

SPRING 2018 QUARTERLY NEWSLETTER
www.ageconcernwanganui.co.nz



Age Concern Wanganui

Serving the needs of older people



**RSA Steady As You Go® class
moves to Club Metro**

Contact Information

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Postal Address: PO Box 703, Wanganui 4540

OFFICE HOURS
 9.00am - 3.00pm Monday to Friday

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Vice Chairperson: Jan Bullen
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Steady As You Go: Janet Lewis
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 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
Social Connections/Accredited Visiting Service: Clare Fearnley
Health Promotion: Clare Fearnley

Life Tubes

The Life Tube contains vital health information and important emergency information. It is kept in a prominent accessible place such as fridge or glove box of the car and is easily identified by the red sticker that is included in the tube. To have this information available if the person concerned is unable to communicate may be and has been, a life saver.

In the event of an emergency, the Police, ambulance, friend or neighbour will be alerted by the red sticker and know that important information is inside the Life Tube.

If you have a life tube and your information needs updating, call in for a new (free) information sheet and if you have purchased a new fridge...a new sticker!

Life Tubes are endorsed by St John Ambulance, Neighbourhood Support and Police. They are available at the Age Concern Wanganui office, Gold Coin Donation please.



Maintaining your independence

Keeping your independence is something this is very important to most people; they value being able to go about their daily life without feeling like they're being a burden on family members or friends.

When your independence is compromised through disability or loss of your license, this can make life less enjoyable to begin with. However, there's no reason that you can't still remain in control of your life and do what you want to do at a time that suits you.

Furthermore, studies have shown the importance of social interaction for maintaining optimal health and wellbeing. That can be as simple as a trip to the supermarket or coffee with friends. Sometimes, it can be more adventurous and include trips further afield, as the heart desires.

Total Mobility Scheme

In order to encourage social interaction and independence, the government created an initiative called the Total Mobility Scheme, which is delivered locally by your regional council. The Scheme is designed to assist clients with long-term impairments to access appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern, they are happy to help you find out if you are eligible and advise you how to apply.

Once you've been accepted, you can access discounted travel with many providers in your region and throughout New Zealand, including with Driving Miss Daisy who is an accredited Total Mobility Scheme provider. Driving Miss Daisy provides assistance to help you to maintain your independence, and always aims to put the joy back in the journey. Your independence is key to us and we love knowing that we're making a difference in our clients lives.

Driving Miss Daisy will take you wherever you want to go, at a time that suits you. Remember - you're in charge!

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
 Total Mobility cards accepted

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

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- Heel & Arch Pain
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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 Wanganui, Rangitikei and the Waimarino.

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

Our welfare officer provides support to tenants of the Wanganui 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



Go to www.facebook.com/ageconcernwanganui/ to follow us on Facebook.

Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Wanganui. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.



Not all retirement villages are the same...

Ryman Peace of Mind

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.

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 fee* – providing certainty about your living costs

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



For more information about the Ryman difference or for your free guide to living in a Ryman village, phone Josie on 0800 000 290



Choosing the right car

It's important to choose the safest car you can afford that suits your needs. The better the fit between you and your car, the more comfortable, in control and safe you'll be.

Choose vehicles with high safety ratings. The following features are recommended for new vehicle buyers:

- electronic stability control (ESC): systems that use sensors to detect and prevent a vehicle going out of control.
- four-star minimum ANCAP (Australasian New Car Assessment Programme) crash rating - for safety ratings based on crash test results.
- head-protecting side or curtain airbags.

Some other ideas to consider when purchasing a new car for senior drivers are:

- adjustable pedals - with a push of a button, the driver can adjust the accelerator and brake

pedals, a feature especially for petite drivers to reach the pedals while ensuring they are a safe distance (about 30.5cm) from the airbag mounted in the steering-wheel hub

- adjustable steering wheel and seats.
- electric mirrors - these are easier to adjust for drivers with limited strength or arthritis
- large/wide-angle mirrors - for those who have difficulty twisting to look to the rear when changing lanes or reversing, large wide-angle mirrors can improve visibility
- visors and extendable visors - visors that extend to protect drivers from glare are very important
- low door threshold - or 'sills' make getting in and getting out of car easier, reducing the need to lift the leg over the threshold
- thick steering wheel - these require less hand and wrist strength to grip and handle
- anti-lock braking system (ABS) - these prevent the wheels from locking during hard braking, helping the driver retain steering control and eliminating the need to 'pump' the brakes, an action that might be challenging for some senior drivers
- emergency brake assist (EBA) - a system that detects panic braking and automatically applies maximum braking force (most drivers - not just senior - do not apply enough braking force in an emergency, so they are not stopping as quickly as the car is capable of)
- headrests - to minimise the risk of whiplash injuries
- power steering - less physical effort is needed to turn and control the vehicle
- safety belt pre-tensioners, side intrusion bars and front and rear crumple zones - all these features absorb energy and protect occupants in event of crash.

Age Concern Wanganui senior driving programs will be back in 2018 - 2019 - Keys to Safe driving, CarFit and Hanging up the Car Keys will be offered in Wanganui and Rangitikei.

Contact Age Concern Wanganui to register your interest (06) 345 1799.

Can you share one 1 ½ hours?

We have a team of Meals on Wheels Volunteers who deliver a 2 course meal to clients in Wanganui.

We are always on the lookout for new volunteers to join us to maintain our pool of helpers. We're often asked if groups can volunteer and the answer is "Yes!". We welcome groups from clubs, churches, schools and businesses. Often a group will "adopt" a particular route on a specific day each week.

Can you spare 1 ½ hours one day a week, one day a month? Or would you prefer to be a relief driver? Contact Janet at Age Concern Wanganui on (06) 345 1799.

Raffle

A very big thank you from the Riverside Quilters who have generously donated this stunning quilt to be raffled by Age Concern Wanganui to coincide with International Day of Older Persons on the 1st October 2018. Watch this space!!



Our Thanks to:



DENISE HAIR STUDIO WELCOMES A MATURE CLIENTELE

At Denise Hair Studio we cater for the aging population of Wanganui. Our hairdressers enjoy doing traditional services no longer offered in some salons, such as Perms, Bodywaves and Sets. Our caring and friendly team aims at servicing clients promptly and professionally. The premises are kept warm for your comfort and has plenty of room for wheelchairs and walkers. The salon is well located in central Wanganui and offers:

- Reasonable prices and quality products
- 60+ deals on all services
- Perm deal, incl Cut + Set or BW (short hair) \$85.00
- Plus a \$10.00 voucher to "first time" perm clients
- Mature and experienced hairdressers (no juniors)

*** Our salon is age friendly ***

Come enjoy the experience and tell your friends

Editorial supplied by Denise Hair Studio

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

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(keep this coupon for future references)

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

* Conditions apply.

Going Guarantor? Things you should know...

If you're considering guaranteeing other people's finances, ask yourself: are you able to pay if things go wrong?

It is common for older people to be asked to be a credit contract guarantor for a family member, usually a child or grandchild.

When you sign a form to be a guarantor you are doing much more than just witnessing a document or providing a character reference. In fact you are agreeing to repay the mortgage/loan/hire purchase of the borrower if they cannot or will not repay their debt.

Similarly, older people are sometimes asked to be guarantor for telephone or electricity accounts or are asked to have a connection for another family member put under their name. If the person you are guaranteeing defaults on the payments, you will have to pay even if you can't afford to.

Questions you should ask yourself

- Why are you being asked to be a guarantor?
- Are you being coerced or emotionally blackmailed? (For example, do you feel obliged to help out family, even if you know there is a high risk they can't/won't pay?)
- Why is a guarantor required? - is there a bad credit history?

- Is the borrower realistic about the repayments - can they afford them even if things go wrong? (For example, what happens if they lose their job?)
- How mature and responsible is the borrower?
- Is the loan for a need or a want?
- Is the loan for a new business? (Many new businesses don't succeed.)
- Is the loan for an existing business? (If the business is viable, there should be enough capital in the business to secure a loan without a guarantor.)
- Can you afford to pay any default on the part of the borrower?

The reality of acting as guarantor

If you act as guarantor for a phone or power connection, you will have to pay any large toll or service accounts that the person you are acting for can't/won't pay.

If you are acting as guarantor for a bank loan, it is common that the amount guaranteed is unlimited and includes future borrowings (e.g. extra interest on an overdraft). If the borrower defaults, the bank can demand repayment from the guarantor and does not have to exhaust other remedies first.

As well as having to pay the amount borrowed, you will also be responsible for debt recovery costs. Anything you list as a security can be taken and sold to pay the debt. This could even include your home if you use it as security.

A good rule of thumb is: only act as guarantor if you can write a cheque for the amount you are guaranteeing at the time you are asked to act as guarantor.

Taking action when things go wrong

If you have signed an unwise guarantee it's important to get legal advice immediately as there may be legal remedies available. Your local Community Law office can help with this.

The lender must also keep guarantors informed about problems with the mortgage/loan/hire purchase repayments so it's vital to act quickly before matters come to a head.

Source: www.ageconcern.org.nz

Where from here He ara whakamua

Essential information for older people and their families. Call in to Age Concern Wanganui for the latest edition.



Daylight saving will begin at 2.00am on Sunday 30 September

(ends at 2.00am on Sunday 7 April 2019)



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Alzheimers Whanganui

Make a difference for Dementia

Dear friend of Alzheimers Whanganui,

SAVE THE DATE FOR OUR 2018 MEMORY WALK

On Saturday 22nd September. Assemble 10.15am at the silver "Bearing" at the River Traders Market, Moutoa Quay. Walk begins at 10.30am along walkway to Dublin Street Bridge and return.

Memories are precious. That's why this September, thousands of Kiwis will be walking to show their support for all those living with dementia. **Let's walk to remember. Let's walk for dementia.**

Last year over 250 people participated in our walk, and with your help, we can make this year's event bigger and better than ever. Bring your family/whānau and friends and join us for our 2018 Memory Walk.

For more information or to register email: admin@alzheimerswhanganui.org.nz
Or phone: (06) 345 8833

Thank you for your support. See you in September!

Join us for a Memory Walk this September!



Alzheimers Whanganui



Quality Care In Your Home
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

I don't call my parents anymore

Go on...pick up the phone and call your Mum...I dare you.

I can't remember exactly when I stopped calling my parents on the phone. All I know is that over the past 10 years, I've called them less and less - I used to talk to them almost every other day and now, maybe it's once a month. And the result (no big surprise) is that the relationship that exists isn't as strong as it could be.

Of course, like most adult children, I'm completely reachable and accessible by cell phone, all day, every day, but I avoid using it to actually talk to my parents. To be clear, I'm not in my 20s, either - so this isn't behaviour they've been dealing with since my teenage years.

I'm 40 and the mother of three of their grandchildren. My Dad is 70 and my Mum is 68. They both text often and they've got Facebook accounts which is to say that they are very much plugged-in. Sometimes we exchange pleasantries via text message - just today my Dad asked if he could use salted butter in a frosting recipe, so I matter-of-factly text-counselled back, "I wouldn't, otherwise you'll taste the salt" - but I know without even asking them that they would prefer to speak with me.

So why don't I just pick up the phone and call them?

My excuses are the ones I imagine are familiar to many others who don't call their parents - I'm too busy, I'm spent from the kids' day-to-day, I'm stressed about work, nothing new is worth reporting, and so on. After all, I do see them for visits almost monthly, they live a three-hour drive south of us. Even so, the reality of why I don't call them is as simple as it is painful to admit: I'm not calling because I'm choosing not to call.

This doesn't mean I don't care and it doesn't mean I don't love my parents. They understand this. But it does mean that I'm doing a lousy job of showing it, and frankly, it shows a selfishness that I'm not so proud of.

A co-worker of mine (who is about my parents' ages)

was recently telling me about a tiff she had with her daughter (who is about my age). "Sometimes, when I'm talking to her, she says she has to go and that she'll call me right back. And then she never does," she told me, clearly annoyed. I nodded my head - not because I'd been on her end of things, but because I'd been on her daughter's.

So many times, I'd told my parents the same thing. Then she added, "You know what? If she'd just said 'goodbye' or 'I'll talk to you some other time', I'd be fine with that. But to say that she'll call and then not do it? That's just rude."

Rude, and what's worse, hurtful. My co-worker articulated what my own Mother probably feels and wants to say, but is reluctant to tell me. I'm confident my Mum won't mention it, not because she's worried about hurting my feelings, but because she thinks that if she does ask me to call, then I won't...ever.

Sadly, my folks have taken to not calling me, either. And when they do, they handle me with kid gloves, asking if they're calling at a bad time or even apologising for calling me. It's terrible that they feel this way and even worse that I recognize it. I also recognise that maybe I'm learning a little bit in advance about what it's like to parent an adult child. In many ways, it's probably just as hard with the heavier layer that as adults, children feel even less inclined to oblige or listen to parents. For my folks, I'm thinking that there's a lot of patience involved. A lot of tongue-biting. A lot of wanting to say something like, "Would you call every once in a while," but not. The solution to all this is clear. Pick up the phone and call. And not just call and spout off about what I'm doing, but to actually listen to them. To see how they're doing. I know they're interested in what's going on with our daughters but I also understand enough about relationships to realise that unless I ask how they're doing every once in a while, that things will seem awfully one-sided. That's hardly an improvement.

Who knows if this is all reverse psychology at its best? Now that the idea is mine to call them...I know I will. Besides, it's been a few hours since my Dad texted me about the frosting he was making. I wonder how it turned out. I'm sure he'll be happy to tell me.

Jennifer Kuhel

Finding community at Kowhainui Village

When retirees Keith and Viv Smith moved to Enliven's Kowhainui Village in 2016, they knew they'd settle in quickly in their new two-bedroom villa.

What they didn't expect was to find themselves part of such a supportive community.

"That was a lovely surprise, the sense of community with our neighbours we've found here. We enjoy our independence and happily do our own thing most of the time, but there are a lot of lovely spontaneous interactions which really add to life in the Village," says Keith.

"We have neighbours who come round for a cup of tea and a chat, and you know that if you ever need anything, someone will offer to help, whether that's to lend you some equipment or general advice," he explains.

Wife Viv agrees and says the pair have enjoyed the Kowhainui Village lifestyle.

"All our maintenance is taken care of, we have a hospital right next door and there's always something to do at the rest home just a few metres away. We enjoy cooking, but if you feel like a break you can order something from the home.

"It's great being able to have the best of both worlds, living independently but enjoying the support of our neighbours, and enjoying peace of mind knowing we have everything we could ever need here," she explains.

To find out more about independent living at Enliven's Kowhainui Village, visit www.enlivencentral.org.nz or call 06 349 1494.



Enjoy life with Enliven

Some things make for happier, healthier living, no matter what your age or ability. At Enliven we work with you to achieve the things that are important to you. Talk to us about the Enliven difference, or come to see for yourself!

Two unique communities in Whanganui:

Kowhainui Home & Village

88 Virginia Road
Phone: 06 349 1400

Abingdon Village

22 Oakland Avenue
Phone: 06 349 1494



Free phone 0508 ENLIVEN or visit www.enlivencentral.org.nz

Protecting your ATM card and PIN (Personal identification number) and Liabilities

If people are making financial decisions and choices for you and you have given them your ATM card, you could be at risk of financial abuse. Most people who abuse are known and trusted.

You are being negligent if you disclose your PIN to anyone including family, bank staff, care givers etc. and you may be responsible for any unauthorised use of your card.

You must notify your bank or financial institution as soon as possible if your card is lost or stolen, if your PIN becomes known to someone else or if the record of your PIN is lost or stolen.

If you are concerned that someone you know is taking advantage of you or if someone is asking you for money e.g. asks you for your ATM card, in a way that makes you feel uncomfortable, there are things you can do.

Elder Abuse Awareness - Contact Age Concern Wanganui...we can help. (06) 345 1799.

From Stats NZ - Most birthdays recorded in NZ - 30 September!

Steady As You Go® 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
Riverside Christian Church, 4 Ingestre 9.30am - 10.30am
Idea Services, Gonville 1.15pm - 2.15pm

WEDNESDAY

Faith Academy 10am - 11am

THURSDAY

Churton School Hall, Aramoho 11am - 12noon
Club Metro, Ridgeway 9.30am - 10.30am
St Lukes, Castlecliff 10.00am - 11.00am
Putiki Parish Hall 9.30am - 10.30am

MARTON - TUESDAY

Marion Bowling Club 10am - 11am

HUNTERVILLE - TUESDAY

Centennial 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



The RSA Steady As You Go® group moved to the Wanganui Cossie Club, Ridgeway St on Thursday August 16.

The RSA is currently on the market and will be amalgamating with the Wanganui Cosmopolitan Club.

The clubs will be renamed Club Metro.

The Steady As You Go group is sad to leave as they have been meeting at the RSA every Thursday morning since February 2016. Kyle and the friendly RSA staff have always made the group welcome and they will be missed.

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



Sudoku

Each row, column and 3 x 3 square should contain the digits 1 - 9

8			9	3				2
		9						4
7		2	1			9	6	
2								9
	6							7
	7				6			5
	2	7			8	4		6
	3					5		
5				6	2			8

Pensioner housing units available

\$112.00/week for one person **\$141.50/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 Keri-Ann Thompson, Whanganui District Council Property Group, phone (06) 349 3149

Any lads up for a mutually beneficial cuppa?



Age Concern's Accredited Visiting Service is on the lookout for male visitors.

Our service matches older folk who would like more social connection with special people who are reliable, kind, upbeat and sociable. Usually, they meet for an hour weekly, enjoying a cuppa and a natter - bringing company and stories to both. "There are older individuals who have so much to offer, are fun to spend time with, and who you can learn a lot from." This simple, regular activity increases health and wellbeing - we receive much positive feedback from clients, their families and visitors.

If this sounds interesting, contact Clare at Age Concern Wanganui to find out more on 06 345 1799 extension 7 or Email: avs@ageconcernwanganui.co.nz

Looking forward to hearing from some men!

AA Carfit

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 so that you can ensure older people are using their cars with maximum safety and comfort. We offer this useful service three or 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 at Age Concern Wanganui on 06 345 1799.



Easy Vegetable Quiches

Cooking for 1

Ingredients

- 3 slices wholemeal bread, crusts removed
- Vegemite or Marmite
- ¼ cup grated cheese
- 1 egg lightly beaten
- 1 tsp finely chopped chives, parsley or spring onions
- ¼ x 440g can creamed corn
- ½ green pepper, finely diced

Method

1. Spray muffin pans with oil spray (or butter!). Spread one side of the bread with vegemite/marmite.
2. Place each bread slice into oiled muffin pans with spread side facing up.
3. Combine remaining ingredients and spoon into bread cases.
4. Bake in preheated oven at 190°C for 20 minutes. Serve hot or cold.

Recipe courtesy of Community & Public Health - Canterbury 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: \$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 ONLY:

- 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".

**'She drank good ale, strong punch and wine
 And lived to the age of ninety-nine'**

*Epitaph to Mrs. Freeland in Edwelton churchyard,
 Nottinghamshire, 1741*



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Please feel free to call with any queries

Phone: (06) 348 1500

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Sue Walker - Facility Manager
Jo Green - Clinical Team Leader

