

SPRING 2019 QUARTERLY NEWSLETTER
www.acwhanganui.org.nz



Age Concern Whanganui

Serving the needs of older people



For advertising phone Dave 027 652 5220 or email 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

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Volunteer Coordination: Janet Lewis
Steady As You Go: Janet Lewis
**Community Support/
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 Lorraine Peipi-TePou
 Deidre Boyd

**Welfare Officer - Council Flats
 Whanganui & Rangitikei:** Lorraine Peipi-TePou
**Elder Abuse Response
 Service:** Sue Evans
(Senior Social Worker)
 Deidre Boyd

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

From the Chair

As I sit in front of the computer screen, contemplating what to say for the August Newsletter, the wind is howling through the trees across in Kowhai Park and it is a bleak winter's afternoon outside. Spring will be here soon enough and already the days are slowly lengthening. Just along from me there is already a large clump of daffodils in flower. Somewhat early, but welcome all the same.

The heat pump is on and I am cosy. Making the best of the Governments extra support with the energy payment means that I along with many of you can have your heating on longer. I trust you are all keeping warm at this time of year.

I attended a talk from Dr Jan Gregson entitled, Aging Successfully. The event was held at Racecourse and as far as I could see seats were hard to come by. A great turnout and I am sure those attending were very appreciative of what Dr Gregson had to say. What stayed with me was being told, that Older people are not a drain on society. Where would the many volunteer organisations be without older people. Many grandparents supervise grandchildren while their parents are out working. I say go the oldies. Thank you for all that you do both in support of the community and your families.

By the time you receive this Newsletter, The Annual General Meeting of Age Concern, Whanganui may already have been held. If not, I hope that you may be able to attend. The formal part of the meeting will be followed by our guest speaker Russell, from the WDHB.

Wendall Hart



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

Driving Miss Daisy

We are not just for seniors!

Over the years Driving Miss Daisy has built up a reputation for providing a high quality service to senior citizens who no longer drive. They are a regular at retirement villages and rest homes across the country and senior citizen clients form the largest proportion of their client base. But did you know that they also provide our services to younger people who don't drive?

Some clients have a disability or medical condition which means they can't drive, however this doesn't stop them from being very active in other areas of their life; they work in a professional capacity, run businesses, attend school or tertiary education and enjoy socialising with friends. Driving Miss Daisy drives these clients to their place of work or business meetings, assists them to their lectures and social occasions, ensuring they are where they need to be in plenty of time.

They treat every client as an individual, no matter what their personal circumstance. Every client has different needs, and they make sure they discuss this with their clients so that they fully understand them and provide them with the absolute best support and service.

For Driving Miss Daisy, it's imperative that all their clients are treated with dignity and respect. They are committed to helping their clients get out and about, so they can live life to the full and enjoy every moment.

If you have an activity you would like them to help with please call them today to discuss – they look forward to seeing you soon!

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 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

www.acwhanganui.org.nz

Have you paid your membership for 2019

If you have thank you very much.

We really appreciate your support at members of Age Concern Whanganui

This is just a wee reminder membership is due for 2019.

You can pay by cash/cheque/ internet
Our bank account is

Westpac account 030791-0454649-00

If you are making an internet payment, please email your details to: info@acwhanganui.org.nz



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

rymanhealthcare.co.nz



Where community shapes the heart of your retirement

Spark steps up with two new products for seniors

- **Nuisance-call blocking landline helps give peace of mind to those worried about scam calls**
- **New postpaid mobile plans designed specifically for over-65 market**



Today Spark has today introduced two new products for New Zealand seniors: the first nuisance-call blocking home phone (landline) available in New Zealand; and the cheapest advertised pay monthly mobile plan on the New Zealand market - tailored to the needs of those over 65 years. Both of the products help strengthen Spark's offering to the senior generation and help them win big in a digital world.

Spark Product Director, Tessa Tierney said that by 2032, about 21% of New Zealanders will be aged 65 years and older, and so it makes sense for Spark to work on solutions to address the needs of this age group.

Call Screen nuisance-call blocking technology
Call Screen is designed to empower customers to protect themselves from scams and other nuisance calls as it allows them to decide who they talk to by screening incoming calls, reducing the fear of becoming victim to scammers.

While it looks and plugs in like a normal home phone, when an unknown caller rings, they are prompted to announce their name and the receiver can decide whether to accept or block the call. Saved contacts, on the other hand, are put straight through.

"Call Screen can help completely block the call from

coming through because scammers, unwanted business callers and even autodialing machines either can't or won't record their name, which means the phone doesn't ring, saving customers time, lessening stress and making them feel more secure," said Tessa.

Over the last few years, the number of phone scam victims has grown considerably with some people losing thousands of dollars after falling for the seemingly legitimate ruses. As avid landline users, many of those who have fallen victim have been seniors.

"In an increasingly digital world, we know scammers are becoming ever more sophisticated in their attempts to rip people off. Spark is continuously working on ways to help empower members of the public to protect themselves against phone scams. Call Screen puts some control back into the hands of the user, letting them decide who they want to talk to and who they don't."

Mobile plans tailored for New Zealand Seniors

Today Spark has also introduced two new pay monthly mobile plans tailored for and available to those over 65 years.

The new and affordable Gold plans - Gold Basic and Gold Talker - are designed specifically to meet the needs of those aged 65 years and older, giving them less of what they don't need and more of what they do.

"We know that those in the 65 plus age group tend to use less data, calling and texts than other age groups and that seniors are keen to find a plan that is more suited to their needs and kinder on their pockets," said Tessa.

The Gold Basic plan offers unlimited landline minutes and unlimited Spark minutes, another 50 minutes to other NZ mobiles, 50 NZ texts and 100MB of data for \$12.99 - making it the most affordable advertised pay monthly mobile plan in New Zealand. Gold Talker offers Unlimited calling to mobile and landline, 500 NZ texts and 500MB of data for \$22.99*.

Both plans' data allowances are automatically capped to help users avoid any casual rates being charged if they accidentally exceed their allowance.

Over 65's can also purchase Spark's unlimited pay monthly mobile plans, including the group plan, with a \$10 discount.

Call screen is available at all Spark stores, over online chat, over the phone by calling 123 or via the online form available at spark.co.nz/callscreen. ** New and existing Spark customers with SuperGold cards can get a \$30 account credit upon purchasing the Call Screen Twin Cordless Phone by presenting their card and photo ID in a Spark store.

Basic and Gold Talker pay monthly mobile plans are available to those aged 65 and older. More information on Spark's Gold plans can be found at spark.co.nz/shop/mobile-plans/gold-plans

**To sign up to the Gold plans, you must be aged 65 years or older and show a valid photo ID. Max two Gold plans per Spark account.*

***Call Screen Twin Cordless Phone is available for purchase at \$139.99 however, if you are a new or existing Spark customer, are 65 or over and have a SuperGold card, you can get a \$30 account credit when you purchase Call Screen in store. You do not have to be a Spark customer to use Call Screen however, you will need to ensure you have a landline plan with a provider and that you have the caller display network feature. Spark is offering caller display for free to all new and existing Spark landline plan customers who purchase a Call Screen phone.*

Gold Basic and Gold Talker plans: Rollover up to a total of 3.5GB and 500 mins. Standard NZ numbers only.

\$10 Gold Discount: Available on the \$79.99 Unlimited Plan and the \$99.99 Unlimited Group plan

Unlimited Mobile plan: Unlimited texts of person-to-person text messages (SMS) to NZ and AUS numbers only. Excludes text messages to short codes. Max speeds reduce after 22GB. No tethering or hotspots, unless you buy a hotspot extra.

Medical alarm service cost changes

The Ministry of Social Development (MSD) funds the costs of medical alarm services to its eligible clients through the Disability Allowance.

As part of this funding, MSD regularly negotiates with medical alarm suppliers to make sure their clients continue to get a quality service at a competitive price. This supports people to stay safe and independent in their own homes.

From 19 August 2019, there'll be a small change in the weekly cost for medical alarm services. The amount may increase, decrease, or stay the same depending on the supplier.

To make sure people stay safe, there'll be no interruption to people's medical alarm service. MSD will write to people letting them know about the change and will automatically adjust the Disability Allowance payments of people affected.

If you have a medical alarm provided by a non-accredited supplier you can still get the cost of the alarm covered by your Disability Allowance. If you choose to change to a different supplier, you'll need to choose an accredited supplier.

The assessment and application process for the Disability Allowance hasn't changed.

The MSD-accredited suppliers of medical alarm services are:

ADT Security Ltd 0800 111 238 or 0800 238 272
Chubb New Zealand 0800 20 30 40
Freedom Medical Alarms 0800 380 280
St John Medical Alarms 0800 502 323
Red Wolf High Level Monitoring 0800 673 252
MSD is also adding more accredited suppliers soon. This will give people more choice when choosing a MSD-accredited supplier.

For more information, go to www.workandincome.govt.nz





23 Dublin St, Wanganui

06 348 7792

Complete Foot Care and Treatment

- Heel & Arch Pain
- Corns/Callus/Nails
- Orthotics/Insoles
- Biomechanical Evaluation
- Home Visits
- Foot Care Product Range

THE FOOT CENTRE

CAROLYN GROVES
PODIATRY

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



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

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

MARTON - TUESDAY

Marton Bowling Club 10.00am - 11.00am

HUNTERVILLE - TUESDAY

St Andrews Church Lounge 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.

A class is available for new participants before moving on to an established group. To join a group or for more information please contact Janet Lewis, Steady As You Go Coordinator (06) 345 1799 email: saygo@acwhanganui.org.nz



ALZHEIMERS WHANGANUI INC

and
ballentynes
 FASHION CENTRAL

Alzheimers Whanganui is holding a Fashion Parade Fundraiser on Thursday September 5th at 7.00pm at ballentynes Fashion Central 111 Victoria Avenue Whanganui.

As a not-for-profit organisation with no guaranteed income, we rely on our community to help us raise the funds needed to maintain our support services and to meet the growing need for these services in the Whanganui, Rangitikei, Waimarino communities. Please show your support for this wonderful community organisation by purchasing a ticket for yourself and a friend.

Tickets are \$15 each and are available at Alzheimers Whanganui 5/136 Victoria Avenue or can be ordered by phone: 06 3458833 or email Sharon admin@alzheimerswhanganui.org.nz Tickets are to be presold and will not be available on the night so be in quick.

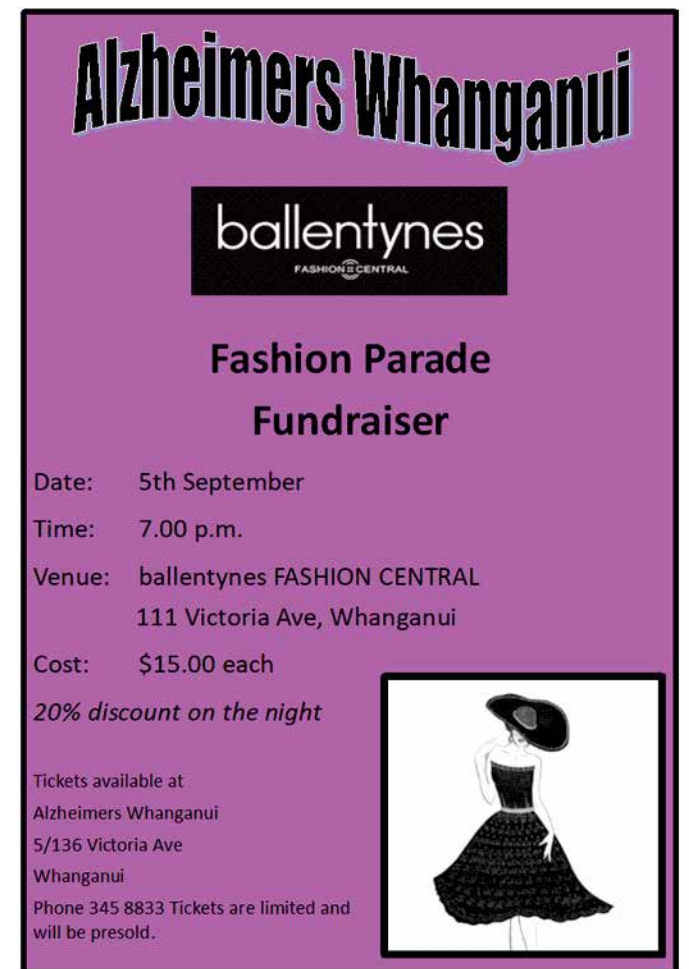
There will also be a 20% discount for items purchased on the night.

Alzheimers Whanganui would like to thank ballentynes Fashion Central Whanganui for their support

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.


Alzheimers Whanganui
ballentynes
 FASHION CENTRAL

Fashion Parade Fundraiser

Date: 5th September
 Time: 7.00 p.m.
 Venue: ballentynes FASHION CENTRAL
 111 Victoria Ave, Whanganui

Cost: \$15.00 each
 20% discount on the night

Tickets available at Alzheimers Whanganui 5/136 Victoria Ave Whanganui
 Phone 345 8833 Tickets are limited and will be presold.




We have received generous donations from Grange Transport, Westmere Truck Services and Richard Gedye Ltd.

Thank you very for your kind donation and support.




When nothing goes right...go left

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: \$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:

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

PLEASE SUPPORT OUR ADVERTISERS

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



Our Meals on Wheels volunteer numbers are dwindling and in order to continue this great service we need your help.

We have a number of city businesses, friends, couples who help out already with some having done it for many years.

We're often asked if groups can volunteer and the answer is "Yes!" We welcome groups from clubs, churches, schools and businesses. Often a group will "adopt" a particular route on a specific day each week.

Can you spare an hour one day a week, one day a month? Or would you prefer to be a relief driver

If you would like more information about being a Meals on Wheels volunteer please contact Janet Lewis, Volunteer Coordinator. Our phone number is 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

From the Manager

Hi everyone, by the time you are reading this, spring will be upon us and I have to say I am looking forward to the warmer weather.

Since our last newsletter, our application to continue to provide our Senior Driving Programmes has been approved – thank you to Horizons. You will see information on these programmes in this edition. We have also been awarded the contract with the Whanganui District Council to provide dedicated support services to the tenants in council housing. Over the last twenty years we have had various support contracts – with the new contract we will be involved with all stages of support including the interview process. We can tailor services to meet each individual's needs and ensure relevant supports are in place.

Our AGM is to be held on 22nd August, with Russell Simpson, CE of the Whanganui District Health Board being guest speaker. Depending on when you receive the newsletter this may have already occurred.

Thank you to everyone who has paid their membership for this year, if you are unsure if you are up to date please contact Noeleen.

I hope everyone will enjoy the Spring weather and I will be back in touch in November – with Christmas just around the corner.

Kind regards *Michelle*

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

New Warmer Kiwi Homes Grants for Heaters



Energy Efficiency and Conservation Authority
 Te Tari Tiaki Pūngao

The Government's Warmer Kiwi Homes has been offering grants for insulation since July 2018. Thanks to the generous contributions from organisations in the community the cost to the homeowners had been free or low-cost in many areas.

From 1 July 2019, Warmer Kiwi Homes also offers lower-income homeowners grants for heaters. Grants will cover two-thirds of the cost of an efficient heat pump, wood burner or pellet burner and the grant will be capped at a maximum of \$2,500.

Home owners may be eligible for a grant for a heater if:

- they are the homeowner (not a rental)
- the home was built before the year 2008
- the homeowner has a Community Services Card or Super Gold combo card, OR
- the home is in an area identified as low-income
- the home doesn't have an existing operational heating appliance in the main living area.

To be eligible for a grant for a heater the home must have existing ceiling and underfloor insulation that is up to EECA standards. Home owners may also be eligible if a service provider contracted to EECA has assessed the home and found they can't install the insulation.

Home owners can check their eligibility by using a simple toll at www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/ or by calling 0800 749 782.

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.

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



GPSOS gives you greater freedom with its pendant technology

GPSOS recently launched it's revolutionary products in Whanganui in front of local MP, Harete Hipango, the Mayor, Hamish McDouall, members of MSD and many of the local community organisations including Aged Concern, Alzheimers New Zealand and IDEA services.

We are now pleased to announce that for a limited time, instead of \$400, GPSOS is giving those in the Whanganui DHB region the Pendant for FREE. You just pay for the monitoring at a dollar a day – see more below.

The key product, a pendant, provides greater independence than a standard medical alarm.

- It can be used anywhere there is cell phone or wifi coverage, not just in the home
- It has very effective fall detection that sets off an alarm at the care assistance centre even if you can't after falling

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)

- A large panic button is included to be used at any time you need to know someone is there
- Two way communication is standard in the lightweight device
- Advanced GPS tracking is included that can locate you or your loved one within 10 meters of where they are. This is great for finding those with Alzheimers who wander off.
- Geo fencing can be included, this triggers an alarm at the care assistance centre if the person walks outside the zone that is established with family.
- This makes locating people and keeping them safe and warm so much easier, especially during the cold winter we have started to encounter.
- It even has low battery alerts so both the wearer and the care assistance centre know when the battery is at 30%.



The watch has all of these features and can be used to monitor your vital signs, heartbeat, blood oxygen and blood pressure.

To use it, all you have to do is wear the pendant as a necklace or on your belt or in the case of the watch, on your wrist. All the features will be engaged simply by doing this and charging the pendant and watch could not be simpler.

If you're worried about you or your loved ones or want you or your loved ones to have greater independence and freedom to connect in the community because you know you are safer, then we have a special offer for the Whanganui DHB region.

If you want a pendant we are giving them away FREE! All it costs is a dollar a day plus GST (\$30.41 + GST a month) for the monitoring of the pendant. Add \$10 + GST if you would like the geo fence activated. Simply call 0800 115 906 and we can get a pendant to you to start living even more independently than you currently do.

For more information about the pendant or watch, please call 0800 115 906.

As we age, there are many things that we give up. One of those things doesn't have to be your freedom. You can count on GPSOS to be the lifeline to your loved ones.

Senior Driving Programmes More Confidence and Safety

Ageing affects our driving. Age Concern Whanganui is offering free events for senior drivers in Whanganui & Marton. These programmes have proved popular and get excellent feedback. For example "I feel more confident and competent ... It was easy to follow... I can now make informed decisions".



*** 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 by calling Age Concern for your next free Whanganui course on Tuesday October 8th 10-2.30.

*** 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

Put your name down for the next free 20 minute CarFit check by calling Age Concern.

*** Hanging up the Car Keys** forum is for senior drivers, their families, and health professionals. We provide a panel for you to learn about medical and safety aspects, and alternative transport options. Put your name down for the next panel by calling Age Concern.

These events are free and places are limited – booking is essential. Call Age Concern Whanganui 06 345 1799 (9 am-3.30 pm)

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 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



HealthCare New Zealand

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Our Thanks to:



Kitchen CORNER

30 second Self Saucing Chocolate Pudding in a Mug

Ingredients:

- 1 heaped tablespoon self raising flour
- 1 heaped tablespoon cocoa
- 1 heaped tablespoon sugar
- 1 and a half tablespoons milk



Topping:

- 1/2 tablespoon cocoa
 - 1 tablespoon brown sugar
 - 1 tablespoon hot water
1. Mix together self raising flour, cocoa, sugar and milk in a coffee mug (or other small microwave proof jug).
 2. Sprinkle on top extra cocoa and brown sugar and carefully pour on hot water.
 3. Cook in microwave for 30 seconds. (Mixture should be combined and cooked. If undissolved cocoa exists, zap for an extra 10 seconds.)
 4. Pour into a bowl or add ice cream or cream to the cup

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

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Future proofing initiative coming to Whanganui first

Whanganui residents, wanting to get on board for a future that includes more digital opportunities, will be the first in the country able to access a new mobile learning centre with online banking training.

From next Monday, free classes are being offered to Whanganui residents on DORA, a converted school bus. DORA will be travelling the streets of Whanganui and parking up at libraries, retirement villages, marae and supermarkets to assist people better understand online banking and recognise and avoid online scams. The Digital Inclusion Alliance Aotearoa (DIAA) has partnered with Kiwibank to develop a Stepping UP training module for online banking and with DORA's help, more people can participate in their local communities. Each class takes two hours. Whanganui District Libraries have joined up to deliver the classes on-board the bus. "This is a great opportunity for our library staff to support people who are anxious about going online, especially when it comes to really important things like keeping safe and avoiding scams," said Pete Gray, Manager - Libraries & Community, for Whanganui District Council. "We already have a very successful partnership with DIAA, delivering the JUMP internet service from the Davis, Gonville, Hakeke Street and Rangiora Street Libraries."

DORA's itinerary will be published on the Stepping UP website, starting on Monday 29 July with an 'open bus' (like an 'open home') between 10am and 2.30pm on the forecourt of Whanganui War Memorial Centre in Watt Street. "We are sending invitations for our 'open bus' to over 100 stakeholders in Whanganui, especially organisations involved in delivering social services and supporting elderly people," said Laurence Zwimpfer, establishment Chair of the Digital Inclusion Alliance. "We need their help in alerting the people they support to this opportunity and encourage people to sign up for a Digital Banking class on DORA. We know that changes in the banking world, such as the move away from cheques, have the greatest impact on people who are digitally excluded and we want to make sure our communities are future proofed."

"We greatly appreciate the support of Kiwibank in making this training possible, but this is not restricted to Kiwibank customers; the Digital Banking class is for everyone no matter who you bank with," concluded Mr Zwimpfer.


DORA will be supporting Digital Banking classes in Whanganui, Marton and Bulls from 29 July to 13 September 2019. Find out when DORA is going to be near you by contacting your local library or registering online at www.steppingup.nz

About Digital Inclusion Alliance Aotearoa
The Digital Inclusion Alliance Aotearoa was established in 2018 to foster socially inclusive communities where everyone has equitable opportunities to meaningfully engage with digital technologies, and benefit from the use of them. We aim to enhance the confidence and capability of people living in New Zealand to engage online to advance their own education, employment, health and wellbeing as well as that of their whānau. The Alliance acts as a catalyst for digital inclusion initiatives, by working with local communities, not-for-profit organisations, business enterprises and government agencies to pursue a shared digital inclusion vision. Any organisation or individual working to achieve a more digitally included community is welcome to become a partner of the Alliance.

About DORA
DORA (Digital On-Road Access) is a 34 year old bus, converted to a digital classroom in 2012. Suitable for around 10 adults, DORA can travel anywhere in New Zealand. All the equipment is powered by a fully self-contained solar electrical system and the on-board computers have multiple different ways of connecting to the internet, including satellite. DORA is supported by the Lottery Grants Board, Transpower, Spark Foundation, Digital Wings and other business partners.

For further information contact
Laurence Zwimpfer, DIAA 027 430 6737
laurence@diaa.nz
Pete Gray, Whanganui District Libraries
027 289 5562 / pete.gray@whanganui.govt.nz





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".



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