

SUMMER 2018 QUARTERLY NEWSLETTER
www.acwhanganui.org.nz



Age Concern Whanganui

Serving the needs of older people



Do you remember these?

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Contact Information

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

OFFICE HOURS

9.00am - 3.30pm Monday to Friday

Board Members

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Members:	Toots Mohi Graham Adams Diana Doyle Peter Allison Keri-Anne Hawira



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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
Social Connections/ Accredited Visiting Service:	Clare Fearnley
Health Promotion:	Clare Fearnley

Senior Driving Programmes: More Confidence and Safety



Ageing affects our driving. Age Concern Whanganui is offering three **FREE** events for senior drivers in Whanganui in November. These programmes have proved popular and get excellent feedback. For example "I feel more confident and competent...It was easy to follow."

Keys to Safe Driving is a four hour refresher course delivered by an experienced driving instructor and educator. It is interactive, giving opportunities to understand, refresh and improve your driving. It includes the six key safety factors, planning, decision making, and the current road rules. We provide lunch and a course booklet. Register for your next *free* course on Monday 5th November.

CarFit helps senior drivers find their safest and most comfortable fit in your car. Our trained technicians check you in your car and guide you to have:

- an understanding of the safety features of your car
- clear lines of sight
- a seat and a steering wheel that fit comfortably and safely - giving you easy access to controls
- properly adjusted head restraints
- and a safe and comfortable seatbelt position

An experienced Occupational Therapist is also in attendance. Book in your *free* 20 minute CarFit check on Friday 16th November.

Hanging up the Car Keys forum is for senior drivers, their families, and health professionals. We provide a panel for you to learn about the medical and safety aspects, and alternative transport options. Enrol for the Friday 30th November event.

These events are free and places are limited - booking is essential. Call Age Concern Whanganui (06) 345 1799.

Brighten up your festive season

For many, Christmas is a time of family togetherness, the sharing of meals, relaxing together over a holiday break, youngsters playing whilst the adults watch on. Backyard cricket, bbq's, afternoon siestas, long days at the beach, camping, picnics packed in chilly bins and Christmas cake with a cuppa. It's a wonderful season and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

In contrast, the festive season can also be a time of quiet reflection, contemplation and memories for many; remembering loved ones and reminiscing of wonderful Christmases and holidays gone by.

At Driving Miss Daisy, we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you – here are a few ideas:

- Christmas card shopping & posting
- Christmas gift shopping for loved ones
- Clothes shopping for special occasions
- Companion driving to end of year functions & events
- Companion driving to church & carol services
- Grocery shopping for special Christmas meals and treats
- Airport and transport transfers (including at departure and arrival ports)
- Christmas light tours
- Festive outings with a group of friends

Driving Miss Daisy is committed to helping our clients get out and about, so they can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, to assist with walkers or wheelchairs.

Call us today to discuss your festive season requirements. If there's something you need help with we'd be happy to talk through the options.

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
 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

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

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 (Whanganui 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 (Whanganui 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 (Whanganui) & 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 Whanganui 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 Whanganui are appreciated and accepted. Donations of \$5 or more are tax deductible.

Please contact us at:

164 St Hill Street, Whanganui 4500

Phone: (06) 345 1799

Fax: (06) 347 2334

Email: info@acwhanganui.org.nz

www.acwhanganui.org.nz



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



Fire Safety

If you are one of Whanganui's older residents, with a Community Services Card, you may be eligible for a *free home fire safety check*. You may also be eligible to have a **FREE** long-life smoke alarm installed. Age Concern Whanganui is working with Fire and Emergency New Zealand on an agreement so that together we can work to improve the safety of the Whanganui community.

Contact Deidre (Social Worker) at Age Concern Whanganui for more information regarding an assessment on (06) 345 1799.

PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.

Our Thanks to:



Alzheimers Whanganui

We are very excited to announce the launch of **Dementia Friends**, our new outreach and awareness programme.

Dementia Friends learn about Dementia and the impact it has. They then make a commitment to action to help those living with dementia to live well. Dementia Friends choose the action or actions they are comfortable with and able to offer.

Dementia Friends has been informed and shaped by the voices and input of Kiwis living with dementia.

Whether you are a schoolkid or a Chief Executive, a Cabinet Minister or someone in between, you can be a Dementia Friend.

We are inviting everyone in New Zealand to become a Dementia Friend to raise awareness and build a more understanding, inclusive and supportive New Zealand.

To become a Dementia Friend, people complete a short, online programme. The programme includes a short video featuring three Kiwis living well with dementia.

To find out more about becoming a Dementia Friend go to www.alzheimers.org.nz and show your support for people living with Dementia in your community.

Editorial supplied by Alzheimers Whanganui



NGĀ POU WHIRIHAKI HĀTE WĀREWĀRE

- Dementia affects four out of five Kiwis.
- You can make a difference to those living with it.
- Become a Dementia Friend.
- Help us build a community that is more understanding, more accepting of people with dementia.
- Every action a Dementia Friend takes counts no matter how big or small.
- Learn more at www.alzheimers.org.nz



Alzheimers Whanganui

Excellent list for aging

Submitted by Charles Grimes to the Miller County Liberal, Georgia, USA.

This is not my story but was sent by a person named Steve Korker and I approve his message.

Many of us are between 65 and death, i.e. old. My friend Alan S Bame sent me this excellent list for aging...and I have to agree it's good advice to follow. I'm particularly interested and in tune with #19.

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.
2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.
3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.
4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.
5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbour and remember: "A man is not old as long as he has intelligence and affection."

7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to



move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

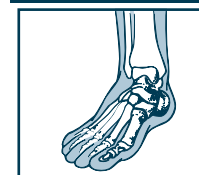
18. If you've been offended by someone - forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

AND, as this message suggests. REMEMBER: "Life is too short to drink bad wine." Or, in my case, bad Arnold Palmer.



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Steady As You Go Falls Prevention

Age Concern Whanganui is pleased to introduce two new Steady As You Go classes in Whanganui with a third new class in the pipeline.

St James Church in Whanganui East on a Wednesday morning and the other at the Eugene Crotty complex in Tawa Street for the residents of the flats.

Steady As You Go continues to go from strength to strength with over 400 participants in classes across the Whanganui region. Janet is the coordinator of the program and often provides great stories from people attending classes.

One participant says the classes are wonderful, it's a date to look forward to and she would need to be half dead before she gave it up.

Another group has 3 couples that attend together and support each other although one lady prefers to go without her husband – it's "her" thing.

A lady attending a group in Whanganui sums it up, "I didn't know anyone here, now I have 15 friends!"

The Steady As you Go groups collect the \$3 fee for attending classes and decide, after covering the venue costs, what they will do with the remainder of the money. Many donate to charities e.g.: Whanganui RSA Welfare Trust Fund, Daffodil Day, Club Metro Bus and Riding for the Disabled to name a few.

Some classes meet for coffee afterward, or take along a plate for morning tea. Several groups go out for lunch and most organise a Christmas get together. One of the regional groups has already planned a high tea and had recently celebrated the birthday of one of the 'regulars'.

So, not only is there the strength and balance component to Steady As You Go, there is the social connection and also a community connection.

Janet Lewis is Age Concern Whanganui's Steady As You Go Coordinator and is fabulous. She is the first point of contact for anyone wanting to join a class and may be contacted on (06) 345 1799 or email: saygo@acwhanganui.org.nz

For a Steady As You Go timetable, please contact the office at 164 St Hill St, Whanganui.

Steady As You Go[®] Strength & Balance Programme

WHANGANUI

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 St

9.30am - 10.30am

Idea Services, Gonville 1.15pm - 2.15pm

WEDNESDAY

Faith Academy 10am - 11am

St James Presbyterian Church, Whanganui East

11am - 12pm

THURSDAY

Churton School Hall, Aramoho 11am - 12noon

Club Metro, Ridgeway St 9.30am - 10.30am

St Lukes, Castlecliff 10.00am - 11.00am

Putiki Parish Hall 9.30am - 10.30am

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 Whanganui.

Phone: (06) 345 1799

Judy lives life on her own terms at Kowhainui Village

When Judy Titter sold up her four-bedroom house to move to Enliven's Kowhainui Village a kilometre down the road, her family wondered if she'd made the right choice.

But Judy says since moving to Kowhainui, life's never been better.

"I know it sounds corny, but I feel like I was meant to be here. I just love the feel of the place and being part of the community."

The contented Kowhainui resident says when her husband passed away two and a half years ago, she



Judy Titter says moving to Enliven's Kowhainui Village was one of the best decisions she's ever made.

gave herself two years to adjust and decide on her next move.

"One morning I got up and just thought, 'It's time Judy. You don't need to be in this big house worrying about keeping it clean and rattling around on your own.'"

Judy says she now looks back on her family's concerns with amusement.

"My daughter-in-law said to me, 'Judy, don't you think you've moving too soon?' I found it funny that she thought that. I think it's because people fear growing 'old' and losing their independence."

"For me though, it was actually about taking things into my own hands and living life on my own terms. I have no regrets at all, in fact, it was one of the best decisions I've ever made."

Kowhainui Village is located on the corner of Kowhainui Drive and Edith Collier Drive. To learn more visit www.enlivencentral.org.nz or call 06 349 1494.

Editorial supplied by Enliven

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

MEMBERSHIP FORM

New Members Only
AGE CONCERN WHANGANUI Inc
PO Box 703, Whanganui 4540



Name:

Address:

Phone:

Email:

Ethnicity:	Age Group:
<input type="checkbox"/> NZ European	<input type="checkbox"/> 60 - 69 yrs
<input type="checkbox"/> NZ Maori	<input type="checkbox"/> 70 - 79 yrs
<input type="checkbox"/> Pasifika	<input type="checkbox"/> 80 - 89 yrs
<input type="checkbox"/> Other	<input type="checkbox"/> 90 - 99 yrs
	<input type="checkbox"/> 100 + yrs

Individual Member: New Renew \$20.00

Corporate Member: \$100.00

Donation: \$ _____

TOTAL: cash / cheque / internet \$ _____

Please tick if you require a receipt:

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

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<input type="checkbox"/> Receipt issued	<input type="checkbox"/> Database updated
<input type="checkbox"/> Thank you letter	<input type="checkbox"/> Deposit date

How Early Is Too Early For Christmas Decorations In Stores?

The controversial trend that is upsetting many shoppers!

If you have been to any store in the past month, you may have noticed there is already a plethora of Christmas decorations hung up in the seasonal section. Many stores have started to unpack and display Christmas decorations as early as the beginning of October, much to the dismay of shoppers. I will admit, it is a bit startling to walk into the seasonal aisle looking for a Halloween costume and instead see a bunch of Christmas lights lit up. I remember when Christmas related décor and products weren't put up until after Halloween, but those days seem to be long past us. The arrival of Christmas décor in stores seems to be growing more early as the years go by. I decided to write about the good and bad things concerning this phenomenon. While a lot of people I know think it's ridiculous for stores to have Christmas/holiday décor up so early, I know that there are others who are pleased to see the assortment of Christmas trees and wrapping paper.

Some argue that a major benefit of stores having Christmas decorations and supplies already out on the aisles is that you can get a lot of Christmas shopping done early. They say this gives shoppers more time to stock up and purchase any Christmas décor they may need, including: wrapping paper, ribbon, Christmas lights, Christmas trees, and ornaments. I know a lot of people like to do their shopping early, so this would definitely prove to be a major benefit for those people.

Another argument I hear is that since Christmas is the greatest holiday out of the whole year, then it only makes sense to bring that Christmas joy early! I'm not going to lie, Christmas is my favourite holiday as well, but I don't know if putting up Christmas décor in October is really the best way to jumpstart the Christmas season. I am guilty of listening to Christmas music early (I am actually listening to Christmas music as I write this), but I would never subject others to my weird obsession with Christmas.

As for those upset with the early arrival of Christmas, they say that it takes away from the two major holidays that precede Christmas: Halloween and Thanksgiving*. I really love seeing the different Halloween decorations in stores, and I'd be lying if I said that seeing it alongside bright and happy Christmas décor doesn't make me a bit peeved. I think October should be solely dedicated to everything Halloween, since Halloween actually occurs in October. I don't know a single person that dislikes Christmas, but I think most people would just like for stores to hold off a bit before they post up Christmas decorations.

So, when is the right time to put up Christmas decorations in stores? Well, that depends on who you ask. In my opinion, I think Christmas décor should go up starting November 1st. However, some critics argue that Christmas supplies shouldn't be in stores until after Thanksgiving*. I personally think that's a bit late, since Thanksgiving occurs near the end of November and that only leaves about a month until Christmas. However, I think most of us would agree that Christmas décor needs to stay out of stores until at least after Halloween.

Source: Jessica Arroyo (2016) – an opinion piece
 *Thanksgiving in 2018 is November 22nd



Carved by local artist and Age Concern Whanganui volunteer.

An Age Concern Whanganui client born 1925: "I have a hairline, a waistline and a clothesline - just don't talk to me about online!" her permission was given to include this in the newsletter.

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* Conditions apply.

1950's Songs

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FEVER
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 TUTTI FRUTTI
 HEARTBREAK HOTEL
 MAYBELLENE
 RIP IT UP
 YAKETY YAK
 HONKY TONK
 MISTY
 RUMBLE
 YOU SEND ME



Chocolate Fudge Slice

Ingredients

- 1 packet wine biscuits made into crumbs
- ¼ cup raisins
- 1 cup coconut
- ½ cup condensed milk
- 2 tablespoons cocoa
- 100g butter or margarine
- 1 teaspoon vanilla essence
- Chocolate icing (optional but highly recommended!)

Method

1. Lightly grease a shallow slice tin (17cm x 27cm).
2. Make biscuit crumbs - place biscuits in a food processor or place in a plastic bag and crush with a rolling pin).
3. Combine biscuit crumbs, raisins and coconut in a large bowl.
4. Mix condensed milk and cocoa in a small saucepan. Add butter and heat to boiling point, stirring constantly. Remove from heat and stir in vanilla.
5. Pour condensed milk mixture into dry ingredients. Mix well.
6. Press into slice tin.
7. Make icing and pour over slice.
8. Chill and cut into squares when firm.



Picture taken by local artist and Age Concern Whanganui volunteer Del Packer.

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Editorial supplied by Denise Hair Studio

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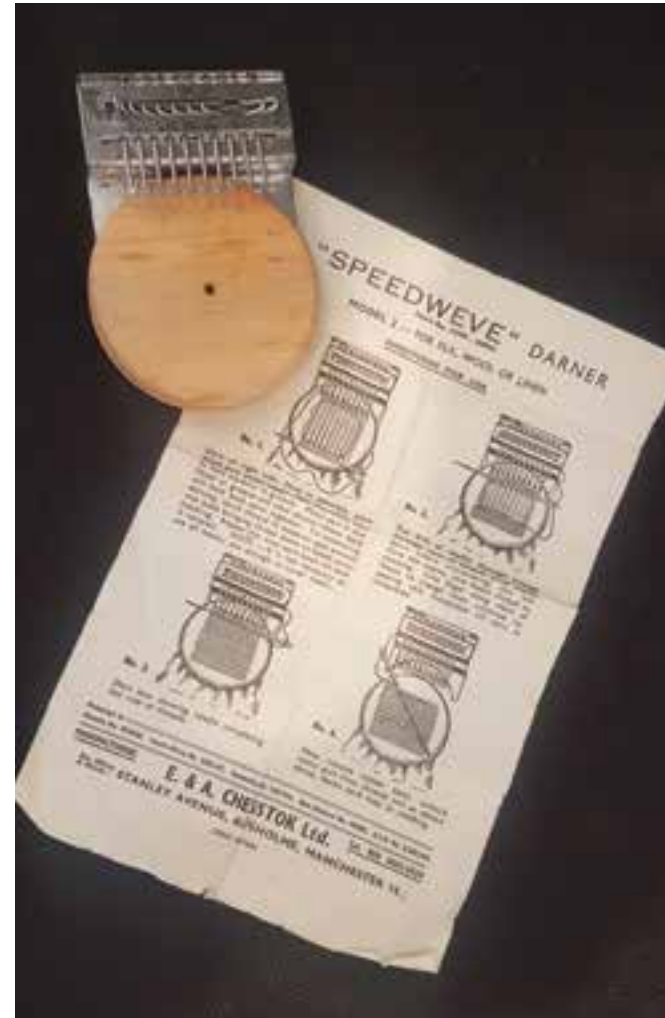
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(keep this coupon for future references)



Old Stuff

Staff at Age Concern Whanganui thought it would be cool to bring in some of the older items we have collected over the years from mothers and grandmothers kitchens and sewing baskets. The egg beater, silver tablespoon, cake tins and roasting fork are still used by our families today. The sock darning had us all guessing and wondering... who darns socks anymore??



'Darners' - Used to darn socks!!

As with kitchens we imagine tool sheds hiding old tools that may still be used today.

These things still conjure up memories as we consider passing them down to the next generation.

Check out the cupboard at home and see what you can find!



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

Smiling is infectious

By Spike Milligan



Smiling is infectious
You catch it like the flu

When someone smiled at me today
I started smiling too

I walked around the corner
And someone saw me grin

When he smiled I realised
I had passed it on to him

I thought about the smile
And then realised its worth

A single smile like mine
Could travel round the earth

So if you feel a smile begin
Don't leave it undetected

Start an epidemic
And get the world infected.

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