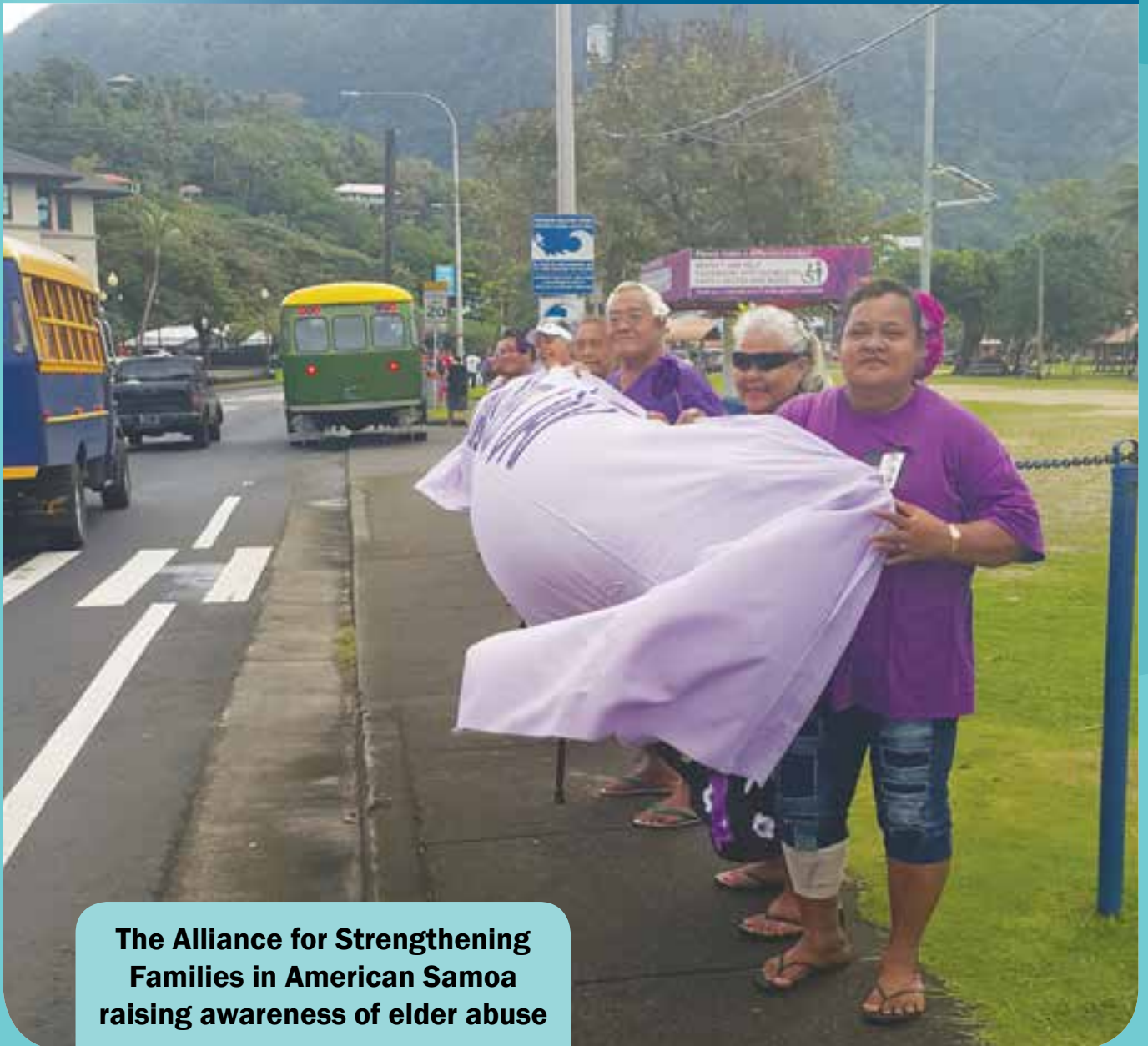


AUTUMN 2018 QUARTERLY NEWSLETTER
www.ageconcernwanganui.co.nz



Age Concern Wanganui

Serving the needs of older people



The Alliance for Strengthening Families in American Samoa raising awareness of elder abuse

Contact Information

Phone: (06) 345 1799 Fax: (06) 347 2334
 Email: info@ageconcernwanganui.co.nz
 Address: 164 St Hill Street, Wanganui 4500
 Postal Address: PO Box 703, Wanganui 4540

OFFICE HOURS
 9.00am - 3.00pm Monday to Friday

Board Members

- Chairperson:** Wendall Hart
- Vice Chairperson:** Jan Bullen
- Secretary:** Shirley Forward
- Members:** Toots Mohi, Graham Adams, Jo Green, Diana Doyle, Peter Allison, Keri-Anne Hawira



Staff

- Manager:** Tracy Lynn
- Administrator:** Noeleen Voice
- Volunteer Coordination:** Janet Lewis
- Steady As You Go:** Janet Lewis
- Community Support/ Social Work:** Sue Evans, Lorraine Peipi-TePou, Deidre Boyd
- Welfare Officer - Council Flats Whanganui & Rangitikei:** Lorraine Peipi-TePou
- Elder Abuse Response Service:** Sue Evans (Senior Social Worker), Deidre Boyd
- Accredited Visiting Service:** Clare Fearnley
- Health Promotion:** Clare Fearnley

Having problems with unsolicited offers via your phone or mailbox?

You can contact the NZ Marketing Association and ask to be put you on the 'Do Not Mail' or 'Do Not Call' list.

Phone 0800 222 3232 or email: donotmail@marketing.org.nz or donotcall@marketing.org

Some timely reminders:

- Daylight saving ends - 2:00am on Sunday 1st April 2018
- Time to update your toothbrush - soft toothbrushes only please!!
- Change the batteries in your smoke detectors
- Does your chimney need cleaning?
- Flu vaccine - do you need one?
- Continue sowing those vege seeds and seedlings for Winter meals
- Enjoy an Autumn picnic before Winter sets in!!

DENISE HAIR STUDIO

45 Dublin Street (opposite Harvey Round Motors)
Ph: (06) 34 78 4 78

- 60+ PRICES**
- Shampoo + Set or Blowave \$25.00
 - Shampoo + Haircut \$34.00
 - Shampoo + Cut & Set or Blowave \$44.00

(keep this coupon for future references)

Logic will get you from A to B.
 Imagination will take you everywhere.

Social Interaction can keep you healthy!

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialise as you did when you were younger. Recent research from the American Time Use Survey, an annual census by the US Bureau of Labour Statistics, shows that time spent in the company of others plateaus by our mid-50s and we then spend an ever-increasing amount of time alone.

However, if you're not heading to work or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy and live longer.

Research has shown that staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function, with a reduced risk of many diseases, dementia and depression.

- Here are a few ideas to keep your connections strong:
- Stay in touch with friends and family and try to visit with them regularly
 - Volunteer in your community
 - Visit a senior drop in centre
 - Join a group focused on activities you enjoy, such as playing cards or a book club
 - Try taking a class - learn a new language, a new style of cooking or art class
 - Join a gym to stay physically fit

Staying socially active and maintaining your relationships are an important part of healthy aging. Driving Miss Daisy can help you to maintain your connections, so you can stay as vibrant, active, and social as you've always been. We have lots of other clients who get out and about so would be pleased to share our knowledge of local activities with you. We can collect you, drive you to your destination and provide whatever help you need.

Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

Whanganui - Clive Aim
 (06) 347 9100 021 503 313

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy your companion and your driver!



Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and accompany you to:

- Medical and other appointments
- Family/social occasions
- Shopping trips
- Scenic drives
- Take your pets to the vet
- Airport drop-offs and pick ups

ACC approved provider.

Bookings are essential – call Clive today and make your next outing a pleasure!

Whanganui
Phone: (06) 347 9100
Mobile: 021 503 313



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

©2018 ACC Whanganui

Services

Support & Advocacy

Our community workers can provide support and assistance, advise on available services, liaise with other community agencies and are available to visit at home.

Total Mobility Scheme

Horizons Regional Council Assessments undertaken for people with disabilities to access subsidised taxi fares. Assessment fee applies.

Elder Abuse Response Service

Our social worker is available to confidentially discuss problems of suspected abuse, maltreatment or neglect and can assist in obtaining help. Resources are available for distribution.

Accredited Visiting Service

Our co-ordinator trains and supports volunteers who visit those living alone in the community. Both the older person and the visitor enjoy the friendship that develops from this regular contact.

Supermarket Shopping (Wanganui Only)

Volunteers take those who have no transport to the supermarket, assist with shopping and return them home. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

Transport (Wanganui Only)

Volunteer drivers help those who have no transport by taking them to medical and other essential appointments. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

Steady as You Go (SAYGo) Falls Prevention

A unique community based strength and balance exercise programme for men and women. Classes in Whanganui, Rangitikei and the Waimarino.

Tenants Pensioner Flats (Wanganui) & Community Housing (Rangitikei)

Our welfare officer provides support to tenants of the Whanganui District Council Pensioner Flats and the Rangitikei District Council Community Housing.

Senior Driving Programme

Drive with confidence and share experiences.

• Keys to Safe Driving

Improve safe driving practices and increase your knowledge of the current Road Code. Classroom based.

• CarFit

Our trained technicians highlight your car's safety features and check the 'fit' of your vehicle to maximise comfort and safety.

• Hanging Up the Car Keys

Planning for life after driving. Learn about the options available in Wanganui for those no longer able to drive themselves.

Health Promotion

Seminars and forums organised on a range of topics relevant and interesting to older people.

Information

Contact us for a wide variety of information on available services. Call in or phone to speak with our reception volunteers or staff.

Volunteer Opportunities

A number of volunteering opportunities are available:

- Meals on Wheels delivery
- Transport & Supermarket Service
- Accredited Visiting Service
- Reception
- CarFit

All volunteers are given training and support.

Membership and donations to Age Concern Wanganui are appreciated and accepted. Donations of \$5 or more are tax deductible.

Please contact us at:

164 St Hill Street, Wanganui 4500

Phone: (06) 345 1799

Fax: (06) 347 2334

Email: info@ageconcernwanganui.co.nz

www.ageconcernwanganui.co.nz



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Ryman Peace of Mind

Not all retirement villages are the same...



Deferred management fee is capped at 20%

This makes it one of the lowest in the retirement sector. And it's even capped if you transfer to another townhouse or apartment within a Ryman village. There are no hidden costs.



Fixed weekly fees – know what you've got to 'play' with

Few things in life come with certainty. However, Ryman's fixed weekly fees provide just that. Your weekly fees are fixed for the entire time you occupy your townhouse or apartment, guaranteed.* Therefore, worries such as increasing council rates are no longer a concern.



Full continuum of care – keeping care at the heart of everything we do

We understand that your health needs change as you age. Our full continuum of care means that Ryman villages can provide independent living, serviced apartments, resthome care; and in the majority of villages, hospital and specialist dementia care. You can be reassured that, if your needs change, we can continue to look after you.



For more information about the Ryman difference or for your free guide to living in a Ryman village please phone Maureen on 06 348 9564

49 Oakland Avenue, Saint Johns Hill



*Terms and conditions apply



Elder abuse awareness in Pago Pago

During a visit to Pago Pago in American Samoa in April 2017 I connected with The Alliance for Strengthening Families (Mau mo le fa'amalosia o aiga) and spoke to them about our elder abuse response service. They were very keen for more information so on my return to Wanganui I packaged up some information and some of the purple ribbons that raise awareness of elder abuse. As a result of that connection I received the following email from Judy Mata'utia who is the Program Specialist at the Alliance, and the photographs you see here and on the cover of our latest newsletter.

*'Hey Tracy,
Hope all is well with you. Here are some pics of WEADD June 15, 2017 here in Pago. The old folks came out and we had a wave and then an awareness discussion. Thank you so much for the pins and stuff, ...if you have any conferences or workshops going on in NZ next year on elderly abuse and similar, please let me know of their dates so that maybe we can join. We are trying to connect with our pacific region. Here's to wishing you and yours a great holiday season.*

www.asalliance.org

The most important thing is to be happy!'

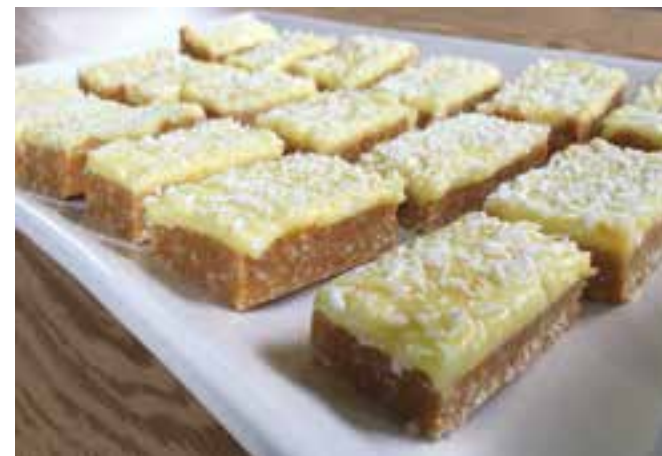
I hope to maintain the relationship and am looking forward to sharing more resources with the group.

Tracy Lynn

Manager at Age Concern Wanganui



Kitchen CORNER



No Bake Citrus Slice

Ingredients

- ½ Tin Sweetened Condensed Milk (190 grams)
- 115g Butter, Melted
- 1 Packet of Plain Biscuits, 250 grams (I use Superwine)
- 1 Cup Desiccated Coconut
- 1 Lemon* - juice and zest (only need 1 Tablespoon juice for base)
- 1 Orange* - juice and zest
(*Optional to use both or either)

Icing

- 2 Cups Icing Sugar
- 1 Tbsp Butter, melted
- Remaining Rind
- Remaining Juice (see recipe below)
- Zest or Coconut to Finish

Method

1. Prepare a 23cm square tin with baking paper, I spray baking spray first to help paper stick (size will impact height of slice so up to you!)
2. Zest the lemon and orange using a fine grater and set aside
3. Juice both the lemon and the orange together,

drain the juice and set aside.

4. Melt the condensed milk and butter together, either on the stove top gently or in the microwave in 30 second bursts in a covered microwave proof bowl, until butter is completely melted.
5. Crush the biscuits into a fine crumb (see below for methods*)
6. Add the coconut, melted butter/condensed milk mixture to the food processor and blend well.
7. Add half the prepared zest to the base and 1 Tablespoon of juice to the base mixture and combine well.
8. Pour the base mixture into the prepared tin, smooth out with the back of a spoon or your hand and refrigerate.

Icing

1. In a medium bowl add the icing sugar, remaining zest and melted butter and gently stir.
2. Add the remaining citrus juices a teaspoon at a time, mixing well, until you have the desired consistency, you may use an extra lemon for its juice or water if not wet enough
3. Pour the icing over the base once slightly cooled and spread evenly
4. Sprinkle with citrus zest or coconut and return to the fridge overnight or for at least 2 hours before slicing with a sharp warm knife to serve.
5. Store in an airtight container.

*It is so easy to crush biscuits in a food processor but many people do not have one, so a strong plastic or ziplock bag secured carefully and a rolling pin (or anything big and suitable for smashing....wine bottle!!) is the perfect alternative. Placing a tea towel over the bag will help avoid the bag being ripped by the sharp cookie crumbs. Just think you can take out the days frustrations on some cookies! It does not matter if the crushed cookie crumbs are different sizes, adds to the texture but as long as most are crushed you will be fine!

Source: *Just a Mum*

All I really need is love,
but a little chocolate
now and then doesn't hurt!

Sore Feet?

Do your feet or ankles hurt? There are many reasons for this and many of these can be addressed! Here at **THE FOOT CENTRE** your Podiatrist is the health professional who deals with the prevention, diagnosis, treatment and rehabilitation of conditions of the feet. Heel pain, ankle or arch pain, pain caused by corns, callus or hammer toes and uncomfortable nails, are all common conditions we can help you with. We also have an effective range of Orthoses or Insoles to put comfort back into your day.

Orthoses are shoe inserts that can:

- Cushion your feet to provide shock absorption while walking
- Offer relief by redistributing the pressure from problem areas
- Support and align the feet to improve foot function

If you have sore feet chances are we can help so give us a call. Our receptionist is there to help 10am - 1pm Tuesdays to Fridays otherwise leave a message.

THE FOOT CENTRE Phone 348-7792



Would you like to be a volunteer AA CarFit technician for Age Concern Wanganui?

You need to:

- be a licensed driver with empathy for older drivers;
- have a sound knowledge of driving terms and vehicle safety features;
- have good physical fitness;
- and have good observational, communication and time management skills.

Maybe you know someone who fits this description? Maybe it is you! You'll receive a Technician Manual and on-site training in order to be able to ensure older people are using their cars with maximum safety and comfort. We offer this useful service four times a year, for half a day. We have a small, welcoming team and it is rewarding to do.

For more information, call Clare on a Tuesday or Friday before 3pm on (06) 345 1799.

Our Thanks to:



Age Concern Wanganui Senior Driving Programmes

KEYS TO SAFE DRIVING

Where did that car come from?

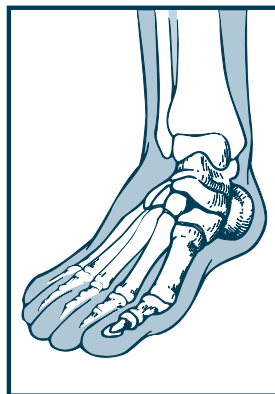
Driving can be a dangerous business. You share the road with others with nothing but a painted line between you. A moment's lapse may result in expensive repairs, a court case and maybe even loss of life. How often have you said to yourself... 'Where did that car come from?' or you missed seeing traffic lights or a give way sign or found people "honking" at you in traffic? Maybe it is time to brush up on the road rules and sign up for Keys to Safe Driving, a free classroom based course for Senior's You will have the opportunity to share experiences and reflect on your own driving, maintain and improve safe driving practices and discuss local intersections that may cause difficulty. The course is FREE and lunch is provided.

The next course is Monday 16th April 2018 10am - 2.30pm 2018 at the RSA on St Hill Street. To register (essential) and for further information contact Age Concern Wanganui 345 1799.

CARFIT - Older Driver? Improve Your Safety!

Are you wearing your seat belt correctly? Is it comfortable? Is your head restraint well-adjusted to suit you? Are your mirrors in the right position for you? Does your car have ABS brakes? Do you know how to use them? Do you know about the safety features of your car? These days, cars have all sorts of gadgets. Older drivers can improve their safety by ensuring their cars are properly adjusted for them. A proper fit in your car can greatly increase your own safety and comfort and the safety of friends and family who may be your passengers. Take the opportunity of a CarFit Check-Up! It is FREE! A CarFit Check-Up takes about 15 - 20 minutes. An occupational therapist is on hand to recommend devices, like a swivel seat for a person who has trouble turning his or her body or a "handybar" that allows you to get in and out of the car with ease.

Register for our next CarFit event on Wednesday 18th April 2018. Phone Age Concern Wanganui on 345 1799.



23 Dublin St
Wanganui

06 348 7792

Complete Foot Care and Treatment

- Heel & Arch Pain
- Corns/Callus/Nails
- Orthotics/Insoles
- Biomechanical Evaluation
- Home Visits
- Childrens Shoes

THE FOOT CENTRE

CAROLYN GROVES
PODIATRY

WE WILL COME TO YOU!

Making life easier



EASIE Living Mobile Van Service

The EASIE Living mobile van service offers community presentations which include:

- Simple and practical solutions to enable you to maintain your independence
- Demonstrations of assistive products and their benefits
- Walking stick and walker height-and-safety checks
- Over 200 items for sale
- Eftpos is available

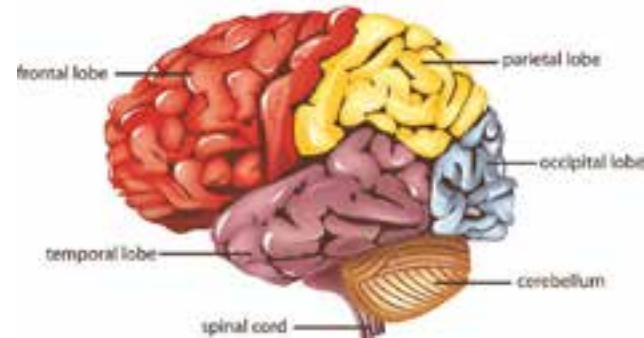
EASIE Living & Demonstration Centre:
585 Main St, Palmerston North

Tel: (06) 353 2743 | Email: easieliving@easieliving.co.nz
www.easieliving.co.nz



A service of Enable New Zealand

Dementia affects different parts of the brain which are essential for driving



Frontal Lobe: For planning and initiating a journey, making quick decisions to avoid accidents. e.g. Breaking suddenly to avoid a child running onto the road.

Parietal Lobe: Recognizing objects or signs on the road, operating a vehicle, judging the speed of oncoming traffic.

Temporal: For remembering where the car is parked and the recalling of the road rules.

Occipital: For distinguishing road signs, markings and road activity.

Skills needed to drive safely

- Good vision in front and peripheral vision.
- Quick reactions - to be able to brake or turn to avoid crashes.
- Good coordination between eyes, hands and legs.
- The ability to make decisions quickly.
- The ability to make judgements about what's happening on the road.

Warning signs

A person with dementia may show the following decline in driving skills:

- Driving too slowly (this doesn't mean that all slow drivers have dementia).
- Confusion when stopping and changing lanes.
- Becoming lost on a route which would not previously have confused them.
- Ignoring traffic lights and signs, confusing the colour or order of lights, or failing to notice traffic lights, Stop or Give Way signs.
- Not being able to make sound judgement about what's happening on the road.

If you suspect a person may be showing signs of dementia - you can give them this simple test on common traffic signs.

Ask, "What does this sign mean?" and "What action should the driver take?"



Suggested answers:

1. Roundabout ahead: Slow down, apply the give way and indicating rules.
2. Pedestrian crossing ahead: Slow down, if someone is crossing or about to - you must stop.
3. Railway crossing ahead: Slow down, look for trains, stop if warning signs are activated.

A person who has trouble with this test or takes a long time to answer may need your help to seek medical advice.

Insurance cover

Insurance companies require that any condition likely to affect a driver's ability must be disclosed or the company has the right to not accept a claim. After notification of this condition, whether the company will continue to provide insurance cover or not depends, on the recommendation of the family doctor and consultation with the insured parties. If the person with dementia is still driving, ask their insurance company if they will be covered by insurance if they have an accident.

What if someone close to me may have dementia and is driving?

If someone you know may or does have dementia, but continues to drive, discuss your concerns about their driving with them. Sometimes the person will recognise their own limits and accept they are putting themselves and others at risk. Give the person a chance to make the decision to stop driving. They may be reluctant to stop driving, possibly because they can't understand fully that they have had a loss of skills. The problem must not be ignored, even if they're only travelling short distances. You may need the family to help ensure the person doesn't drive.

It's often useful to involve the person's medical practitioner, who can assess their fitness to drive and if necessary, take appropriate action if they don't agree to stop driving.

Coping when a person stops driving

Giving up the privilege of driving can involve a loss of self-esteem and independence. Anyone required to stop driving for safety and health reasons may feel resentful and frustrated.

If the main support person doesn't drive, it's important to consider other transport options:

- Some families decide to sell the car and place the funds in an account to pay for taxis.
- Total mobility vouchers may be available for those who are unable to use the bus. In the Whanganui area you can contact either Age Concern or Sommerville Disability Support Service for more information.
- Disability allowance may be available to help with transport costs. For more information you will need to contact Work & Income for an assessment.

The role of doctors

Doctors may refer a person suspected of having dementia to an occupational therapist for an assessment of their driving. This is not the same as a driving test - it's a more comprehensive assessment. Doctors also have a legal obligation to advise the NZTA if they believe a person unfit to drive is likely to carry on driving.

For more information

You can contact NZ Transport Agency

- Email: info@nzta.govt.nz
- Phone: 0800 822 422
- Write to: NZ Transport Agency, Private Bag 6995, Wellington 6141
- Web site: www.nzta.govt.nz

Nothing great was ever achieved without enthusiasm

independence

pets welcome

trusted

active

choice

meaning

variety

support

caring

fun

Enliven creates elder-centred communities that recognise the individual and support people in a way that's right for them.

Kowhainui Home & Village
88 Virginia Road
Phone: 06 349 1400

Abingdon Village
22 Oakland Avenue
Phone: 06 349 1494

www.enlivencentral.org.nz

Do you need hearing aids?

You can afford quality Digital Hearing Aid's

From \$999*

Call or email Heidi today for your FREE 8 week trial.

Full Hearing Assessment + 3 Year Manufacturers Warranty included. WINZ quotes and funding applications available. Bookings are essential.

Simply Hearing is a locally owned and operated clinic.

35 Dublin Street, Wanganui 4500
phone: (06) 345 9799
email: info@simplyhearing.co.nz
web: simplyhearing.co.nz

* Conditions apply.

Alzheimers Whanganui

Nobody wants to feel isolated and alone, but for people with dementia, loneliness can be one of the most common and painful effects. Loneliness and isolation is a problem for lots of older people, but it's particularly difficult if they are also struggling with dementia.

Alzheimers Whanganui Inc provides support for people living with dementia, those who are socially isolated and their family/whānau.

For people with dementia and/or socially isolated who are living in their own homes; we offer "The Group" - which is a community based social programme. The outings are designed to develop relationships while strengthening self-belief and encouraging them to make health and well-being decisions for themselves. Enabling and empowering more confidence for each person to live in their own home longer. It involves getting out in the community, avoiding social isolation, creating a sense of purpose and belonging in their community. You do not need a diagnosis of dementia to join our "Group" if you are socially isolated we are here to help.

For more information please phone Maree on (06) 345 8833 or email: community@alzheimerswhanganui.org.nz or Marlene on (06) 345 8833 email: livingwell@alzheimerswhanganui.org.nz



Alzheimers Whanganui

'Whanau Wellbeing and Dementia' Education Programme

Programme start April 24th 2018

If you are interested in attending the above programme designed for carers, family/whanau, support people or just interested in up skilling we would like to hear from you.

For further information and inquiries:
Phone: (06) 345 8833
Email: admin@alzheimerswhanganui.org.nz

Editorial supplied by Alzheimers Whanganui

Steady As You Go[®]

Falls Prevention Strength & Balance Programme

WANGANUI

MONDAY

Christ Church Community Centre
10am - 11am and 11.15am - 12.15pm
Masonic Court Rest Home 10.30am - 11.30am
Special Olympics Hall, Peat St 10.00am - 11.00am
The Holy Family, Tawhero 10am - 11.00am
Stroke Group, St Andrews Hall, Glasgow St
11am - 12pm
Rapanui Mowhanau Community Hall
1.30pm - 2.30pm

TUESDAY

St Peters Church Hall, Gonville 10am - 11am
St Joseph's Hall, Campbell St 9.30am - 10.30am
Idea Services, Gonville 1.15pm - 2.15pm

WEDNESDAY

Faith Academy 10am - 11am

THURSDAY

Churton School Hall, Aramoho 11am - 12noon
RSA, St Hill Street 9.30am - 10.30am
St Lukes, Castlecliff 10.00am - 11.00am
Putiki Parish Hall 9.00am - 10.00am

MARTON - TUESDAY

Marton Bowling Club 10am - 11am

HUNTERVILLE - TUESDAY

Scots Hall 10.45am - 11.45am

RAETIHI - TUESDAY

Elder & Care Village 10am - 11am

BULLS - WEDNESDAY

Bulls Friendship Hall 10am - 11am

OHAKUNE - TUESDAY

St James Anglican Church Hall 10am - 11am

Classes cost \$3 per session.

For more information or to enrol in a class, please contact the Steady As You Go (SAYGo) Coordinator: Janet Lewis at Age Concern Wanganui.
Phone: (06) 345 1799



Raetihi Steady As You Go group who meet on a Tuesday morning.



Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



central@careoncall.co.nz
0800 336 636
www.careoncall.co.nz

Whanganui District Council

Pensioner housing is provided to ensure quality housing is available for older people with limited financial resources.

The Whanganui District Council owns and rents out 275 pensioner units in 16 separate complexes in different parts of the city. We also provide limited welfare assistance to the tenants.

We have 234 single units (including three for disabled tenants) and 41 pensioner units suitable for couples. Of these, 15 units have carports and approximately half have off-street parking. Gardens and lawns are maintained, outdoor lighting is provided and garden rubbish is removed. Most units have implement sheds. A community centre is provided at the Eugene Crotty complex.

A welfare officer visits each tenant at least three times a year, or more if required, to assess any welfare needs.

The units are available to those who can demonstrate limited financial resources, are over 60 and can live independently.

Pensioner housing units available

\$105.00/week
for one person

\$132.00/week
for couples

For information or to download an application form visit our website

www.whanganui.govt.nz
 Our District >
 Facilities > Pensioner Housing

Or contact Bill Carswell Whanganui District Council Property Group, phone (06) 349 3087

or email bill.carswell@whanganui.govt.nz



Editorial supplied by Whanganui District Council

A word from the Volunteer Coordinator - Janet

We began the year reviewing the Meals on Wheels Runs. Over the last 6 months there had been a notable reduction in the number of meals being delivered. As a result the runs were reduced from eight to five. It was a tricky exercise, however we are hoping that the Meals on Wheels volunteers are happy with the outcome. It was really neat catching up with the drivers. A BIG thank you goes to Jan, a volunteer of over thirteen years who has been instrumental and the back bone of this exercise in addition to the Christmas roster. Another big Thank You also goes to Julianne who sorts the order of delivery. She does a fabulous job particularly as she no longer lives in Whanganui. It is amazing what can be done via a computer!

I would like to say a fond farewell and THANK YOU to those who have retired recently - due to ill-health or have felt the time was right including two volunteers who gave 30 and 40 years of service. Just imagine the changes they would have seen during those years.

We have some new faces on our reception desk - Yvonne, Veronica, Linda and Colleen have recently joined us - in all, 22 lovely volunteers who 'man' the front desk and answer the phone.

Our supermarket & transport volunteers take

clients shopping or to important appointments. The supermarket volunteers are often matched with a client and have become friends.

Age Concern Wanganui has approximately 300 volunteers. Alison, a volunteer receptionist says that she likes to give something back to the community, she likes to be busy, has an interest in older people but the main reason is that she enjoys meeting people and being useful!

Who is the Meals on Wheels service for?

Whanganui District Health Board's (WDHB) Meals on Wheels service is designed for people who need assistance to maintain their independence at home.

You may be eligible for this service if:

- you are unable to prepare a hot meal without assistance due to either a medical condition or disability. (Please note: if this is due to an accident it is the initial responsibility of ACC. You can discuss this with your ACC case manager by contacting ACC. More information is available on the ACC website).
- you have no family/whanau or caregiver to assist you with meal preparation
- the provision of a regular meal is needed to maintain your health and prevent unnecessary admissions to hospital.

To apply for *Meals on Wheels* assistance, please

Speak to either your GP or another healthcare provider currently involved in your care.

Meals on Wheels in Whanganui and Marton

In Whanganui a hot or pre-frozen meal will be delivered to your door as close to midday as possible. The meals are prepared on-site by Whanganui Hospital's food service provider Spotless Services and are delivered by Age Concern Wanganui volunteers. Meals cost \$6.70 each.

For further information about the Whanganui *Meals on Wheels* service, please contact the *Meals on Wheels* administrator on (06) 348 3106.

For information about the Marton *Meals on Wheels* service, please contact Graze Out caterers on (06) 327 4035 or 027 206 6699.

Meals on Wheels in Raetihi and Ohakune

A hot meal is delivered to your door on Mondays, Wednesdays and Fridays, as close to midday as possible. If you require a meal for the other days of the week, pre-frozen meals can be delivered at the same time as your hot meals. The meals are prepared at the Waimarino Health Centre and delivered by members of the Waimarino community. Meals cost \$6.50 each.

For further information about the Raetihi and Ohakune *Meals on Wheels* service, please contact the *Meals on Wheels* administrator on (06) 385 5019. (Whanganui District Health Board)



MEMBERSHIP FORM

New Members Only
AGE CONCERN WANGANUI Inc
PO Box 703, Wanganui 4540

Name: _____

Address: _____

Phone: _____

Email: _____

Ethnicity:

- NZ European
 NZ Maori
 Pasifika
 Other

Age Group:

- 60 - 69 yrs
 70 - 79 yrs
 80 - 89 yrs
 90 - 99 yrs
 100 + yrs

Individual Member: New Renew \$20.00

Corporate Member: \$100.00

Donation: \$ _____

TOTAL: cash / cheque / internet \$ _____

Please tick if you require a receipt

Westpac account - 030791-0454649-00

If you are making an internet payment, please email your details to: info@ageconcernwanganui.co.nz or post this form to PO Box 703, Wanganui, 4540

OFFICE USE:

- Receipt issued Database updated
 Thank you letter Deposit date



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 Wanganui. The official receipt of the Chief Executive or other authorised officer of the Trustee shall be a sufficient discharge to my executors".

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2 Virginia Road, St Johns Hill, Wanganui

Please feel free to call with any queries

Phone: (06) 348 1500

Email: admin@stjohnshillhealthcare.co.nz



Sue Walker - Facility Manager
Jo Green - Clinical Team Leader

