inspiration for people of all ages, reminding us that the path to success is not always smooth, but it's essential to persevere and stay true to ourselves.

We are never too old to try new things or have a go at an old hobby or passion.

Let's take 95-year-old Jean Crabtree. She started a birthday tradition of skydiving when she turned 85 and did it again five years later at 90. Ahead of her 95th birthday, she decided to rally a large group to jump together - an idea which morphed into a fundraiser for Hato Hone St John when it was suggested she use it as an opportunity to help a good cause. One of Crabtree's friends at the village, 96-year-old John Rowlandson, also made the jump after Crabtree gave him "a little push to do it". The pair enjoyed it so much, they are already planning another.

Jean is the best example of never looking back and saying "I wish I had"

Dr. Seuss emphasizes that while life may present challenges, successes, and failures, it's up to each individual to determine their path.

His writing serves as a motivational and inspirational guide, empowering readers to be proactive, optimistic, and tenacious in pursuing their goals. It instills the message that success is within reach for those who dare to take risks, learn from failures, and maintain a positive attitude throughout their journey.

*It's a celebration of personal growth, determination, and the spirit of adventure in the face of life's uncertainties... And no better time to start than "Spring."*



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# Sinead 6th Anniversary

*Sinead has been working as an Elder Abuse Response Service Social Worker for 6 years. Congratulations Sinead!*

The collaborative, professional and caring service you provide is truly valued.



## Steady As You Go® Fall Prevention Exercise Classes Spring 2023 Timetable

<b>Monday</b>	10:00 am	The Barnabas Centre	141 Tasman Street, <b>Opunake</b>
<b>Tuesday</b>	10:15 am	Presbyterian Church Hall	35 Argyle Street, <b>Hawera</b>
<b>Tuesday</b>	10:30 am	St Mary's Peace Hall Lounge	37 Vivian Street, <b>New Plymouth</b>
<b>Wednesday</b>	10:30 am	Inglewood United Church	30 Brown Street, <b>Inglewood</b>
<b>Wednesday</b>	10:15 am	Gibson Memorial Hall	48 Tauhuri Street, <b>Manaia</b>
<b>Thursday</b>	10:00 am	All Saints Church	88 King Edward Street, <b>Eltham</b>
<b>Friday</b>	9:15 am	Senior Citizens Hall	53 Juliet Street, <b>Stratford</b>
<b>Friday</b>	11:00 am	Disabled Citizens Craft Centre	83 Hine Street, <b>New Plymouth</b>

**Newcomers welcome!**

**Contact Age Concern Taranaki on 06 759 9196**

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



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# Celebrating the Chocolate Fish



*Any organisation that is both successful and visionary must stand for something, believe in it, and be unrelenting in its drive to achieve this purpose. Age Concern Taranaki has chosen the chocolate fish to symbolise its values of: respect, equity, well-being and dignity.*

Every piece of thinking, decision making and action must have our purpose at the forefront and when reviewing and evaluating the results must have enhanced our vision and purpose.

When the people of the province know who we are, what we are, and why we are; then we will be able to complete our vision and goals to the highest standard.

The Chocolate Fish will be a recognisable icon for who what and why we want to achieve.

## The Chocolate fish represents:

### Pleasure and Enjoyment

The Chocolate Fish is often associated with pleasure and enjoyment. A Chocolate Fish symbolizes commitment to providing fun and positive experiences.

### Established

A Chocolate Fish is a well-known symbol, which can make it stand out and be easily remembered. It reflects Age Concern's desire to be distinctive and make a lasting impression.

### Creativity and Innovation

It represents Age Concern's focus on

innovation, thinking outside the box, and taking unique paths to achieve its goals.

### Celebration

Chocolate Fish are often associated with celebrations and special occasions. creating an atmosphere of enjoyment and celebration.

### Sharing and Generosity

A Chocolate Fish is often given or shared with others, representing generosity and a willingness to connect.



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# Aqua Walking Stratford

*Held at Wai O Rua Stratford Aquatic Centre  
Every Thursday at 1:30pm. 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!**

# Aqua Exercise: Bell Block Methanex Indoor Complex

*Gentle Fun Exercise to music held in the pool  
to help improve balance and keep you fit.*

Please inform your GP or Health Provider that you wish to attend. A "timed up and go" balance test is carried out prior to the first class. Only do the exercises you feel comfortable with. Stop for a rest if you need one

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.

First time attendees are encouraged to call in and visit Pauline at our Office based

at 33 Liardet St, New Plymouth who can provide you with information on the class and complete your balance test and registration.

**Contact: [pauline@ageconcerntaranaki.org.nz](mailto:pauline@ageconcerntaranaki.org.nz)  
or Ph 06 759 9196**

**Held at The Bell Block Methanex Indoor  
Complex, Tuesday Morning.  
Meet at the facility at 10 am  
Class commences 10.15 am - 11.am  
Cost \$3 per person (pay at reception)**



# Andrea Introduction



*Kia Ora, my name is Andrea and I am proud to be a part of the health promotion team with Age Concern Taranaki as a health promotion services coordinator.*

I come from a sport and recreation background where I have enjoyed over 20 years working with people of all ages from 6

months old – 98 years helping them to learn skills to grow courage and feel empowered to be in control of their own health and wellbeing journeys.

I am blessed to have a wonderful husband, two young girls (3 and 6yrs) and a German Shepard. We love keeping busy swimming, walking, having dance parties in the lounge and being involved in sports.

I was born in Wellington but spent most of my life in Auckland until I moved to New Plymouth in 2013. I love it here and couldn't imagine a better place to call home and raise my wonderful girls.

I am excited to be coordinating the steady as you go fall prevention classes and health and wellbeing workshops and presentations and look forward to meeting everyone in the Age Concern community.

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# Celebration Time in Opunake

*Monday the 24th July 2023, was a special day to celebrate the sixth year anniversary, running the Steady As You Go exercise programme for the Older Persons. We also celebrated St Barnabas Centre previously known as Tainui Day Centre name change to The Barnabas Centre.*

Our mystery tour was about to depart! There was excitement all around, as we travelled on a 1952 vintage London Double Decker Bus on the winding road from Opunake to Stratford. Songs were sung, as we travelled along, we were convinced that the bus enjoyed the songs too, as we could feel it swaying "to and fro".

There were moments that we wanted to volunteer to help push the vintage bus along

the way, but never fear, the 40 precious passengers all arrived in style at Colonel Malones in Stratford.

In anticipation, we awaited our scrumptious lunch, whilst enjoying good company, speeches and lots of laughter. On our return to Opunake, it was unanimously agreed that we had enjoyed a good day all around.

Our thanks to the wonderful team, Ian Sargent, Jenny Cavaney, Glenys Clark and Sheryl Roach for achieving this fabulous milestone.

**Estelle Barnes**  
**Service Coordinator South Taranaki**  
**Mobile 027 2285371**



# 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 2nd and 4th 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** – Check out our What's on, on Facebook for our outing information.

**Games Morning** – on the 3rd Friday of each month, 10.30am. Presbyterian Hall, Argyle Street, Hawera. Drop in, make new friends, learn new games and enjoy the company.

## 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.

## Opunake

**SAYGo** – Steady As You Go strength and balance exercise class held every Monday, 10.00am. 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.

**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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# 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](mailto:info@ageconcerntaranaki.org.nz)



## 10 BENEFITS OF EXERCISE FOR OLDER ADULTS

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Enhances sleep health

Strengthens mobility and flexibility

Improves body image

Elevates sexual function



## Do your ears feel blocked, are you having trouble hearing?



- Are you prone to ear wax build up?
- Do you wear hearing aids?
- Do you use cotton buds?
- Are you about to have a hearing test?
- Are your ear canals narrow or hairy?

Ear wax build up can cause...  
Discomfort, Itching, Pain, Ringing  
in your ears (tinnitus), Dizziness  
and Reduced hearing.

Earwax removal is safe and effective.  
It is performed by our trained and  
experienced registered nurses  
and involves using a microscope to  
view your ear and a small suction  
tube to remove the wax.

**Carefirst**  
**WESTOWN**  
Medical Centre

**Ear suctioning removes ear wax  
gently and safely. No referral is necessary.**

**Simply phone Carefirst: 753 9505  
to book your appointment in our  
Westown Clinic today**



**AGE**  
**CONCERN**  
**TARANAKI**  
He Manaakitanga  
Kaumātua Aotearoa

### 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".



**AGE**  
**CONCERN**  
**TARANAKI**  
He Manaakitanga  
Kaumātua Aotearoa

**JOIN AGE**  
**CONCERN**  
**TARANAKI**

## MEMBERSHIP SUBSCRIPTIONS WELCOME FOR YEAR ENDING 30 SEPT 2024

Please complete the following and post with  
payment to: Age Concern Taranaki, PO Box 15,  
Taranaki Mail Centre, New Plymouth 4340.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Ethnicity Origin (or race) (please tick):

- ☐ NZ European  
☐ NZ Maori  
☐ Pasifika  
☐ Other Ethnicity

Please specify: \_\_\_\_\_

### Subscriptions (please tick):

- ☐ Single \$15.00 ☐ Couple \$15.00  
☐ Corporate \$45.00

Paid by: ☐ Cash ☐ Eftpos ☐ Direct Credit

Bank account: 15-3953-0717362-00

(Ref: Your name)

### Donations Bequests and Legalities

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.