

ISSUE 02, 2023



AGE
CONCERN
TARANAKI
He Manaakitanga
Kaumātua Aotearoa

Age Concern Taranaki



Photo: Craig Jeffrey

www.ageconcerntaranaki.org.nz

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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.

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



The Importance of Connection

After just 2 months in this position it is becoming blatantly obvious that the most important thing we should do every day is "connect". In a fast-paced world dominated by technology and social media, the significance of human connection cannot be overstated. While various age groups benefit from meaningful interactions, it is particularly crucial for the elderly to maintain and foster connections with others.

There are 4 genuine benefits of connecting face to face with others:

- 1. Loneliness and social isolation** are prevalent issues among the elderly. Factors such as the loss of a spouse, limited mobility, or living far away from family and friends can contribute to feelings of loneliness. Establishing connections with others offers the elderly companionship, emotional support, and a sense of belonging.
- 2. Intellectual Stimulation and Lifelong Learning.** Engaging in conversations and activities with people of different age groups provides the elderly with valuable intellectual stimulation. Communication fosters a continuous learning process, keeping our minds sharp and active. We should always be open to new ideas from the younger generation.
- 3. Emotional Well-being and Mental Health.** Maintaining social connections plays a pivotal role in the emotional well-being and mental health of us all. Studies have shown that meaningful relationships can help reduce stress, improve cognitive function,

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Age Concern Taranaki

and enhance overall life satisfaction. By fostering connections, the elderly gain emotional support, empathy, and a platform to express their thoughts and feelings. Meaningful interactions provide a sense of purpose, increase self-esteem, and contribute to a more positive outlook on life.

- 4. Enhancing Physical Health.** Engaging in social activities and spending time with others can encourage the elderly to stay physically active and maintain a healthier lifestyle. Social connections provide motivation, accountability, and opportunities for physical exercise, whether it's walking together, participating in group fitness classes, or engaging in recreational activities. By keeping physically active, the elderly can improve their overall health, mobility, and independence.

The importance of elderly connection should not be underestimated. Meaningful relationships with family, friends, and the wider community significantly contribute to the well-being and overall quality of life for senior citizens. By combating loneliness, stimulating intellectual growth, promoting emotional well-being, and enhancing physical

health, these connections provide a solid foundation for a fulfilling and enriching life.

At Age Concern Taranaki we are not precious about how you connect, as long as you do. However, if we may support you in this journey through our: AgeConnect Drop in Café, Music and Movement sessions, Aqua Exercise, our Visiting Service, SAYGo fitness or just by calling in to our Liardet Street Offices; you are always welcome and bring a friend.

Make every day your best one ever.

Richard Anderson
Executive Officer



Feel at home

at Enliven's Chalmers Home

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

Enliven's Chalmers Home in New Plymouth offers top quality care in a warm, welcoming home-like environment with breath-taking views overlooking the Tasman Sea and Mount Taranaki.

rest home | hospital | dementia
short term respite | health recovery | day programmes

Free phone 0508 ENLIVEN
www.enlivencentral.org.nz

Your local MP

Glen Bennett

Glen Bennett
MP for New Plymouth

Keep in touch:
glen.bennettmp@parliament.govt.nz
/glenbennettlabour

Labour

Funded by the Parliamentary Service.
Authorised by Glen Bennett MP, Parliament Buildings, Wellington

Age Concern New Zealand Says 'Break The Silence' Around Elder Abuse

Age Concern New Zealand is joining the global movement on 15 June in recognising World Elder Abuse Awareness Day.

"It is time to 'Break the Silence' on Elder Abuse, says Karen Billings-Jensen, Chief Executive Age Concern New Zealand.

"Elder abuse is a serious issue that affects our entire community. It is our collective responsibility to recognise it, speak up about it, and prevent it from happening.

"We want to send a message to older people that they are not alone and that there is help available, says Karen.

"We know it is hard to ask for help, but Age Concern make it easy. We provide information and resources for older people and their families on how to recognise and prevent elder abuse and where to get confidential help if they suspect abuse is happening.

"We believe that everyone has the right to live free from abuse and neglect, and we hope that our 'Break the Silence' campaign will encourage more people to speak up about this important issue." says Karen.

"Unfortunately, Elder Abuse often happens close to home, in our families. So, we all have a part to play to respect and protect older people by speaking up and breaking the silence.



"In the last year Age Concerns have worked with 2768 cases but we know there are more people suffering in silence, going unnoticed and unreported.

"Recently I heard of a situation where a person had waited over a year to ask for help, and in that time the abuse had escalated. They were so regretful they didn't speak up sooner and said, "if only we had called Age Concern last year, it wouldn't have got to this, we could have stopped this abuse earlier".

"Age Concern New Zealand is committed to preventing elder abuse and supporting those affected by it. Many older adults may feel ashamed or embarrassed about being mistreated, or they may fear retribution from their abuser. The key message we want them to hear is that abuse is not their fault and that there is help and support available".

Worried? Let's chat about that. For confidential advice and support freephone 0800 65 2 105

Together we can end Elder Abuse.



Elder Abuse

hits close to home

Elder Abuse Awareness 15 - 22 June

Age Concern Taranaki - Elder Abuse Response Service (EARS):

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

Locally, we held two events. The first at our Age Concern Taranaki office, 33 Liardet Street, New Plymouth, on Thursday 15th June at 10:00am. The EARS team delivered a jam-packed morning full of important information, relevant statistics, quizzes & spot prizes. The second at our Hawera Coffee Morning, on Thursday 22nd June at the Presbyterian Church.

Elder abuse awareness is represented by the iconic purple ribbon which the EARS team wear proudly throughout Elder Abuse Awareness week and it is great to see our members, other professionals and the general public wear theirs too!

There are 7 types of abuse recognized in New Zealand. These are Psychological, Financial, Neglect, Self-neglect, Physical, Sexual and Institutional. For this article we will focus on Psychological abuse seeing as it is the most common and identified type of abuse.

Psychological abuse generally focuses on using threats and intimidation causing distress and fear. Psychological abuse is usually present in all other forms abuse also. It is the most reported type of abuse and is a major issue for our Kaumatua. Psychological

abuse can range from an older person avoiding eye contact and relying on others to speak for them, to an abuser isolating an older person and withholding visits from grandchildren etc. if the older person doesn't do what the abuser wants. In most cases, Kaumatua fear the repercussion of speaking out and often don't want their Whanau to get in trouble. We know that over 75% of abusers are trusted family/Whanau and it because of that trust why older people are so vulnerable.

I believe the main point to take away from this quarters Elder Abuse article is to simply talk about the issue. The more it's talked about and normalised, the more those affected by it are likely to discuss the abuse with someone else who can offer support. Remember, there are several different types of abuse that an older person can be subjected to.

If you or someone you know is experiencing elder abuse there are several ways to make contact.

The elder abuse helpline **EA NOT OK or Freephone 0800 65 2 105**. You can also call the Age Concern Taranaki office on 06 759 9196 to book an appointment with one of the fantastic EARS team.

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

Nga Mihi.

Sinead Thomas-Ngatai

Service Provision Lead for the EARS team

Registered Social Worker

Steady As You Go – Winter 2023

Brrrrr.... It sure is getting chilly out there!

We all know how tempting it is during the colder months to stay home, wrapped up warm and cosy, exerting no more effort than is required to boil the jug and turn the pages on our favourite book, however... (spoilsport alert) the maintenance of our fitness and health remains of critical importance all year round, no matter the weather.

With that being said, what are we celebrating this winter in regards to Steady As You Go?

Dedication and self-care!

These two concepts go hand in hand. It can be very difficult to get ourselves out of our comfort zone, whether that's going out for a walk on a frosty day, or heading along to a new exercise class we've never tried before - but when we practice dedication to caring for ourselves, it makes it that little bit easier.

I am continually impressed by the dedication to self-care I see all around the maunga (mountain). Our 13 Steady As You Go classes are full of wonderful people with a variety of life experiences and interests, however, they

all have at least one thing in common – they all want to stay fit and able as long as they can.

Remember: Even though falls are the most common injury in older people, falls are not a “natural” part of aging, and falls are preventable!

So, if you are looking to improve or maintain your fitness this winter, as well as perhaps make a few new friends, our Steady As You Go classes are an excellent way to do this. The programme has been designed specifically for older adults, focusing on improving strength and balance by using a series of standing and seated exercises, with the aim of improving wellbeing and preventing falls.

For more information, please give us a call or come by the office for a chat. I would love to support you in your journey of practicing dedication to your self-care.

Take care and stay well this winter,
Antonia, Steady As You Go Coordinator

Steady As You Go Peer Leaders Morning Tea

A wonderful morning tea event was held for our Steady As You Go peer leaders on May 31st at TET Stadium, Inglewood. This was an opportunity for peer leaders to refresh skills, go over some first aid basics, and most importantly, spend a little time together. Peer leaders were able to share experiences in leading their classes and relate to like-minded people who were also

doing their part in supporting the health of their community. A big thank you to all of the peer leaders who were able to make the event – you all do such a fantastic job facilitating your exercise groups, it was splendid to be able to come together and connect with you all.

Antonia, Steady As You Go Coordinator

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.

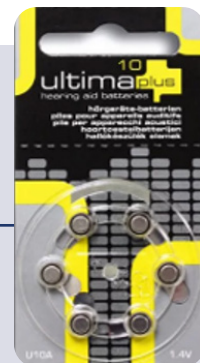
See you there!

Hearing Aid Batteries Ultima Plus

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10 BENEFITS OF EXERCISE FOR OLDER ADULTS



Maintain independence

Promotes mood and energy

Manage weight

Enhances sleep health

Reduce health risks

Strengthens mobility and flexibility

Improves brain function

Improves body image

Boosts mental health

Elevates sexual function

Age Connect

Coastal Connections

In Okato recently we were joined by guest speakers Graham and Karen Chard.

Together they delivered an excellent presentation to a large group of coastal locals on Anzac Day, 'The Last Post' & Cenotaphs online.

Such valuable community people who were greatly appreciated by everyone. A few of the group shared stories, books and other interesting topics of discussion.

Thank you to Okato Community Trust for your support.



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Steady As You Go® Fall Prevention Exercise Classes Winter 2023 Timetable

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

Newcomers welcome!

Contact Age Concern Taranaki on 06 759 9196

Or free phone 0800 65 2 105 to find out more



LIVE FOR STRONGER LONGER
PREVENT FALLS & FRACTURES

Age Connect

Celebration time Stratford

With great delight we recently celebrated our second birthday of the Chirpy Friday Singing Group! We have had the pleasure of growing the group, with the help of superb musicians, beautiful voices, and lots of fun and laughter.

Thank you to everyone that made this the place to be on a Friday morning!



Come and have fun and sing the Friday away.

Call Estelle
– Service Coordinator South Taranaki
Mobile 027 2285371

Pink Ribbon Morning Tea

Drop in Cafe this week, was celebrated as a Pink Ribbon Morning Tea . We raised funds from members, friends and staff for Breast Cancer Foundation NZ

Pauline and her team of Pink Ladies - Robyn, Belinda and Sandra all assisted in making this such “pinkalicious” fun.

Pink trivia, Pink jokes, Pink prizes, ribbons and balloons and even “lily the pink” song were all the flavour of the day.

**Thanks to everyone
for supporting
this great cause.**



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. Tainui Day 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.

Aqua Walking – Held every Thursday, 1:30 to 2:30 at the Stratford Aquatic Centre, 53 Portia Street, Stratford. \$3.60 payable at the pool reception. Fun in the water, gentle exercise to fabulous music, beneficial for improving stability, balance and increasing fitness. Registration a must. Please call Estelle on 027 2285371.

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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Memories of Food



To us oldies, food has changed a lot since we were kids. We ate what grew locally or produced nationally, essential products for cooking were imported, such as sugar, currants, olive oil... and maybe oranges and lemons.

Wartime rationing kept it simple, as did the shared use of the coal range. The KISS principle was followed – to Keep It Simple Stupid!

How things change! There is so much more choice with exotic fruits and spices, immigrant restaurants and recipes, cheap processed foods, pre-cooked frozen meals and takeaways. Not forgetting fridges, freezers and microwaves. There is no problem in keeping things simple – or stupid.

However, there seems to be more allergies these days, with lactose intolerance, allergies to gluten, nuts, reaction to nightshade plants like tomatoes, potatoes, capsicums, intolerance of alliums and a dislike of spices.

Best to keep to the KISS principle as far as possible, at least for serving, but include the CUDDLE – Concoct Umpteen Different Dishes of Likeable Edibles

Meanwhile, we are all aboard to enjoy a good morning tea, reminisce about days gone by, listening to interesting guest speakers, and just having good fun in South Taranaki. The final task is always left to the lovely Kitchen Angels – well done ladies!

Contributed by Athleen Greenhoff



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Winter Wellness Tips

Another winter, frost, rain and very low temperatures, is upon us. It's important to be prepared and to keep warm.

Some tips for keeping warm this winter:

1. Reduce body heat loss

Our body heat is lost through the head and neck, try wearing a hat and scarf. Warmth can be lost through our feet, so thick socks and slippers are key to keeping cosy.

2. For instant warmth

A hot water bottle or an electric blanket are good to quickly relieve you from the cold and to help instantly feel warm.

3. Thermals

Wearing several layers rather than one thick layer will keep you warmer because the layers trap the warm air and keep the heat close to the body. Thermal underwear and bed socks for bed. A thin merino hat can also be ideal for those cold nights.

4. Maintenance

If you have a heating system or heat pump, get it serviced regularly. If you have a fire, then getting the chimney swept regularly. This will make heating your home more efficient.

5. Keep the draught out

Even when it's cold outside open your windows during the day for short periods, this helps to remove moisture from your home and let in the fresh air. As soon as the sun goes down, it's a good idea to keep all windows and doors shut and use draft



excluders to stop cold air flowing through your home. Fitting thermal linings to your curtains will also help keep the heat in.

6. Moving with safety

If there is a slope or steps from your front door, then you could fit a grab rail to the outdoor area for support in case of icy or slippery surfaces.

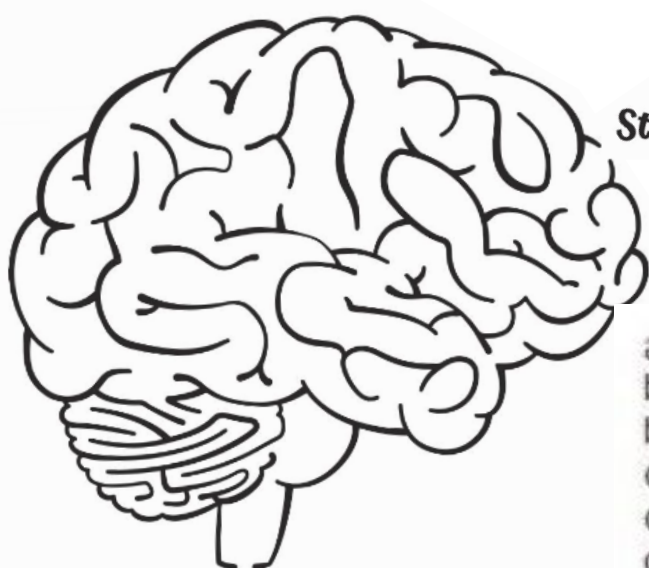
7. Cook warm meals

Porridge for breakfast and soup for dinner will help keep you warm on the inside. Throughout the day, it's also good to drink hot drinks, try hot water with lemon if you're not a fan of tea or coffee.

8. Get rid of dampness

Cooking, showering and drying clothes indoors all creates moisture in your home, causing dampness. A damp, mouldy home can be harder to heat and cause respiratory illnesses. To minimise dampness, dry your clothes outside, use extractor fans when cooking and showering and remove condensation from windows and doors daily.

GAMES PAGE



Start

Finish

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Flavours of Ice Cream Word Scramble



BEBULB MGU _____ EPMLA UWNALT _____
 TGRIE IALT _____ HPOIISTCA _____
 OAGMN _____ OKOCEI HDOGU _____
 BBYRERUEL _____ TBTURE NCAEP _____
 KCYRO ADOR _____ BAWSERYRTR _____
 LVILANA _____ TITTU RFTITU _____
 NPTUEA RTETUB _____ TSUTHTCBOREC PEPIRL _____
 CRRYEH _____ NTIM CCEOTOHAL HIPC _____
 TNANEOIPLA _____ SOEMO KCSTRA _____

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Ten Fun Facts

1. You can't see your ears in the mirror.
2. You can't count your hair.
3. You can't breathe through your nose with your tongue out.
4. You just tried number 3.
5. You realised you can do number 3; however you look like a puppy.
6. You're smiling now because you were fooled.
7. You skipped NO. 5
8. You just checked to see if there is a No. 5
9. Share this with your friends so they can smile too.

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Hawera: 06 278 4657
Stratford & New Plymouth: 06 758 8334

Mother's Day Raffle Results



1st Prize	Ticket 195	Peter Cotterill
2nd Prize	Ticket 131	Ron Stack
3rd Prize	Ticket 157	Elaine Sheaf

Many thanks to you all for purchasing tickets and to all our wonderful sponsors.

Driving Miss Daisy & Emma Lou



Old age is not a disease - it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses.

— Maggie Kuhn —

AZ QUOTES

Why Have A Life Tube?

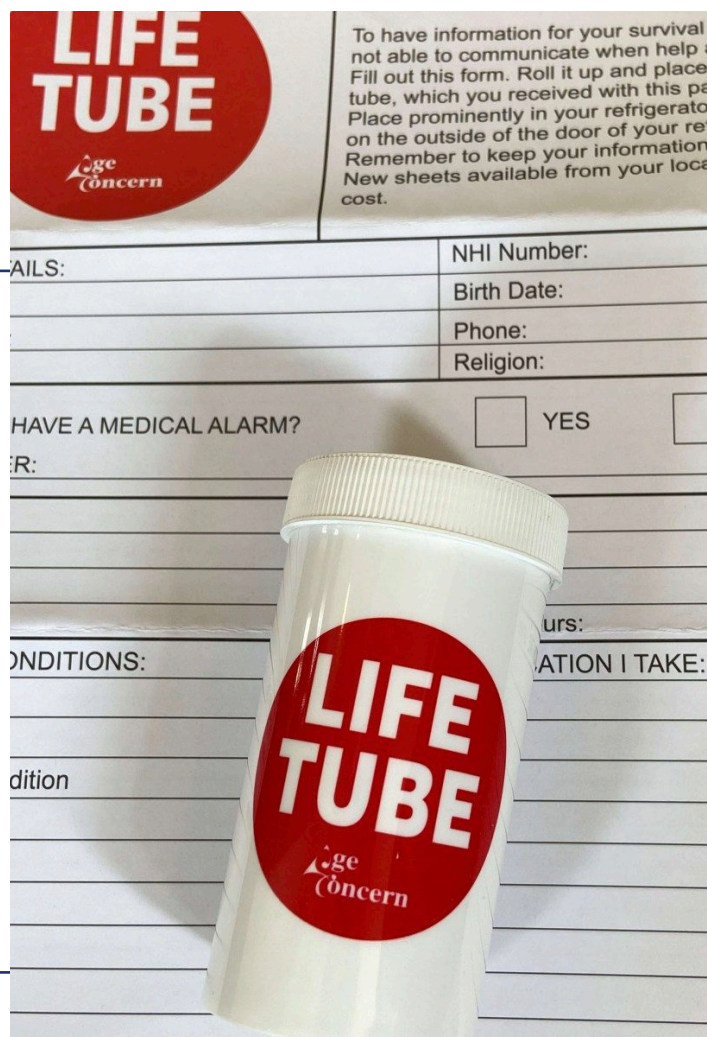
To have information for your survival available if you are not able to communicate when help arrives.

Fill out the form, roll it up and place it inside the plastic tube, which came with this form.

Tape it to a shelf in your refrigerator. Place the transfer on the outside of the door of your refrigerator.

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You can also order them to be delivered to your home, ring and place an order by Thursday of any week and they will be delivered to your home on Friday morning for a small fee of \$5.00.

Order forms are available from the reception desk.

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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



Cheat's Sausage Pot Pies

Preparation time - 5mins Cook time - 20mins

Ingredients

6 pack beef sausages
1 x 550g can devilled sausage simmer sauce
1 Tbsp butter
3 Tbsp Milk
1 ½ oil
1 ½ cups frozen vegetables.
700g potatoes – peeled and cut into even pieces.



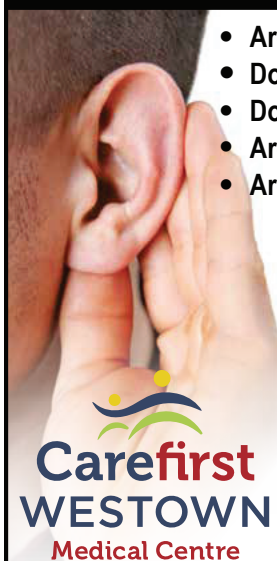
Method

1. In a large pot of salted water, boil the potatoes until tender. Drain water. Add butter and milk, and mash. Season well and set aside.
2. While the potatoes are boiling, heat 1 Tbsp oil in a large frying pan over medium-high heat. Cook sausages, turning, for 8-10 minutes or until browned. Transfer to a chopping board and thinly slice sausages diagonally.
3. Add sauce and vegetables to pan. Reduce heat to medium, then simmer for 5 minutes or until sauce slightly thickens. Add sausage to sauce, stirring to combine.
4. Preheat oven grill on medium-high. Spoon sausage mixture among 4 x 1½-cup capacity ramekins, then top with a spoonful of mash. Drizzle with remaining oil and season. Grill for 5 minutes or until golden. Serve.

PER SERVE • Energy 2349Kj • Protein 20g • Total Fat 36g • Saturated Fat 15g • Carbohydrates 36g • Sugars 14g • Sodium 1552mg

Dietary and nutritional info supplied by NZ Nutrition Foundation.

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.

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

**Simply phone Carefirst: 753 9505
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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".



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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
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Paid by: ☐ Cash ☐ Eftpos ☐ Direct Credit

Bank account: 15-3953-0717362-00

(Ref: Your name)

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