

WINTER 2019 QUARTERLY NEWSLETTER  
www.acwhanganui.org.nz



# Age Concern Whanganui

*Serving the needs of older people*

## ELDER ABUSE

IT IS OK TO ASK AGE CONCERN FOR HELP!

CALL 0800 EA NOT OK - 0800 32 668 65



ELDER ABUSE AWARENESS 15 - 22 JUNE



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

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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

<b>Chairperson:</b>	Wendall Hart
<b>Vice Chairperson:</b>	Jan Bullen
<b>Secretary:</b>	Vacant
<b>Members:</b>	Toots Mohi
	Graham Adams
	Diana Doyle
	Peter Allison
	Keri-Anne Hawira



## Staff

<b>Manager:</b>	Michelle Malcolm
<b>Administrator:</b>	Noeleen Voice
<b>Volunteer Coordination:</b>	Janet Lewis
<b>Steady As You Go:</b>	Janet Lewis
<b>Community Support/ Social Work:</b>	Sue Evans Lorraine Peipi-TePou Deidre Boyd
<b>Welfare Officer - Council Flats Whanganui &amp; Rangitikei:</b>	Lorraine Peipi-TePou
<b>Elder Abuse Response Service:</b>	Sue Evans (Senior Social Worker) Deidre Boyd
<b>Social Connections/ Accredited Visiting Service:</b>	Clare Fearnley
<b>Health Promotion:</b>	Clare Fearnley

## From the Chair

Don't be fooled by the balmy weather we are experiencing in May. Winter will be upon us soon enough.

Thankfully the Government has again agreed to pay Superannuates a little extra (Winter Energy Payment) each fortnight, to help with the cost of heating. It is important that all elderly are able to feel warm in their homes during the winter months. This payment will go some way to alleviating the pain in the pocket when energy bills come in.

Already the flu bug seems to be in the community. The flu vaccination is free, so if you haven't already had the jab, make an appointment now to get it.

I would like to express my thanks to the staff and volunteers of our wonderful organisation, who provide support to the older persons in our regions in so many ways.

Our new Manager Michelle has settled into her new role. Her previous employment has proven invaluable, as she looks at ways to enhance the operation of Age Concern, Whanganui.

## From the Manager

Hi everyone, it is hard to believe that we are half way through the year already – doesn't time fly. I won't tell you how many days till Christmas!

Things have been busy for us since our last newsletter – we held a Neighbours Block Morning tea, as part of Neighbours week. This was a great way for us to meet our neighbours and share information with each other.

We attended the "What Matters To You" Day hosted by Taihape Older and Bolder in March. It was lovely to meet the local community and network with other organisations / agencies within the Taihape area.

This month is Elder Abuse Awareness Week, which is from the 15th to 22nd of June. The statistics for Elder Abuse are quite shocking as you will read further in our newsletter.

I hope everyone keeps safe and warm in the winter months and we will catch up again in spring.

kind regards *Michelle*

## IT'S DRIVING MISS DAISY'S 10TH BIRTHDAY!

This May marks a ten year milestone for Driving Miss Daisy. We are New Zealand's first and largest companion driving service and we have been committed to helping older people stay social, active and independent since 2009.

With ten years' worth of hard work and dedication, owners Melanie and Jack Harper have been successful in establishing Driving Miss Daisy as a trusted and loved brand, giving people the freedom of independence within their community. Driving Miss Daisy is now established all over New Zealand with 73 franchises, from Invercargill all the way up to Kerikeri in the North.

"We are so proud of what we have achieved and all of the people that we have helped along the way. Thank you to all our Daisies - franchise owners, drivers and partners. Thank you to all the wonderful clients we have enjoyed helping, spending time with and making friends with - here's to another decade of making a difference in people's lives!"

Melanie Harper, co-founder Driving Miss Daisy.

As people get older and their situations change, it can be hard to get out and about, socialise or simply manage basic errands. Driving Miss Daisy provides freedom, independence and strong social connections for those who need it. Our Driving Miss Daisy, 'Daisies', provide transport as well as companionship to clients ranging from supermarket shops, to doctors' appointments, or simply accompany them for leisurely activities whether grabbing a coffee or going on a group day trip.

We hold the companion driving service contract with ACC nationally and we are accredited under the Total Mobility Scheme which provides discounts on Driving Miss Daisy transportation services.

It is important to stay socially active and if you would like to find out more about our services please call us to discuss - we look forward to hearing from you.

*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](http://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 staff provide 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](mailto:info@acwhanganui.org.nz)

**[www.acwhanganui.org.nz](http://www.acwhanganui.org.nz)**



**Go to [www.facebook.com/ageconcernwhanganui/](http://www.facebook.com/ageconcernwhanganui/) to follow us on Facebook.**

## It is ok to ask Age Concern for help.

Age Concern is raising awareness of elder abuse during Elder Abuse Awareness Week from 15-22 June 2019 which begins on World Elder Abuse Awareness Day on 15 June 2019.

Age Concern Whanganui marks this day every year as part of a worldwide collaboration to highlight this dreadful and often hidden type of abuse.

Let's not keep it hidden. Let's make sure that anyone who has concerns for an older person knows they can contact Age Concern Whanganui and discuss it in confidence.

Michelle Malcolm, Manager says "We will listen to people's concerns, offer to assess the situation, respect the wishes of the older person affected and always make sure the safety and wellbeing of the older person is the main consideration".

"What that means in reality is working together with an aim to resolve concerns cooperatively. We aim to find ways to support older people to live safely, make their own decisions and be respected" says Michelle.

Unfortunately Age Concern elder abuse statistics show that:

- 78% of cases include psychological abuse**
- 49% of cases involve financial abuse**
- 80% of alleged abusers are family members**
- 54% of the alleged abusers are adult children or grandchildren**

Alleged abusers are almost as likely to be female as male

If you suspect an older person is not being treated well or want to report abuse please contact us on 06 345 1799

If you are experiencing a crisis or emergency, and someone's safety is at risk please call the emergency services on 111.

## BACKGROUND:

- Age Concern's Elder Abuse and Neglect Response and Prevention services received over 2000 referrals for older people who may be facing elder abuse or neglect. That's nine referrals every working day.
- We all need to take a more active role in supporting the well-being of older people – and to

treat them with respect.

- Commonly, there are several types of elder abuse that may occur, such as; financial, psychological, physical, and neglect.
- Startling research from the referrals Age Concern receives shows that more than three quarters of elder abuse occurs at the hands of people's own family members.
- There is a fear with older people that if they speak-out they will lose the only social support network they have, especially if the abuser is a relative – yet our services can work with the older people to retain that relationship if that's what they want.

Age Concern and SeniorNet Whanganui have been talking, and we're thinking that it would be a great idea to explore how we can help each other to help seniors.

One of the most difficult things that seniors face is learning how to cope with change. Change is everywhere, all around us. It affects us directly. It infects our daily lives.

Today's seniors grew up in a world that was very different to the one we live in now. Think about the way you are living; what do you do and how do you do it? How do you communicate? Get around? and how do you react with the world? To say the world is different to when you were young is an understatement.

We too are different. Our bodies work, or not, in different ways. We are perhaps a little more restricted in what we can do and how we do it. How we handle all these changes determines how much we are able to enjoy our senior years.

Both Age Concern and SeniorNet can help arm seniors with tools to make our lives easier, very much easier, be medically, socially, or just in the way we do things. That is why we are teaming up.

SeniorNet is talking to AGE Concern about the ways that technology can make the lives of seniors more interesting, exciting and useful. It can, it will, and it really isn't that difficult.

The future will always be here. Lets embrace it!



## Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to [www.whatsmynumber.org.nz](http://www.whatsmynumber.org.nz) will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth checking to see if you're getting the best deal for you.

### Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

Visit [www.energywise.govt.nz](http://www.energywise.govt.nz) for more information.



**Successful Ageing Seminar**  
by Dr Jan Gregson, Geriatrician

**Wednesday July 24<sup>th</sup>**  
**11 am- 12pm**  
**Gold coin**

Veandercross Lounge  
Racecourse, Purnell St

To register, call Age Concern Whanganui  
345 1799  
& pop in 9 to 3.30 for health information

Nothing is particularly hard if you divide it into small jobs.

## RETIRED ON A BUDGET?

Paying less for power is a quick way to squeeze more out of your budget.

Check [whatsmynumber.org.nz](http://whatsmynumber.org.nz) to see if you can get a better deal.

[WhatsMyNumber.org.nz](http://WhatsMyNumber.org.nz)

## Successful Ageing

July 24th seminar

Age Concern Whanganui is hosting a one-hour seminar on Successful Ageing on Wednesday July 24th 11am to noon. We'll be at the Racecourse's Veandercross Lounge – Purnell St.

Dr Jan Gregson MRCP (Member of the Royal Colleges of Physicians, UK) & FRACP (Fellow of the Royal Australasian College of Physicians) is the speaker. Jan was born in Manchester, England, and completed her undergraduate training in Liverpool. Her postgraduate training (in UK and New Zealand) was in Internal Medicine and Geriatric Medicine. She has been a Specialist in Geriatrics since 2004, having worked for six years in Rotorua before moving to Whanganui in 2010. She is a Consultant Physician and Geriatrician for the Whanganui District Health Board. Jan is married to Peter who is a Nurse Practitioner for Hospice Whanganui and they have three dogs.

It is only recent attitudes – of the last 70 years or so – and only in some places in the world that elders are seen as a social burden. The facts however show our many and varied contributions to society. With our city having a significant number of kaumātua and elders, we will be aware of this. Jan's talk will give us information, knowledge and understanding of what really influences successful ageing. The details are fascinating. For example, Jan will tell us about our brain's cognitive functioning, including its adaptability and resilience. She has much to tell us about Successful Ageing based on research – and I can recommend her presentation and delivery skills: we will learn and laugh!

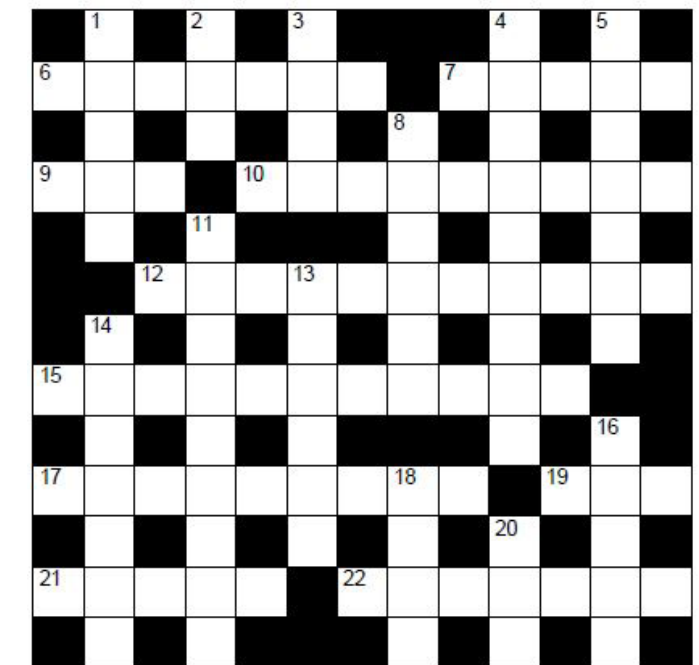
To join us on July 24th at 11am, simply phone Age Concern reception beforehand on 345 1799 to register, get directions (and ensure your seat) and then turn up - with a gold coin please for venue costs.

We hope to see you and your friends and families there.

*Clare Fearnley,*

Health Promotion & Social Connections Co-ordinator.

## Quick crossword



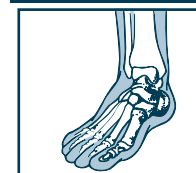
### ACROSS

- 6. Expand (7)
- 7. Implant (5)
- 9. Burgle (3)
- 10. Butcher (9)
- 12. Smash hit (11)
- 15. Self-consciousness (11)
- 17. Clumsy (3-6)
- 19. Groupie (3)
- 21. Making an older person's decisions for them (5)
- 22. Plod (7)

### DOWN

- 1. Sag (5)
- 2. Craze (3)
- 3. Small valley (4)
- 4. Accentuate (9)
- 5. Sports official (7)
- 8. Head dress (6)
- 11. Lose your temper (colloq) (4,1,4)
- 13. Light red (6)
- 14. Have confidence in (5,2)
- 16. Hesitate (5)
- 18. Merit (4)
- 20. Racket (3)

**21 Across:** If a family member or carer takes decisions out of your hands or disregards your wishes, it's elder ABUSE & it's not OK. What is OK is seeking help. Call 0800 32 668 65 for free, confidential support. Brought to you by the Office for Seniors.



THE  
**FOOT**  
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PODIATRY

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**Complete Foot Care and Treatment**

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

It had been raining. The driveway was slippery. The taxi was early, so Jean hurried, putting on the wrong shoes. The plastic soles were perfect for her skate down the driveway landing beside the taxi door with a broken ankle.

## A fall at any age can be life changing.

The ACC booklet Love Your Independence says that: "Falling over isn't part of the ageing process. Many falls are preventable....Current data shows us that each year one in three people aged 65 or over will fall. For people aged 80 and over, the risk increases to one in two.... People can worry so much about falling that they restrict their activity. Eventually they move less, their strength decreases, their balance is affected and their risk of falling increases."

Age Concern Whanganui launched Steady as You Go, Falls Prevention Strength and Balance programme September 2015. The programme has been a huge success with some amazing results. The exercises are designed to improve balance, leg strength, general fitness and well-being. Participants begin with a warm up in a chair followed by standing exercises, walking exercises and end with a warm down in a chair. Ankle weights are used for the leg strengthening exercises and all participants are encouraged to work at their own pace and stop if they fell dizzy or lightheaded. Three simple strength and balance tests are carried out at week 1 and week 10 of the programme.

If you would like to attend a class please contact Janet Lewis, Steady as You Go Coordinator Ph 345 1799.

### Come along and amaze yourself!

#### Previous quick solution

Across 6. Broaden 7. Embed 9. Rob 10. Slaughter 12. Blockbuster 15. Awkwardness 17. Ham-fisted 19. Fan 21. Abuse 22. Traipse.

Down 1. Droop 2. Fad 3. Dell 4. Emphasise 5. Referee 8. Turban 11. Blow a fuse 13. Cerise 14. Swear by 16. Pause 18. Earn 20. Din.

## Steady As You Go<sup>®</sup> 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

#### WEDNESDAY

**Faith Academy** 10am - 11am

**St James Presbyterian Church, Whanganui East**

11am - 12pm

#### THURSDAY

**Churton School Hall, Aramoho** 11am - 12pm

**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** 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

**Lions Den, 3 Arawa St** 10.00am - 11.00am

**Classes cost \$3 per session.**

**For more information or to enrol in a class, please contact Steady As You Go Coordinator:**

**Janet Lewis Phone**

**(06) 345 1799 | email: saygo@acwhanganui.org.nz**



## HEALTH MATTERS

### BRONCHIOLITIS

Bronchiolitis is a viral infection which affects the airways in young children. It can start as a cold with a runny nose and usually lasts for seven to 10 days, although the cough may continue for up to six weeks or longer.

#### Preventing bronchiolitis:

- Wash and dry your hands before and after handling your child.
- Encourage all family members to wash their hands often – bronchiolitis is contagious.
- Use tissues and put used ones in the bin.
- Keep household surfaces clean.
- Avoid people with colds and coughs if possible.
- Keep your home warm.
- Breastfeeding improves your child's immunity.
- Be up to date with all childhood immunisations
- Avoid smoking around children, in the home and car. The local quit clinic can support you to go smokefree, call them on 0800 200 249.

For more information call Healthline 0800 611 116 or visit [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz).

### THE MINISTRY OF SOCIAL DEVELOPMENT'S TEN-TIP GUIDE TO SAVE MONEY AND CUT YOUR ELECTRICITY COSTS:

- 1. Talk to your electricity company** about which plan is best for you. Most companies provide options including direct debits at a flat rate all year round, pre-payment meters and low use rates for people who are very frugal.
- 2. Most of your electricity bill will go on hot water** so use less if you can. Set your washing machine on a cold wash and rinse your dishes in cold water. Take short showers instead of baths.

Showers use 60 per cent less water than baths.

- 3. Fix dripping taps.** A dripping hot tap can cost \$80 a year but a washer to fix it costs less than \$1!
- 4. If your hot water cylinder is old,** keep the heat in by using a hot water cylinder wrap. These are available from hardware stores. Make sure the thermostat is set to produce a temperature of 55C at the tap (this will also prevent scalds).
- 5. Always turn the lights off** in rooms when you leave them. But if you are using energy efficient light bulbs it is better to leave them on if you are returning within ten minutes.
- 6. Appliances that have a standby function** (such as TVs, stereos, mobile chargers, computers or microwaves) should be turned off at the wall. This can save you up to \$75 a year.
- 7. Clothes dryers can be very expensive** to run so try not to use them unless you really have to. Heated towel rails are also expensive and cost around \$120 a year to run.
- 8. Make sure there is generous air space** behind the back of your fridge and try to locate it out of direct sunlight, or in a cooler room like the laundry. Don't open the fridge door too often or leave it open.

- 9. Make sure you cool food before putting it in the fridge.** Turn off your second or 'drinks' fridge - this could be costing you \$190 per year.
- 10. When cooking keep the oven door closed.** Always keep lids on pots and use as little water as possible to cook foods. Simmer rather than boil food and if possible use a microwave, as this uses 30-40 per cent less power than a conventional oven. Defrost food naturally if possible, (in the fridge is best) rather than in the microwave.

*Information from the ERANZ website*

## MEMBERSHIP FORM

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

Name: .....

Address: .....

Phone: .....

Email: .....

<b>Ethnicity:</b>	<b>Age Group:</b>
<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:**

Westpac account - 030791-0454649-00

If you are making an internet payment please email your details to: [info@acwhanganui.org.nz](mailto: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

**PLEASE SUPPORT OUR ADVERTISERS**

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

## WANDERSEARCH TRACKING SYSTEM

### What is it?

The WanderSearch Tracking system is used by Land Search and Rescue and NZ Police (Colin Wright, NZ Police and OC of Whanganui Search and Rescue) to search for people living with dementia or autism who have walked from their place of residence.

### How does it work?

A pendant is worn by the person. The pendant emits a pulse using a specific frequency which is detected using a Radio tracking Unit and a directional Finding Aerial. The pulse strengthens as the tracking unit approaches the pendant.

### How much does it cost?

MAZDA Foundation funded the pendants and the tracking equipment. We ask that you become a member of Alzheimers Whanganui (\$25 per annum) and pay for the battery replacement - (\$60 every 6 months)

### How do I get one?

Contact Alzheimers Whanganui  
 0800 004 001/ 345 8833  
 Email: [community@alzheimerswhanganui.org.nz](mailto:community@alzheimerswhanganui.org.nz)



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](http://www.enlivencentral.org.nz)

## Whanganui District Library has opened a new suburban self-service library

at 10 Rangiora Street, next to the Citadel Café in Castlecliff. This is the second self-service library in Whanganui, after the Hakeke Street Library opened in Whanganui East in January.

The new library was brought about by a partnership between Whanganui District Library and James Barron from Castlecliff NZ, in association with Progress Castlecliff. Mr Barron has relocated a former classroom to the Rangiora Street site, refurbished the building and added a stunning mural by local artist Dan Mills.

The library will share the relocated building with Soul Body Beauty Hairdressing. Half of the building will be the hairdresser's working floor and half will contain the library space with bookshelves, IT infrastructure and a flexible seating and meeting area. The Library half is open, and the hairdressing business will start in June. The building is open Tuesday-Saturday.

The Rangiora Street Library will house a collection of around 1,000 adult and children's fiction and non-fiction books and magazines, with a focus on the most popular titles. Visitors to the Rangiora Street Library will be able to check books out and back in and pay any overdue charges by eftpos at a self-service machine. A touchscreen PC will enable them to log in to their library accounts, search for and reserve books (which can be delivered for pick up at Rangiora Street) and join the library if they're not already a member. Library membership and borrowing is free.

Mr Barron says as well as creating a place for people to "chill with a good coffee and a good read" the vision is that volunteer librarians and the Castlecliff community will develop the co-space into a community hub "which could be used for anything from book groups, to art and craft groups, to people helping people with bridging the digital divide, or bike and

scooter repairs or anything else they want to provide".

Library Frontline Services Manager Nicholas Keene says, "We are delighted to be able to extend our reach out into Castlecliff. Having a physical library there will provide Castlecliff residents with much easier access to our collection. We look forward to seeing people coming together to share the enjoyment of reading".



Do you have a hearing loss?

**HEAR CLEARER. LIVE BETTER.**



Heidi Armstrong



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.

35 Dublin Street, Wanganui 4500 • phone: (06) 345 9799  
 email: [info@simplyhearing.co.nz](mailto:info@simplyhearing.co.nz) • web: [simplyhearing.co.nz](http://simplyhearing.co.nz)



## Connections & Activities

### Seniors (& everyone) living with meaning, purpose and joy.

The River City Press recently reminded us of the key elements of ageing positively. Connections and activities contribute to our (seniors' and everyone's) health and happiness. Let's explore this locally.

**Keep learning: Me ako tonu.** We can embrace new interests, experiences and challenges. We can seek out pursuits to keep our mind and body active. Whanganui has many free and inexpensive opportunities to attend events and to take part in activities. Here are some examples of activities:

- U3A where small groups (of folks "beyond middle age") meet to keep learning and socialise. Examples include Local History • Travel • Arts • Gardens • Music • Cinema • Science & Technology
- Books • Open Discussions • Writing

## DENISE HAIR STUDIO WELCOMES A MATURE CLIENTELE

At DHS we cater for the aging population of Whanganui. We offer traditional hairdressing including 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)*

- Community Education courses
- Senior Net's courses to upskill our confidence and abilities to gain information, learn, communicate and create using technology.
- Community House's comprehensive Directory of groups and clubs: you can call, visit them or their website.
- Some residential villages offer day programmes to non-residents: Jane Winstone, Masonic Court, Summerset and Kowhainui.

**Be active: Me kori tonu.** We can do what we can to move our body – knowing this is also good for the mind. Being active comes in many forms: working up a sweat gardening or maintaining flexibility and developing relaxation and resilience – eg Feldenkrais Movement or yoga. Sports Whanganui have listed physical activities from Take It Easy to Active. Discover what you enjoy that suits your level of mobility and fitness.

**Connect: Me Whakawhanaunga.** We know the benefits that come from being with folks whose company we enjoy. Social connection is a basic human need and meeting that need contributes a great deal to our lives.

- Eat with friends or family; invite a friend for a coffee.
- Get to know our neighbours –Neighbourhood Support or [www.neighbourly.co.nz](http://www.neighbourly.co.nz)
- Keep in touch with distant family and friends – eg with a smart phone.
- Is Age Concern's Accredited Visiting Service for you? As a visitor or as a client?
- Register with St John's Caring Caller – a free telephone friendship service.

Relationships are the cornerstone of our life and building them supports and enriches us every day.

**Give, Tukua.** It feels good to give, so let's give what we can, especially our time. What do you have to offer your loved ones and the community? For example, folks knit and bake for charities, donate unwanted belongings, give smiles – to improve others' lives and theirs.

**Age Concern Whanganui:** for the contacts of these organisations, call 9am -3.30pm on 345 1799 or [info@acwhanganui.org.nz](mailto:info@acwhanganui.org.nz).

Clare Fearnley is also happy to support you to develop your own Plan of Actions & Connections; and if you have ideas for group activities led by elders you'd like to co-create with her assistance – eg Neighbourhood Clubs – then get in touch!

*Written with reference to Mental Health Foundation of New Zealand and Office for Senior Citizens.*

## Kitchen CORNER



### Pumpkin and Carrot Soup

Lovely soup – you can freeze the leftovers, then all you need to do is pour it into a pan to reheat for next time.

#### Ingredients 4-6 Serves

- 1 Pumpkin, peeled and seeded
- 2T Coriander seeds
- 1t Ground cinnamon
- 2 Dried red chillies (optional)
- 2t Olive oil
- Salt and pepper to season
- 1 bunch fresh sage leaves, or 1t dried sage (optional)
- 1 Onion, peeled and finely chopped
- 1 Carrot, sliced
- 1 stick Celery, chopped
- 1.4 litres Vegetable stock (use liquid stock or follow instructions on packet of vegetable stock powder)
- 4T Sour Cream



#### Method

1. Preheat the oven to 200 °C.
2. Cut pumpkin into even-sized chunks and transfer to a roasting tray.
3. Chop and mix the coriander seeds, cinnamon, and dried chillies until nice and fine, then sprinkle over the pumpkin.
4. Drizzle with a little olive oil, season with salt and pepper, then roast in the preheated oven for about 40 minutes until nice and soft.
5. Before the pumpkin is ready, gently cook the onions, carrots, and celery with a little olive oil in a large pan for 10 to 15 minutes.
6. Add the roasted pumpkin to the pan and pour in the vegetable stock.
7. Bring everything to the boil then turn off the heat.
8. Purée the soup using a stick blender or bench top blender.
9. Fry the sage leaves in a little olive oil for 2 minutes until crispy.
10. Serve soup with a swirl of sour cream and a sprinkling of crispy sage leaves in each bowl.

## HealthCare New Zealand

Being independent is key to our quality of life. For most people, that means staying in our own homes, close to our family, friends, communities and favourite activities.

Sometimes we need a hand to maintain our independence, and that's where HealthCare New Zealand can offer high quality help, tailored to your lifestyle.

HealthCare New Zealand supports people around the country with personal care, home management and domestic support, nursing services and rehabilitation. Their specialist skills, knowledge and expertise lets them work with you to create a plan that suits your needs, regardless of age, illness, injury or disability.

With a national network of experienced and trained professionals, HealthCare New Zealand works alongside people and their families each step of the way, with a personalised support plan that incorporates your needs and goals.

With a toll-free 0800 number and website – [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz) it's easy to get the support that works for you.



With over 30 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

Our services include:

- Personal care
- Nursing services
- Home care services
- Goal based services

Our services are fully certified and in some cases may be free for eligible residents.

We also support privately paying clients.

**For more information:**

Freephone: 0800 532 000  
[www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)



**HealthCare**  
New Zealand

Rehabilitation. Community Health.

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**Our Thanks to:**



**Story Club**

The Anglican Parish of Whanganui invite you to join us for tea and companionship; a space to share stories for the over 70s.

Christ Church Community Centre  
243 Wicksteed Street

1st & 3rd Wednesday every month  
From 2pm - 4pm

**What is Story Club?**

Story Club happens 1st & 3rd Wednesday each month. It is a place where people over 70 come for companionship, share their stories and make friends. Afternoon tea is served as we chat and spend time together.

We look forward to meeting you

*For more information or assistance with transport please phone Sara Gaskin (06)348 9956*

**Old age ain't no place for sissies!**  
~ Bette Davis ~

**Care On Call** 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.

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

*Please call us or visit our website for more information.*



**The tax refunds process is now automatic**

On 26 April, the latest changes as part of our transformation to make tax more straight forward came into effect.

**What does this mean for you?**

The main things you need to be aware of are:

- **Income tax assessments**  
You'll receive an income tax assessment between Monday 20 May to the end of July to finalise your end-of-year tax information if your income is from:
  - salary or wages
  - schedular payments (including ACC Attendant Care)
  - income-tested benefits
  - interest or dividends
  - taxable Maori authority distributions
  - benefits under an employee share scheme
  - superannuation (NZ Super)
  - student allowance
  - Accident Compensation Corporation (ACC).
 This will show how much you've earned, how much tax you've paid and your tax calculation – so you'll know exactly where you stand. If you have a myIR account, we will notify you that your income tax assessment is there. If you don't, it will be posted to you.

- **Automatic tax refunds**  
If you paid too much tax during the year and are due a refund, we'll automatically pay the refund directly into your bank account (so long as your bank account details are up to date in our system).

- **New website and improved myIR**  
Our new website features a brand-new homepage, look and feel and layout, with improved search and the ability to navigate content by role, situation, topic or task. We've re-written the Child Support, Working for Families Tax Credits and Income Tax content in a crisper and more accessible style. We'll progressively re-write and move the remaining content over the remainder of the year. In the meantime, you can search across the new and old content using the improved search function.

- Other features of the new site include:
- Shorter content and fewer pages
  - The ability to navigate content by role, situation, topic or task
  - A responsive design allowing you to view the site on any device
  - An improved online experience for those who are visually impaired.
- We've also made enhancements to myIR, including a new landing page and changes to layout, as well as greater control, visibility and certainty for users of their tax and social policy obligations.

**What do you need to do?**  
Keep your details up to date and we'll take care of the rest.

Make sure we have your current bank account details so we can pay refunds and entitlements, and your up-to-date email and address details so we can make sure you get your income tax assessment. You can check or update your details using myIR.

**What else do you need to know?**  
For more information on the other changes that have become law, including tax code notifications and donation receipt uploading through myIR, visit our website.

**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  
Ph. 345 1799.

**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".





# ST JOHNS HILL HEALTHCARE



*Our facility offers the very best of hospital/resthome care*



- 60 Beds
- Hospital / Resthome Level Care
- Van for outings
- Extensive diversional activity programmes for residents
- Situated on St Johns Hill overlooking Wanganui City
- Set in park like grounds
- Earthquake strengthened
- Privately owned and operated

**2 Virginia Road, St Johns Hill, Wanganui**

Please feel free to call with any queries

**Phone:** (06) 348 1500

**Email:** [admin@stjohnshillhealthcare.co.nz](mailto:admin@stjohnshillhealthcare.co.nz)



Sue Walker - Facility Manager  
Jo Green - Clinical Team Leader

