

ISSUE 04, 2023



AGE
CONCERN
TARANAKI

He Manaakitanga
Kaumātua Aotearoa

Age Concern Taranaki



www.ageconcerntaranaki.org.nz

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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

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Embracing the Beauty of Aging

Embracing the Beauty of Aging with a Glass-Half-Full Attitude.... Its easy for me to say BUT...

There are many reasons we should age with a glass half full attitude.

Ageing can be tough indeed it is tough, however being that it is what it is let's find a glass half full attitude to ageing and make the most of it.

Today, I'd like to share some thoughts on the advantages of maintaining a "glass half full" attitude towards aging.

1. **Wisdom and Experience:** With age comes a wealth of wisdom and life experiences. A positive perspective allows you to appreciate the journey and the lessons learned, enriching your own life and those around you.
2. **Lifelong Learning:** The joy of learning doesn't diminish with age. Embracing new skills, hobbies, and knowledge can keep your mind active and invigorated, opening doors to exciting possibilities.
3. **Stronger Connections:** A positive outlook on aging helps build and strengthen relationships. You'll find that people are drawn to your optimism and energy, making it easier to forge meaningful connections with others.
4. **Resilience:** A glass-half-full attitude equips you with the resilience needed to face life's challenges. It's a powerful tool in navigating health concerns and changes, enabling you to adapt with grace.

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5. Living in the Moment: Embracing each day with gratitude allows you to savour the present moment. Treasure the little things, from a warm cup of coffee to the joy of singing with friends.
6. Inspiring Others: Your optimism can inspire younger generations to view aging as a beautiful phase of life, challenging stereotypes and paving the way for more inclusive and enlightened societies.

So, what actions we take each and every day are the sum total of how we live our lives. Many situations happen to us but the rest we are responsible for. Someone wise once said to me if you don't happen to life it will happen to you.

Make today the best day ever and tomorrow even better.

On a personal note I have been at Age concern for 9 months now and am absolutely loving it. The people are supportive and kind and I am surrounded by joy and laughter every day. If you haven't already come and join us for fun, laughter, education, health and mental and physical fitness.

"He oranga ngākau, he hikinga wairua. When it touches your heart, it lifts your spirit."

Love being here

Richard Anderson
Executive Officer



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Introducing Sam

Kia ora tātou. Nau mai, haere mai. Warm greetings and welcome one and all. My name is Sam Bennett, the Chairperson of Age Concern Taranaki.

Did you know that by 2031, 26.2 per cent of the population of the Taranaki Region is projected to be aged 65+ years ! That is a sobering nevertheless realistic statistic that will no doubt help focus Age Concern Taranaki on the key services that we provide to our Older community both now and in the future.

As our aged community continues to grow and change we here at Age Concern Taranaki also need to fully embrace that change , to be adaptable far-sighted and flexible in our strategic thinking and planning as we all negotiate an increasingly challenging environment for our Older people here in Taranaki.

The Age Concern Taranaki Board comprises fellow board members Alison Brown, David



Gibson, Peter Ertel, Marianne Pike and Bobbi Milne. This group of exceptional and diverse individuals come together from all walks of life and backgrounds who are capable, hardworking dedicated and selfless volunteers that bring significant knowledge and lived experience to our team of governance.

So, what does the Age Concern Taranaki Board do ? Our key role is to ensure that we lead and enable Taranaki Older People to live valued and meaningful lives in an inclusive society. We are focused to promote the well-being, rights, respect and dignity for

Introducing Tania

Kia ora my name is Tania and I am excited to be part of the Elder Abuse Response Service work as one of the Social Workers supporting seniors across Taranaki. I was interested in becoming a social worker to help empower people to be the best versions of themselves and gained a Bachelor of Applied Social Work from Wintec in 2015. My goal was to support our precious seniors, who hold a wealth of knowledge, to reduce abuse, isolation and encourage connection within our community. Age concern ticks all these boxes and I am grateful to work with the amazing team in a part time position.

After graduation my career began with supporting children and their families experiencing grief and loss, empowering them

with connection with peers on a similar journey, accepting that change is a part of life, regulating their emotions as well as



older people throughout Taranaki. We live our core values of dignity, wellbeing, equity and cultural respect which underpin all that we do while upholding and giving effect to the United Nations Principles for Older Persons, the Declaration of Human Rights, the principles of Te Tiriti o Waitangi (The Treaty Of Waitangi) including the World Health Organisation as we all work together towards an Age-Friendly World. That is what we do.

Strategic, Financial and Annual Planning might not sound that sexy to many however if Age Concern Taranaki are to be the preeminent Elderly go-to organisational hub in Taranaki then tenacious and professional governance is paramount to achieving our aspirations for our Older people. I am proud to lead and be part of this remarkable team.

Equally, we are blessed to have an amazing team of dedicated and determined employees skilfully lead by our Executive Office Richard Anderson. Our job as the governance team

is to ensure that we enable Richard with the autonomy to lead the team by providing him with the strategic and financial planning that will guide him to achieve our organisational goals.

There are many challenges ahead for Age Concern Taranaki but there are also many exciting opportunities for expansion collaboration and service provision growth so watch this space!

Your Age Concern Taranaki board is up for the challenges ahead and we look forward to giving back to our community that has given us all so much.

He waka eke noa – We are all in this together.

Ngā manaakitanga (with best wishes)

Sam Bennett

Chairperson Age Concern Taranaki

supporting them with tools to move forward. I was in this role for the last 7 years covering the central Taranaki area. Prior to this I have over a decade working as a veterinary nurse working which I absolutely loved while I lived in Auckland. In 2007 I fell in love with Taranaki and now call this beautiful place my home.

I live on a lifestyle block with my lovely husband and 3 children and a range of both large & small fur babies. Health and wellbeing are important to me as well as living off the land. I love gardening and maintain 2 large tunnel houses as well as outdoor beds in a

semi self-sufficient lifestyle. I love animals, nature and crafts including knitting and crochet. Recently I became guardians to 4 gorgeous alpacas with the intention of learning to spin their fleeces. I am 3 weeks into the journey of spinning fleece and it is very addictive.

Tania

Elder Abuse Response Service

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.



A heartfelt thanks to Bunnings Warehouse

On behalf of our Age Concern Taranaki community, we would like to express our gratitude for the generous support provided to our community garden project.

Your contribution of raised garden set up, a variety of plants, and outdoor furniture has been instrumental to transforming our alley way area into the thriving, welcoming garden space it is today.

We are truly grateful for this partnership and look forward to continuing to grow and nurture our community garden with your ongoing support.



Age Connect

Thursday Coffee Morning at Camellia Café, Hawera

Another year has passed and we have created so many happy memories. Members have provided so much joy and consideration to one another. A helping hand was always extended to those in need of lifts, shopping or just simply holding a hand or sharing a hug.

We have provided many a joke, riddles and games. The Mystery Bus trips provided camaraderie, shared laughter and enjoyment. Age Concern Taranaki would like to take this opportunity to thank one and all of you, for your continued participation at our events in South Taranaki.

Chirpy Fridays Stratford

Over this past year this fun loving group has experienced some changes as members moved away from Stratford, and many new members joined.

We have introduced some instruments and encourage members to join in, one of these instruments is our "Danish drum" being played with our suitably altered "bamboo drum sticks" as can be seen below.

Our favourite or popular songs are too many to list, "My Bonnie Lies Over The Ocean" is one that is always accompanied with laughter, as every "B" in the song requires "sit to stands"!

This year we will close on Friday the 8th



2023 is quickly coming to a close and we cordially invite you to join us for a Christmas Celebration buffet lunch, on Wednesday 13th December 2023, at 12pm to be held at the South Taranaki Club, Caledonia Restaurant. \$30 payable on the day.

As numbers are limited please RSVP to Estelle 027 2285371.

Wishing you and yours a very Happy Christmas and may 2024 bring you buckets of Love, Health and Laughter. We will return on Thursday the 8th February 2023 – see you there.



December 2023 and invite you to join us again on 9th February 2024 for fun, laughter, relax, socialise and sing your Fridays away.

Age Concern Taranaki would like to thank you for your participation and wishing you and yours a very Merry Christmas, may 2024 bring you lots of Joy, Health and Happiness. Estelle Barnes South and Central Service Coordinator.

Go Street

There's always a lot going on at "Go Street"

In September 34 members, friends and guests enjoyed fabulous food, service and great company at this uniquely themed restaurant located at 54 Gill Street NP.

A perfect venue and opportunity for friends to socialize. David, Gloria and Lora's smiles say it all. EAT - DRINK - RIDE - REPEAT at Go Street.



Urenui Bus Trip

A bus trip to Silverleigh Alpaca Farm near Waitara started everyone's day with the warm fuzzies. A delightful day in the warm sun and plenty of animal interaction with a little bit of shopping for some at the onsite shop.

Then on to Café 487 north of Urenui for lunch, taking in North Taranaki sites and a couple of songs along the way. A great day out for the team and special thanks to Transit NZ and all who attended on the day.



Age Connect

A day in the Life of a Retiree

*Mystery Bus Trip 13th September 2023 -
Contributed by Lorna Le Fleming*

Gingerly, I put both feet on the bedroom floor "That's Good!" I thought, no problems there. Then off came my pyjama coat "ouch" I muttered. My right scapula was going to misbehave. Soon fix that. I gently rubbed balm into the offending joint. Then padded out to the kitchen to take two Panadol.

Ablutions complete, and suitably attired, I left the house at 6:15am to take the dog for a run around the block. Mounting my scooter, we set off. I was surprised at this hour, to see milk tankers, logging trucks and vehicles on the road, to deliver merchandise to supermarkets.

Breakfast was consumed to myself and the dog. Dare I look at the paper? Perhaps a quick look at the headlines and obituaries. Mounting my scooter again and the dog trotting beside it, we made our way to the neighbours, where two energetic fox terriers lived. Time was now 8:15am.

I motor scooted along with my walker hanging on the fixture at the back. All in good time as the walker was detached and the scooter safely locked in the hall.

Excitement grew as passengers arrived to embark on the coach. The chatter was quite animated around me – after all it was a mystery trip! Finally, the coach arrived.

A discussion was held. What way do we go? Left, right, Whanganui, New Plymouth? To confuse us the friendly driver drove around the roundabout – before heading towards

Stratford!

The country side was showing the signs of spring after the wet weather,

as the fields were greening up, and the cows were in milk, and spring bulbs were bravely putting on a show.

We turned onto the Stratford – Opunake Road, stopping outside a residence, to view from the bus window various carved animals, to name a few there was an elephant, eagle, camel and a human sculpture. This was an interesting display and wondered it is was chain saw art, sculptured from tree stumps?

We continued to the Mahoe Possum factory where we all disembarked, some with walking sticks, walkers and the rest quite sprightly made their way into the factory. Inside the range of garments made from these pests were wide ranging: Boots, socks, cardigans, hats, gloves to name a few. The range of possum fur colours on display was surprising from the rare cream colour through to the mundane. The best pelts came from the West Coast South Island. The animals are larger and the fur thicker, due to the colder weather experienced during the winter.

Bank accounts lighter, we embarked again to our next stop which was the Percy Thompson Art Gallery. I think a number of us found that Sergeant Peppers Café was more to our liking. We were up earlier than usual and we needed that morning tea break.





The art on display in the Gallery was "Life from a suitcase". Art is really in the eye of the beholder, and what one person can see and interpret from the exhibition can be variance with the next.

Off again, with a promise of lunch. This time heading towards Inglewood. Where we alighted at the Club for a finger luncheon. By the time we had our fill, the table was looking like a swarm of locusts had descended.

One more stop at Inglewood outside the mini golf putting green, I stood a little shakily as I hit my first ball. I was glad of the utters support to steady me. So the round continued, with many of ooh, and arhs, as the reluctant ball was hit towards the cup. It was a lot of fun and laughter that reverberated around.

Homeward bound we all received a "Gold Coin Medal" and then a quite murmur was heard at times. Was it time for a SCAN? (Senior Citizens Afternoon Nap)

A happy caring group of Age Concern People enjoying each other's company in the days outing.

Grateful thanks to Estelle and Roydon the coach driver.

Myself and the dog? We both had an enjoyable day. Just saying we were both Dog Tired!

Now, where did I put that Panadol and balm?

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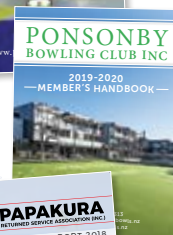
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Age Connect

Brighten up your day with this catchy song

**(Sung to the tune of Beautiful Sunday)
Give it a go !**

Written by Pauline Julian

Wednesday Morning, Up With The Sun ,
Come To Singing And Have Lots Of Fun
Hey Hey Hey It's A Beautiful Day

Chorus

Hey Hey Hey Lets Warm Up On Wednesday
This Is Our Our Our Beautiful Day Ay Ay
When We Sing, Clap, Sway, We Are All Happy
Hey Hey Hey This Is Our Happy Day

We Start Our Morning, With Coffee Or Tea
Making Friends , It's Great Company
Hey Hey Hey Its A Beautiful Day
Guitar, Piano And Ukuleles
Tambourines And Shakers You'll See
Hey Hey Hey It's A Beautiful Day.

Chorus

Hey Hey Hey Lets Warm Up On Wednesday
Lucky Prizes Are Fun For This Group
Then Theres Always A Tostie Or Two
Hey Hey Hey Its A Beautiful Day
Singalong Is So Great For You
Bringing Back A Memory Or Two
Hey Hey Hey It's A Beautiful Day.

Chorus

Pauline coordinates and delivers music and singing programmes in New Plymouth, Inglewood, Waitara and Okato. Please contact the Office for further information 06 759 9196



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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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**Knock, knock. Who's there?
Mary. Mary who?
Mary Christmas!**

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Elder Abuse Response Service

Warmer weather is on its way and I personally am here for it!!

The Elder Abuse Response Service (EARS) team continue to be busy and responding to any and all allegations of elder abuse Taranaki wide.

We have had a huge increase in referrals to the service and have noticed that we are responding to far more self-neglect cases.

I see it fitting it utilize this space to write about self-neglect. The Ministry of Social Development (MSD) have an interesting definition of elder abuse which I find quite useful. "Self-neglect is where an older person is not able to take care of themselves, either because they don't have the capacity, the inclination, or the resources. Some groups do not include self-neglect as a form of elder abuse as they respect the right of an older person to make decisions on matters affecting their own lives. However, the nature of self-neglect is important as it may not be a result of lifestyle decisions, but rather unintentional due to limited or restricted access to services, or physical and mental decline." (Elder Abuse in Aotearoa, MSD, 2019).

Whether it is due to the aftermath or COVID, complex family dynamics or a lack of access to social services, we are seeing more and more cases where self-neglect is identified. Those who are self-neglecting tend to fiercely guard their privacy and independence so gaining access to these people can be difficult. I've found that being consistent, compassionate and accommodating to the older persons needs have often helped us to build a rapport with the person and allow us to engage with them and make genuine change over time.

A very common aspect of self-neglect is hoarding and squalor. Many people think that here in Taranaki we don't have severe cases of hoarding & squalor, but we do! Often family aren't aware that their loved one's home has become unmanageable for the person because they may live far away and don't visit often. As mentioned above, those who are self-neglecting are very private, frugal and withdrawn so you may not see the older person out of their homes often. Unfortunately, unlike the TV show "Hoarders" we do not have a dedicated team of volunteers we can utilize as a resource to get in and clear out/clean up people's homes and even if we did, this is not always the answer as there are underlying issues contributing to people hoarding such as trauma that hasn't been dealt with.

The thing I find very disheartening about hoarding & squalor cases (and I'm sure a lot of you will too) is the animals that often suffer as a result. It is very common for people who are hoarding to hoard animals too, fortunately the EARS team have relationships with organizations such as SPCA and MPI and can contact them when needed.

I'll finish this article with a key message that those who are self-neglecting often need a tailored approach with several services (multi-disciplinary teams-MDT) because there are often several issues that need to be worked on so its important that we take a collaborative approach to ensure the best outcome for our Kaumtua



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Health Promotion

Steady As You Go

Yay Summer is coming! As the weather improves, I find so does the mood, getting outdoors in the fresh air and lovely sunshine, pottering around in the garden growing beautiful flowers and fresh veggies.

This is my first newsletter article having just started a few months back as the new Health Promotion Service Coordinator. As part of this role, I have taken over coordinating the Steady As You Go Fall Prevention Exercise Classes from Antonia while she concentrates on the busy role of coordinating the Visiting Service.

Over the last couple of months, I have thoroughly enjoyed spending time getting out to visit the many classes running Taranaki wide. Meeting all the lovely people in the groups and hearing how much they benefit from attending the classes has really made starting this new role so gratifying.

I have also had the privilege of being invited to join in with group's social activities, including morning teas and special celebrations that have occurred.



It was lovely to be invited to the Hine Street group running classes out of the Disabled Citizens Craft Centre, when they held a special morning tea to celebrate Ngaire's 90th Birthday. Ngaire has been a great supporter of the Steady As You Go group on Hine Street for several years and the group wanted to celebrate her on her special day. It's occasions like this that show the groups are more than just people coming together for exercise. They become great friends who celebrate each other as well.

In mid-October we started a new class at Hempton Hall in Ōkato. It has only been a couple of weeks but already there has been improvement as we add on new skills. Nicole Micheleni is a trained Yoga instructor who is living in Ōkato, who has been helping with the start of these classes and has put her hand up to keep them running after the initial 10 weeks, which is fantastic for the community. It is great to know that these classes can keep running well after the 10 weeks.

As we head into Christmas the groups will be taking a small break over the Dec/Jan period. There is a table with these break periods for each group in the newsletter or you can contact me to double check.

For those reading this that are new to Steady As You Go and are unsure what it is all about



or a little nervous to get started. It is an evidence-based exercise class designed specifically for older people to promote strength and balance. The aim of this programme is to strengthen muscles which will improve balance and reduce the incidence of falls, but it is also important to note that increasing fitness improves rate of recovery if you do have a fall.

There are many reasons why Steady As You Go is a valuable programme for older people – as mentioned above, the classes also provide an opportunity to socialise with friendly

people who return week after week. I am sure you will find you not only gain strength and balance from the classes, but maybe even some new friends.

If you are still unsure, feel free to get in contact with me at Age Concern Taranaki, I am more than happy to have a chat and answer any questions.

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

North Taranaki Aqua Exercise

With now over 30 current registrations in the Aqua Exercise Programme held at the Methanex Aquatic Centre we deliver a combination of exercise, fitness, singing, dancing, laughter, netball and other fun movement. Please register with Pauline ph 06 759 9196 pauline@ageconcerntaranaki.org.nz



Visiting Service

Season's greetings, everybody

The festive season is often a wonderful time to celebrate and spend time with family; however, it can be a really difficult time for those who are alone this time of year.

- Do you know someone who is struggling with social isolation?
- Are you yourself socially isolated?

If you answered yes to either of these questions, please know, help is available with Age Concern's Visiting Service.

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

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

Festive Season Closure

Office closes – Wednesday 20th December 2023 – 12noon

Office opens - Monday 15th January 2023 - 9.30 am

AgeConnect groups and events will have varying start times for the New Year with most returning towards the end of January / beginning of February.

Wishing you all a happy and safe festive season

We look forward to seeing you in 2024





Steady As You Go® Fall Prevention Exercise Classes Summer 2023 Timetable with Christmas Close Down Dates

MONDAY	10:00 am	The Barnabas Centre	141 Tasman Street, Opunake	11 th Dec 2023 – 15 th Jan 2024
TUESDAY	10:15 am	Presbyterian Church Hall	35 Argyle Street, Hawera	19 th Dec 2023 – 13 th Feb 2024
TUESDAY	10:30 am	St Mary's Peace Hall Lounge	37 Vivian Street, New Plymouth	19 th Dec 2023 – 16 th Jan 2024
WEDNESDAY	10:30 am	Inglewood United Church	30 Brown Street, Inglewood	13 th Dec 2023 – 17 th Jan 2024
WEDNESDAY	10:15 am	Gibson Memorial Hall	48 Tauhuri Street, Manaia	6 th Dec 2023 – 31 st Jan 2024
THURSDAY	10:00 am	All Saints Church	88 Kind Edward Street, Eltham	30 th Nov 2023 – 1 st Feb 2024
THURSDAY	9:30 am	Hempton Hall	72 Carthew Street, Ōkato	21 st Dec 2023 – 18 th Jan 2024
FRIDAY	9:15 am	Senior Citizens Hall	53 Juliet Street, Stratford	15 th Dec 2023 – 19 th Jan 2024
FRIDAY	11:00 am	Disabled Citizens Craft Centre	83 Hine Street, New Plymouth	15 th Dec 2023 – 19 th Jan 2024

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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Quality Care In Your Home



Across

1. Container weight
 5. Reprimand, with "out"
 9. Swallows water eagerly
 14. Didn't have enough
 15. Deep purple, edible berry
 16. Wagner work
 17. Refusal to interfere
 20. Boston newspaper
 21. Dorm room staple
 22. Sign of summer
 24. A British gentleman (Archaic)
 28. Snowman prop
 31. Diarist Samuel
 34. Maple genus
 35. Trick taker, often
 36. Abysmal test score
 37. Ancient city NW of Carthage
 38. Private property
 42. Leisurely walk
 43. Send to the canvas
 44. Drink from a dish
 45. Impulse transmitter
 46. Physics particle
 48. Half a matched set
 49. Lampoons
 51. Australian runner
 53. Inflammation of the ear
 56. Cremona artisan
 60. Conceited
 64. Unfit for Jewish consumption
 65. Bubbly drink
 66. Season to be jolly
 67. Bakery supply
 68. Bow

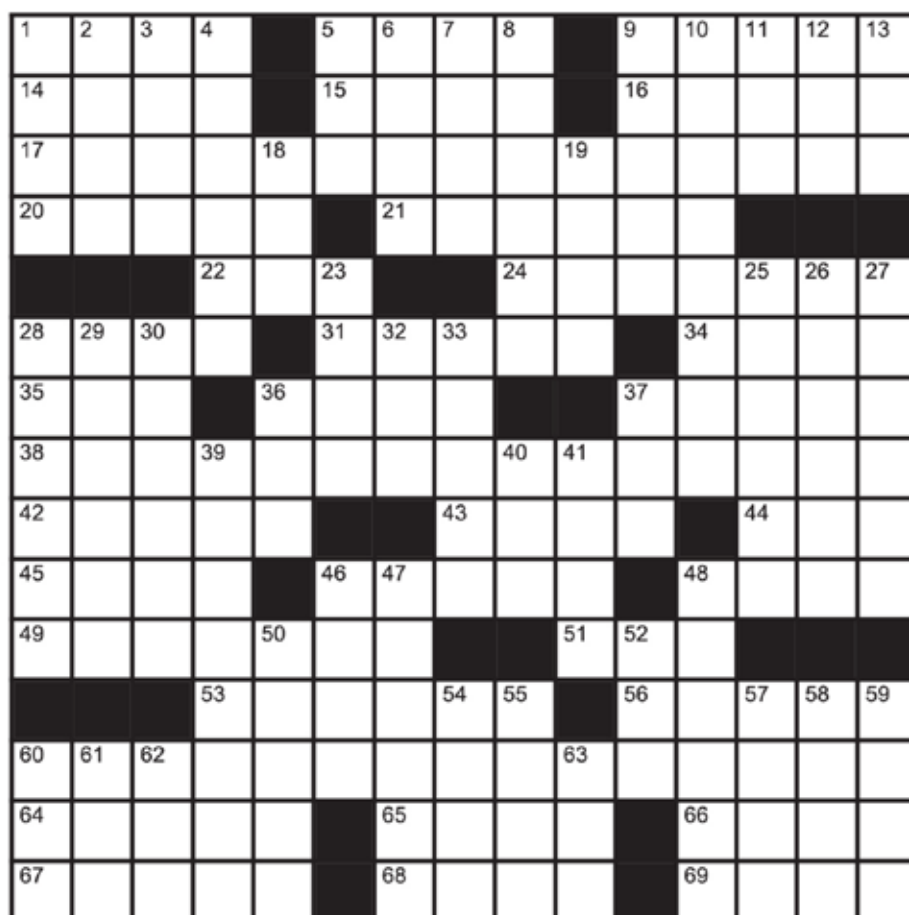
69. Prize since 1949

Down

1. Chinese dynasty
 2. Gone wrong?
 3. Ashcroft's predecessor
 4. Like some mushrooms
 5. Dracula, at times
 6. Air force heroes
 7. Dermal development
 8. Vivacious
 9. Dead duck
 10. Current
 11. Floral necklace
 12. Adept
 13. Gabriel, for one
 18. Formerly known as
 19. "Aeneid" figure
 23. Airy
 25. Tapered, frozen formation
 26. Fruit juice
 27. Understands
 28. Greek surname
 29. Mountaineering tool for frigid conditions
 30. Being
 32. Big time
 33. Lively Bohemian dance
 36. Animal house
 37. Amateur video subject, maybe
 39. Well wishes before a vacation
 40. Listening device
 41. A bag-shaped fish trap
 46. Bon mot

47. Improved selling price

48. Caring
 50. Brown ermine
 52. Fortify
 54. Knowing, as a secret
 55. Fodder holder
 57. Bit
 58. Abound
 59. One way to stand by
 60. Dump
 61. "... ____ he drove out of sight"
 62. Grassy area
 63. ____ grass



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



UP

This two letter word has more meanings than any other 2 letter word, and it's easy to understand UP, meaning towards the sky or at the top of the list, but when we awaken in the morning why do we wake UP?

At a meeting, why does a topic come UP, and why are officers UP for election, and why is it UP to the secretary to write UP a report.

We call UP our friends, brighten UP a room, polish UP the silver and warm UP the leftovers, and clean UP the kitchen. We lock UP the house and fix UP the old car.

To be dressed is one thing but to be dressed UP is exceptional. People stir UP trouble, Line UP for tickets, work UP an appetite and think UP excuses.

A drain must be opened UP because it is blocked UP and we open UP a store in the morning but we close UP at night. We seem to be pretty mixed UP about UP.


If you are UP to it you might try building UP a list of the many ways UP is used. I'll take UP a lot of your time, but if you don't give UP, you may wind UP with 100 or more.

When it threatens to rain we say it's clouding UP, when the sun comes out we say it's clearing UP. When it rains, the earth soaks it UP and then it dries UP.

One could go on forever, but I'll wrap it UP for now – my time is UP.

Oh, one more thing – what is the first thing you do in the morning and the last thing you do at night? U P

Contributed by anonymous



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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):

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☐ NZ Maori

☐ Pasifika

☐ Other Ethnicity

Please specify: _____

Subscriptions (please tick):

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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.

