

AUTUMN 2019 QUARTERLY NEWSLETTER
www.acwhanganui.org.nz



Age Concern Whanganui

Serving the needs of older people



Participants of the New Zealand Master Games Scooter Event – this was the first time this event was held in the Masters Games. All proceeds raised were kindly donated to Age Concern Whanganui.

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

Chairperson:	Wendall Hart
Vice Chairperson:	Jan Bullen
Secretary:	Shirley Forward (resigned February 2019)
Members:	Toots Mohi Graham Adams Diana Doyle Peter Allison Keri-Anne Hawira



Staff

Manager:	Michelle Malcolm
Administrator:	Noleen 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

Volunteers are not paid – not because they are worthless, but because they are priceless.

Our Volunteers - you may not be aware, we have over 350 people who volunteer their time for us at Age Concern Whanganui. They volunteer their time from working in reception, to driving for meals on wheels, transport and supermarket shopping, peer leaders for Steady As You Go, car fit technicians and as accredited visitors. We would not be able to provide the level of service, without them...so thank you.



Last month, our volunteer receptionist, Jan Brett, received the Volunteer of the Month Award from the Whanganui Volunteer Centre. Jan has been volunteering for Age Concern Whanganui since 2005. Jan organises the roster for our 25 volunteer receptionists as well as coordinating the meals on wheels drivers through the Christmas period.

One of our newer receptionist said that when she retired she wanted to do something in the community. We were the first organisation on her list that she wanted to give her time.

Win Ruffhead was one of our long standing volunteers who sadly passed away last month. Win had heard through the grapevine that volunteer receptionists were needed back in 2002 and she enjoyed working her Friday mornings, bringing in morning tea right up until 2016 when she retired at the age of 95 years young.

So a huge thank you to all our volunteers – we appreciate the time you give us and the community. The difference that you make in people's life is amazing and the place wouldn't be the same without you.

Loneliness and Social Isolation

Loneliness is indiscriminate. There is an abundance of research on this subject in New Zealand currently and young people are just as likely to feel lonely as older generations. It is known that levels of loneliness in this country are escalating and as anyone who has ever experienced it will agree, the feeling can seem insurmountable once it settles in our tummies and our lives.

The importance of being aware of and talking about loneliness and lack of social relationships has been proven to be as bad for health as smoking.

There can be many reasons for being lonely, such as health, mobility impairment, sensory loss, changes to driving ability and bereavement. There are all sorts of things happening as we age which can make getting out of the house increasingly difficult and so social isolation can cause loneliness.

When people are no longer able to drive, that's where Driving Miss Daisy comes in! Driving Miss Daisy is the connection from home to the community. They make it their priority to ensure each and every journey is filled with laughter, kindness and positivity.

Driving Miss Daisy clients can have the same driver every time which is great for building relationships. The drivers also love to catch up with the clients and will do everything possible to make the journey enjoyable. That can be as simple as a trip to the supermarket or regular hairdresser appointments. Sometimes, it can be more adventurous and include trips further afield; outings to the beach for a breath of fresh air or coffee with friends; anywhere the heart desires.

Driving Miss Daisy is committed to helping clients get out and about, so every client can live life to the full and enjoy every moment.

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.



The Ryman Difference

Putting residents first! Our winning formula for over 30 years.



Fair terms

The weekly fee is fixed for the entire time you occupy your townhouse or apartment, guaranteed.*

There are no hidden costs such as waitlist fees, surprise move-in costs or administration fees. And you will benefit from one of the lowest deferred management fees in the retirement sector, capped at 20 percent.



Resident-focused innovation

Ryman Delicious menus offer choice and freshness, our myRyman electronic care programme enables individualised care at the touch of a button, and emergency power generators in every Ryman village centre keep residents safe and warm even if the lights go out.



Care options that suit your needs

We're dedicated to caring for you now and into your future.

We provide independent living, and assisted living in a serviced apartment. Plus, resthome and hospital care, and in most villages, specialist dementia care.

For more information about the Ryman difference phone Maureen on 06 348 9564 or visit www.rymanhealthcare.co.nz



Where community shapes the heart of your retirement

*Some conditions apply

Hi everyone

Welcome to our first newsletter for 2019. I have to say the past 3 months have flown by and hard to believe that there are only 7 months till Christmas!!!

The year has started off busy as we would expect after Christmas and the New Year. I thought this might be an opportune time to re-introduce the team, with photo – which everyone was so excited. It is interesting when the camera (phone) comes out then people shy away – and I would probably be the worst.

Hopefully you will enjoy reading our newsletter and please let me know if you have any suggestions / comments.



Michelle
Manager

Just a bit about me – I have lived in Whanganui since I was 16. I started volunteering at my uncle's rest home which lead me into caregiving for 10 years. I then started my career at IHC – Idea Services, which spanned 22 years. Prior to my appointment here at Age Concern I was the manager of a Rest Home and Retirement Village in Feilding. I have an 11 year old grandson, who of course like all grandchildren has me wrapped around his little finger. I enjoy spending time with family and friends, an avid reader and travelling.



Noeleen
Admin

Hi I'm Noeleen and I work as the administrator. I am the person that you would speak to regarding membership and payment of fees. In my spare time I enjoy spending time with my family and friends. I have a great interest in natural therapy and remedies.



Janet – SAYGO
and
Volunteer
Coordinator

My name is Janet Lewis, also known as "Naughty Nana" by my lovely, mischievous grandchildren! I like swimming, walking and planning my next holiday. Having a job that also incorporates keeping fit and helping people is my ideal career. I am currently training for waka ama events in the hope of disguising them as holidays in Taupo this April and Hawaii next year. My main focus

is coordinating the Steady As You go (SAYGo), Falls Prevention programme. I enjoy visiting the groups to see how well they are doing. I am very proud of the Parkinson's group that started the programme in January. I also enjoy meeting new volunteers and matching them to a role that they will enjoy.

If you would like more information about the SAYGo, Falls Prevention programme or volunteer opportunities give me a call. I would love to meet you!



Sue – Senior
Social Worker
– EARS

Hi I am Sue and work as the senior social worker with the Elder Abuse and Response Service.

I am very family oriented and enjoy spending time with my family and friends. I like to garden and spend many hours potting around outside with my wee dog.



Lorraine –
Social Worker
& Welfare
Officer for
WDC and RDC
Council Flats

Kia ora everyone my name is Lorraine. Known to the family as Mama Low or Ma. I'm a hands on and activity Narnie to 4 moko boys who live in Whanganui. I help with drop off and pickups, seen at all school sports, help with Hui Aranga (kapa haka), Kura Kaupapa activities and Kohanga reo.

New Year's resolution for 2019 was to step out of comfort zone and try new experiences. Thoroughly enjoyed my first experience on the Whanganui Awa with waka ama and signed up with Jazmine at Cross Fit.



Deidre Social
Worker EARS &
Community

My name is Deidre Boyd and I am a Social Worker - so what does a Social Worker do you may ask. What I do is help people to solve problems. Whether that be by giving you information, helping you to access services and supports that you are entitled to or supporting you to find a

solution yourself.

I also deal with Elder Abuse. I work alongside my colleague Sue in this role and together we help and support people who may be being abused financially, emotionally, psychologically, physically or being neglected, or they are neglecting themselves.

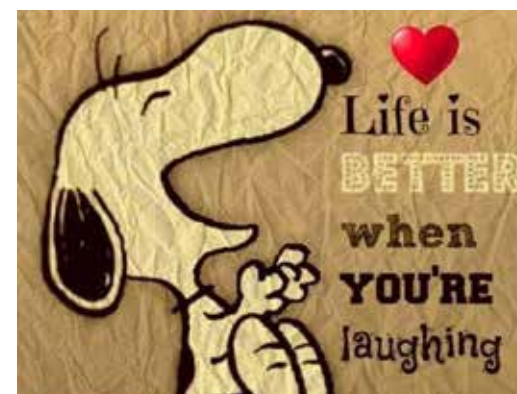
I love what I do and whilst it can often be challenging and upsetting when dealing with abuse it is very rewarding knowing that a difference has been made in a person's life because of the work that I did with them.

On a personal note I live at the beach with my husband and several animals. I am a volunteer Rural Firefighter and believe it is important to give back to the community when you can, that every person has a part to play in the community to ensure that our communities are happy, healthy and safe for everyone.



Clare
Accredited
Visitor & Health
Promotions
Coordinator

I enjoy reading all sorts, listening & dancing to music and singing, being in the present moment, writing poems and essays, tramping, artplay, swimming, volunteering, lounging in hot pools and being with children. The world is my home, having lived in ten countries. At Age Concern, I co-ordinate the accredited visiting service, organise health promotion events and facilitate connection projects.



Fire Safety

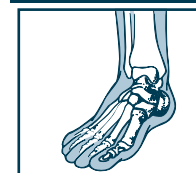
If you are one of Whanganui's older residents, with a Community Services Card, you may be eligible for a *free home fire safety check*. You may also be eligible to have a **FREE** long-life smoke alarm installed.

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.

As autumn approaches it is wise to start thinking ahead to winter. Make sure you get your flu injection about April or May.

It probably seems silly to mention this as it is so hot but if you have a wood burner it is now time to order your lovely dry wood and get it stacked away to keep it nice and dry ready for winter. Also get your Pellets in and put away ready for the cold weather.



THE
FOOT
CENTRE
CAROLYN GROVES
PODIATRY

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

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



- 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

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

Glasgow Group, St Andrews Hall, Glasgow St

11am - 12pm

Rapanui Mowhanau Community Hall

1.30pm - 2.30pm

TUESDAY

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

10.30am - 11.30am

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

St Peters Church Hall, Gonville 10.00am - 11.00am

Special Olympics Hall, Peat St 10.00am - 11.00am

MARTON - TUESDAY

Marton Bowling Club 10.00am - 11.00am

HUNTERVILLE - TUESDAY

Scots Hall 10.45am - 11.45am

RAETIHI - TUESDAY

Elder & Care Village 10.00am - 11.00am

BULLS - WEDNESDAY

Bulls Friendship Hall 10.00am - 11.00am

OHAKUNE - TUESDAY

St James Anglican Church Hall 10.00am - 11.00am

Classes cost \$3 per session.

For more information or to enrol in a class, please contact Coordinator: Janet Lewis at Age Concern Whanganui. Phone: (06) 345 1799



Shaping activities with older people at the heart

Age Concern Whanganui is keen to hear from our kaumātua and seniors: what activities would you like to take part in? Then, we can work together to make them happen. This could be any group activities with older people at the heart, so of course they can include being with younger people too. Last year, I asked this question in a couple of neighbourhoods and received some wonderful answers.

- Let's make sure they're informative and fun – developing knowledge and skills
- At a local venue – that way we can also include those who don't drive
- Lots of ideas around food, nutrition & cooking to increase inspiration & confidence – for example:
 - Spare Chair Sunday (single people invited by a local family to join a regular Sunday lunch)
 - From Garden to Plate: growing veges & fruit; food & recipe swaps
 - Neighbourhood monthly lunch
 - Growing & Shopping & Storing & Cooking for one
 - Diabetes & diet

Now we'd like to hear from more kaumātua and seniors and also to plan to get some of these ideas off the ground – if there's enough interest.

Did you know that in Whanganui District Council (2017):

- residents aged 60 or older are likely to think that neighbourhood community is important.
- 73% of older people have lived in her for 20+ years, with the potential to bring their considerable experience, perceptions, knowledge and contacts to this community development project.

Currently, the Social Connections & Health Promotion Co-ordinator at Age Concern – Clare Fearnley – is facilitating discussions and decisions about what activities older people would like to participate in. Let's begin by seeing what neighbourhood groups we can get going!

During Neighbours' Week, we are inviting older people to share your thoughts, ideas, requests and to be part of shaping what happens.

We invite kaumātua and seniors

to a 10 am cuppa
at Whanganui East Club
101 Wakefield St
Wednesday March 27th

and at Churton School Library
on Thursday March 28th

to exchange positive and practical ideas for activities you'd like to participate in.

Also, Clare Fearnley welcomes calls about this anytime 345 1799.



Enliven creates elder-centred communities where older people have companionship, choice and control, meaningful activity as well as top quality care.

KOWHAINUI HOME AND VILLAGE
88 Virginia Road, Otamatea

Offering independent retirement living, rest home and hospital care, respite, health recovery and a day programme.

ABINGDON VILLAGE
22 Oakland Avenue, St John's Hill, Whanganui

Offering independent retirement living.

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:

☐ NZ European

☐ 60 - 69 yrs

☐ NZ Maori

☐ 70 - 79 yrs

☐ Pasifika

☐ 80 - 89 yrs

☐ Other

☐ 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@acwhanganui.org.nz or post this form to PO Box 703, Whanganui 4540

OFFICE USE ONLY:

☐ Receipt issued

☐ Database updated

☐ Thank you letter

☐ Deposit date

Evidence of age and identity card in New Zealand

Apply now for your new Kiwi Access Card at NZ Post.

The new Kiwi Access Card has replaced the 18+ Card. It can be used as an evidence of age and identity card throughout New Zealand, and is available to both NZ nationals and foreign visitors. Launched by Hospitality New Zealand, the new Kiwi Access Card has been created to better facilitate access to goods and services for everyone in New Zealand. It is the ideal means of identification if you do not have a valid passport and/or driver licence. There have been no changes in the process to obtain a card. Applications for the new Kiwi Access Card are available now and can be made via NZ Post. You can pick up the application form from your local NZ Post outlet, or doTo apply for your Kiwi Access Card you will need:

- A passport-sized photograph. If you don't have one you can get one taken at selected PostShops (for a fee) when you apply.
- Proof of your address.
- Photo ID to prove who you are, this can be your:
 - 18+ Card or Kiwi Access Card (current or has expired less than two years ago)
 - Passport (current or has expired less than two years ago)
 - New Zealand driver licence (current or has expired less than two years ago)
 - Firearms licence (current or has expired less than two years ago)
 - Certificate of identity (issued under the Passports Act 1992) (current or has expired less than two years ago)
 - Refugee travel document (issued by or for the New Zealand Government) (current or has expired less than two years ago)

If you do not have one of these, you can still apply – you need someone who can prove you are over 18 and some other form of identification, like your birth certificate. Check step 5.1 of the application form for a list of what other form of identification is acceptable

Information from Kiwi Access Website

Information from the NZ Police Website

Common scams sent by spam email

Get rich quick schemes

These offer opportunities to earn thousands of dollars a week, but your earnings may be dependent on selling the scheme to others.

Nigerian fee scam

This long-running scam offers you a percentage of millions of dollars in exchange for an up-front fee and letting the sender use your bank account to transfer the funds from where they are currently held. The Nigerian letter has many variations, and despite its name can come from anywhere in the world. For information on similar scams, visit the Consumer website.

Prize notifications

These tell you that you have won a prize in a lottery you haven't entered. But you have to pay money to the operators before they will release the money. For information on similar cases, see the Consumer Protection website.

Internet auction scams

In these scams offenders use stolen credit card numbers to buy high price items or sell bulk items then take the money and run. In many cases the fraudsters are based overseas. Visit the Consumer NZ website to see a report on online auctions.

Phishing

Phishing attacks use 'spoof' emails and fraudulent websites designed to fool recipients into divulging personal financial data such as credit card numbers, social security numbers, bank and other account usernames and passwords. By hijacking the trusted brands of well-known banks, online retailers and credit card companies, phishers are able to convince up to five percent of recipients to respond to them. For more information see the Anti-Phishing Working Group website.

How to protect yourself against scam email

- Do not reply. A reply only

- serves to confirm that your email address is active and ready for further 'offers'.
- Notify the spammer's Internet Service Provider (ISP). If spamming is against the ISP's policy for email account holders, the ISP may penalise the sender.
 - Notify your own ISP or IT support. They may be able to advise you whether filters can be placed on your email programme to stop such emails.
 - Do not forward hoax emails. Take a common sense approach when you receive strangely worded or sensationalist emails in your inbox – if you think the email is a hoax it probably is. Do your friends a favour and don't pass them on.
 - Unless the email is from a known and trusted source, do not open attachments or click on links, as these can infect your computer with malicious programs.
 - Think twice about emails from trusted sources but are 'Forwards' of joke or chain letter types, these can also be dangerous.

More information

Visit the Department of Internal Affairs anti-spam web page. For information on scams running in New Zealand visit the Consumer Protection website. For information on protecting yourself from online trading scams, visit the TradeMe Trust & Safety Blog. Report your concerns about online incidents including spam messages, online traders, objectionable material, privacy breaches, scams and frauds through Netsafe's The Orb website.

Do you have a hearing loss?

HEAR CLEARER. LIVE BETTER.



Call or email Heidi today. Bookings are essential.

Clients are hearing better in background noise than ever before. Hearing aids are more stylish, more discreet and more comfortable than ever before. Hear the quantum leap in technology for yourself.

Simply Hearing is a locally owned and operated clinic.

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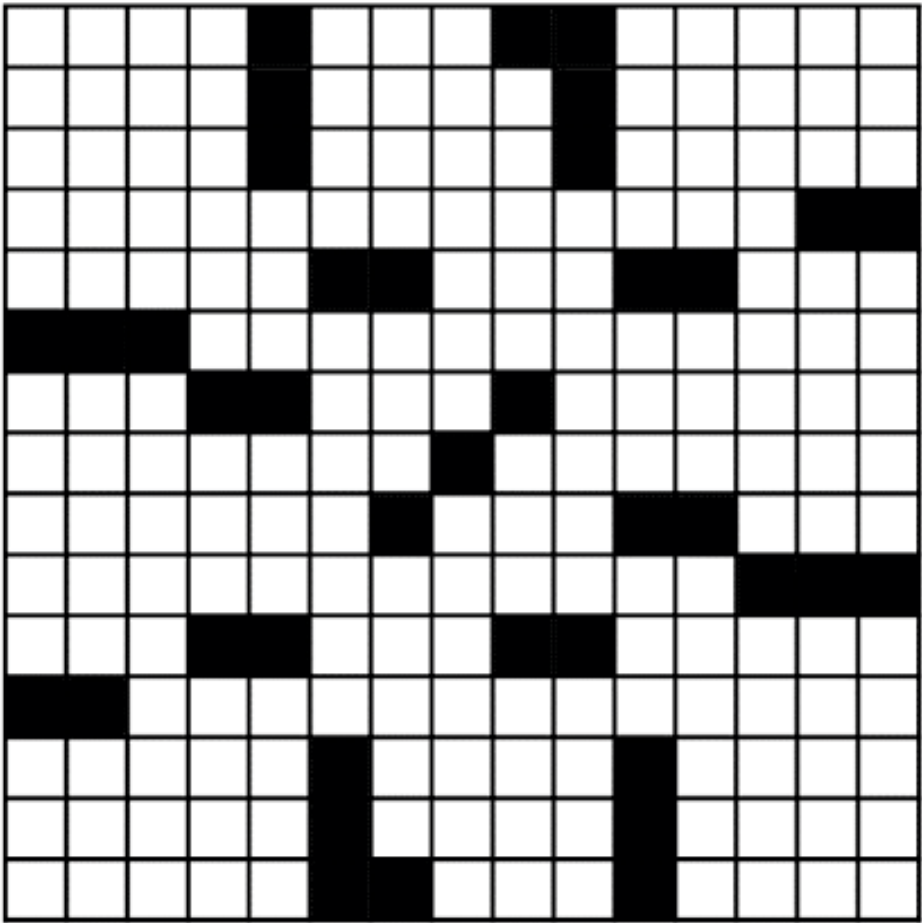


PLEASE SUPPORT OUR ADVERTISERS

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

3 LETTER WORDS

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4 LETTER WORDS

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5 LETTER WORDS

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VIOLA

6 LETTER WORDS

ATRIAL
LIAISE
NARCOS
RESETS

7 LETTER WORDS
EHRlich
GAROTTE

NEUTERS
ONSTAGE
PAHLAVI
RUMMAGE

9 LETTER WORDS
EXTREMITY
TURNTABLE

12 LETTER WORDS
CONSTITUTION
SLEDGEHAMMER

13 LETTER WORDS
ARCHIMANDRITE
MIXED METAPHOR



Apricot Loaf



Delicious, moist and easy to make.

Ingredients

- 1 x 410g can apricots in juice
- 1 cup dried apricots, chopped
- 1 cup sugar
- 2 T margarine or butter
- 1 t baking soda
- 1 cup wholemeal flour
- 1 cup plain flour
- 1 t baking powder

Method

1. Preheat the oven to 180° C.
2. Lightly grease a 22cm loaf tin with a pastry brush and oil or oil spray.
3. Puree canned apricots and juice together using a stick blender or a food processor.
4. Place the first four ingredients in a large saucepan and bring to the boil.
5. Leave to cool and then add the baking soda.
6. Add the flours and baking powder to the apricot mixture and mix until just combined.
7. Pour mixture into the loaf tin and bake for 1 hour or until a skewer inserted in the middle of the loaf comes out clean.
8. Leave in tin for 10 minutes before turning out.

“To make a difference in someone’s life, you don’t have to be brilliant, rich, beautiful or perfect. You just have to care.” ...

DENISE HAIR STUDIO WELCOMES A MATURE CLIENTELE

At DHS we cater for the aging population of Whanganui. We offer traditional hairdressing such as Sets and Perms.

Our spacious premises are bright, warm and centrally located, with free parking and easy access. Our friendly staff create a pleasant atmosphere.

We offer 60+ discounts on all services, quality products, experienced hairdressers (no juniors) and no extra charge for shampoo and dry-off.

* 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

Perm (short hair) \$85.00
(includes Cut and Blowave or Set)

(keep this coupon for future references)

Our Thanks to:



Champion for Seniors
Petition Presented

Tuesday, 19 February 2019
Press Release: New Zealand First Party

New Zealand First MP, Jenny Marcroft has tabled a petition with over 13,000 signatures to Parliament to establish a Commissioner for the Elderly to ensure our seniors are protected. This petition had been spearheaded and presented by media personality, Mark Sainsbury.

“I am pleased to table this petition on behalf of thousands of concerned New Zealanders. This petition appeals for a Commissioner to champion the rights of the elderly in the same way the Children's Commissioner advocates for young people,” says Ms Marcroft.

“I understand that many have had terrible experiences and some of the stories which I have heard have horrified me.”

Mr Sainsbury’s crusade began when a listener told him about how she believed her father was being neglected in his rest home. A flood of similar allegations followed leading him to believe that something more needed to be done. Mr Sainsbury has listened to numerous anecdotes of elderly abuse and neglect across the country on his talkback show and decided to take action.

“I am delighted that Mr Sainsbury, who has advocated for seniors so passionately, has empowered me to present this petition,” Ms Marcroft added.



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Gardening

Find and circle all of the words that are hidden in the grid.
The remaining 27 letters spell a Lady Bird Johnson quote.

F S W H E E L B A R R O W W H G E G R
U P E G S P E T U N I A S S N F N R T
C A G O R T L S O I L O C I N O W A U
H D H R R E L R O W S A T O M A E K L
S E R O O A E S S E B N I E M A E E I
I S W C U W F N S D A T R N E P L B P
A E C N U O E O H L L U O G N O O S S
L L N A I L R G P O T O N M V E U S F
P A B R L N T M N L U A G E A N I L T
I I E E O I I I U I R S G I S T O B S
N N E T C A L C V D G E E H R W O S E
W N T A C R I I Y A T G I E E A E E I
H E S W O T Z H E A T N I R D O M V S
E R G A R D E N B S E E S D H S S O I
E E O O B D R L O E C I N A G R O L A
L P H S S D E E W G N I X A L E R G D
L E V O H S A E P S M U I N A R E G H
O P P I T C H F O R K E C A R R O T S

- | | | | |
|------------|--------------|-----------|-------------|
| ANNUALS | GARDEN | ORGANIC | SEEDS |
| BEANS | GERANIUMS | PEAS | SHOVEL |
| BEETS | GLOVES | PERENNIAL | SOIL |
| BIENNIAL | GNOME | PETUNIAS | SPADE |
| BROCCOLI | GREENHOUSE | PINWHEEL | SUNSHINE |
| CARROTS | GROW | PITCH | TOMATOES |
| COMPOST | HOES | FORK | TROWEL |
| CULTIVATE | HORTICULTURE | PLANTING | TULIPS |
| DAISIES | HOSE | RAIN | VEGETABLES |
| DIGGING | HYDRANGEA | RAKE | WATER |
| FERTILIZER | LILACS | RELAXING | WEEDS |
| FLOWERS | LILIES | ROSES | WHEELBARROW |
| FUCHSIA | MARIGOLDS | ROWS | |



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Sue Walker - Facility Manager
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