

AUTUMN 2020 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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OFFICE HOURS

9.00am - 3.30pm Monday to Friday

Board Members

Chairperson:	Jan Bullen
Duty Chairperson:	Wendall Hart
Secretary:	Helen Bourne
Members:	Graham Adams
	Diana Doyle
	Keri-Anne Hawira
	Jo Thomson
	Josh Chandulal-Mackay
	Jackie Plumridge



Staff

Manager:	Michelle Malcolm
Administrator:	Noeleen Voice
Volunteer Coordination/ Steady As You Go:	Janet Lewis
Senior Social Worker/Elder Abuse Response Service:	Sue Evans
Wellbeing Officer - Council Flats Whanganui & Rangitikei:	Lorraine Peipi-TePou
Community Social Worker/ Mobility Assessments:	Deidre Boyd
Accredited Visiting Service/ Health Promotion:	Clare Fearnley

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.

From the Chair

It's a privilege to chair the Age Concern Whanganui Board and to experience first-hand the workings of this amazing organization established in Whanganui over 40 years ago. It is rewarding being part of the decision-making which benefits and helps many local elderly people. There are many happy and sad experiences which are backed up by the tremendous work of Michelle (our Manager) and her team.

We feel it's about time the "Age Concern Whanganui" profile/awareness was raised. I have discovered so many people don't know what we do, where to find us, or what services are available. I trust by now you will have noticed our promotional posters which have been put up around town in appropriate places like Doctors rooms etc. Also enhancing our profile is the new signage on our building, and our new car with our logo. This will enable the staff to travel into our rural areas more safely. I wonder how many saw our advert on the electronic sign board at the corner of Dublin Street and Victoria Ave. This is all good positive stuff.

We have a variety of fun activities planned throughout the year, which members will be invited to and notified about. Some are fundraising, and others just an enjoyable get-together. We can look forward to a couple of film afternoons during the dreary winter months, just to cheer us up. I'll see you there!

We are always looking for volunteers and new members so please don't be complacent. The success of Age Concern Whanganui depends on each and everyone of us. Ask your neighbours, friends and relations; it maybe just the friendship, kindness and caring that they are looking for in order to help us.

Take care, keep warm and healthy this winter.

Jan Bullen



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

YOU'VE GOT A FRIEND

Companionship is at the heart of the Driving Miss Daisy service. It's the relationship that develops between our Daisy drivers and their clients that makes our business so rewarding.

Now celebrating 10 years of business our clients are evolving with how they use our service, which is a direct result of the companionship that is unique to the Driving Miss Daisy Service.

The business originated to empower the elderly, to give you the freedom to live independently by offering a companion driving service that would be reliable, trusted and affordable. We saw how the elderly could still "be in charge" as they went about their daily errands of shopping and being on time for appointments knowing one of our Daisies would always be by their side.

Today people ask what has changed in 10 years. Well, we are now successfully operating across the country with over 250 fabulous Daisy cars on the road.

We are very grateful to the many who have supported us like ACC, NZTA and numerous Regional Councils who accredited us under their Total Mobility Scheme, which provides half price fares up to certain limits on numerous trips for many of you on our service.

However the biggest change we are seeing are the Daisy Experiences. Every aging expert especially those involved with dementia are in agreement that maintaining our social networks helps maintain not only our physical health but helps reduce the risk of depression.

Daisy Experiences offer endless possibilities. From trips to revisit places we once knew so well, to a drive in the country, to getting friends together for a café outing, an event or simply just getting out and about, it's all good for you.

Talk to your local Daisy or call us to find out how we can help you stay social, active and independent.

Editorial supplied by Driving Miss Daisy

Have a Driving Miss Daisy experience with us.



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

Total Mobility Scheme cards accepted and ACC approved provider.

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

Services

Support & Advocacy

Our community workers can provide support and assistance, advice on available services, liaise with other community agencies and are available to visit at home.

Total Mobility Scheme

Horizons Regional Council Assessments undertaken for people with disabilities to access subsidised taxi fares. Assessment fee applies.

Elder Abuse Response Service

Our social worker is available to confidentially discuss problems of suspected abuse, maltreatment or neglect and can assist in obtaining help. Resources are available for distribution.

Accredited Visiting Service

Our co-ordinator trains and supports volunteers who visit those living alone in the community. Both the older person and the visitor enjoy the friendship that develops from this regular contact.

Supermarket Shopping (Wanganui Only)

Volunteers take those who have no transport to the supermarket, assist with shopping and return them home. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

Transport (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



A huge thanks to Liam and his team at Wanganui Car Centre for

their continued sponsorship and support with the purchase of our new Nissan Note. Our little

white Suzuki had seen it's last days and we had to purchase another vehicle. Liam and his team found us our new car – many thanks to the



RYMAN PIONEERS

Peace of mind



RELAX, YOU'RE GOOD

A big reason why people choose a Ryman village over the others, is knowing we have everything from independent and assisted living to a full range of care options, so if you ever need it, it's there for you. It's another example of how we're pioneering a new way of living for a new retirement generation.



Superbly located in St Johns Hill, Jane Winstone village is named in honour of a pioneering aviator who set the standard for others to follow.

Call Louise for more details.

JANE WINSTONE VILLAGE

49 Oakland Ave, St Johns Hill, 06 348 9564

rymanhealthcare.co.nz



COVID-19 CORONAVIRUS

How to protect yourself and others

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. There are simple steps you can take to protect you and your family/whānau.

Symptoms of COVID-19

The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. However, infections with mild symptoms such as cold-like symptoms or no symptoms are likely, but it's not known how common this is.


How to protect yourself and others

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.
Visit health.govt.nz/covid-19 for more information.

New Zealand Government

MINISTRY OF HEALTH
MANATU HAUORA



LIBRARY HOME SERVICE

A free service offering a great selection of library books, magazines & talking books, delivered direct to your door.

Have a chat with our Home Service Librarian, Candy, about how this service can benefit you.

Candy Stevens - 06 349 3203



whanganuilibrary.com

Hi everyone, Autumn is upon us already; I hope you all had an enjoyable summer with the extremely hot weather!!!!

People often ask what we do at Age Concern, to which I reply, “what don’t we do”. Yes, we have our key services, we go beyond that.

There are a number of people who do not have family living close nor natural supports, so things become difficult especially if they have to go into hospital. There have been numerous times, when we have fed pets, taken toiletries and clothes up to the wards and taken their washing back to our homes to do. We have spent many hours supporting people at their GP surgeries, WAM and ED, so they are not alone when they are unwell.

We are always looking for donations of toiletries, if you would like to donate, we would very appreciative.

The community would be saddened to know of the living situations for some of our older people. With the ageing process people can become frailer and have issues with their mobility. Completing tasks around the house can become more difficult. The Kiwi way is to battle on - so people don’t ask for help. There is also the fear that if they do, they will be seen as not coping We are seeing more and more situations where people are living in unhygienic conditions – not that they want to- they are just unable to do the tasks themselves.

How, as a community can we help - if you know of someone whom you are concerned about or they haven’t been attending activities as they usually would - please ring us. Tell people its okay to ask for help!!!! We all need a little support at times.

Please remember we are here to support the older people in our community – especially through the uncertain times with the covid-19 pandemic. Please let us know if there is anything, we can do assist and encourage everyone to stay connected and help each other.

Michelle
Manager



Who’s Really Calling? Beware of Growing Government Impostor Phone and Email Scams

January 30, 2020 - Lance Robertson, ACL Administrator and Assistant Secretary for Aging

I’ve gotten the fake calls “from the Social Security Administration,” and I bet you have too. I know I don’t need to tell you that the people we serve are getting these calls every day.

Scammers are increasingly using phone calls, emails, and even text messages to impersonate government officials in an attempt to steal money and personal information. The plan is simple for these “impostor scams.” They call, email, or text claiming to represent a government agency such as the Social Security Administration (SSA), Internal Revenue Service (IRS), or Department of Health and Human Services (HHS). Some even “spoof” their phone number or email address so that it looks like the call or email is coming from a legitimate government phone number or e-mail address. They lure victims by telling them they’ve “won the lottery” sponsored by the federal government or “owe a debt” to the IRS that must be paid back immediately. They may even claim that a person’s social security number has been linked to criminal activities and suspended, and all they have to do to reactivate it is to “just confirm” the social security number. They will often use threats of arrest or harsh legal action to create a sense of panic, and demand payment via wire transfer or gift card (so the payment cannot be traced). For those targeted by these scams, the consequences can be devastating. And while scammers can steal money from adults of all ages, older adults and people with disabilities are often singled-out and targeted.

One of the best protections against this and other scams is knowledge. When people are familiar with these scams, they are less likely to lose money. This is why ACL is working with our federal partners in the Elder Justice Coordinating Council to raise awareness about these scams and to stop the scammers and the harm they cause.

The power of the EJCC lies in collaboration and coordination to achieve a greater impact than we could individually. Through the EJCC, we are greater than the sum of our parts. When we’re tackling a public awareness issue like impostor scams that means each of the 14 EJCC agencies reaching out to stakeholders across the country with tips and tools for spreading the word.

Here is what people need to know:

1. The government will never call out of the blue and ask for a social security number.
2. The government will never ask for payment by gift card or wire transfer.
3. Social security numbers cannot be suspended. These general tips can also help everyone protect themselves:
 - If you are ever suspicious about a call, hang up immediately.
 - Never click on an e-mail link or attachment unless you fully trust the sender.
 - Never pay someone you do not know well via gift card or wire transfer.
 - Always be cautious about giving out your personal or financial information, including your Medicare or Social Security numbers, or any banking information.
 - Sign up for the National Do Not Call Registry.

Victims of any scam should file a Federal Trade Commission (FTC) Complaint. In addition, SSA has a reporting form specifically for social security impostor scams. I’m asking everyone in our aging and disability network to help people take these steps.

The Department of Justice just filed suit against some companies and individuals who are alleged to be responsible for hundreds of millions of these scam calls. DOJ worked with the Social Security Administration, the Federal Trade Commission, and the United States Postal Inspection Service – all members of the EJCC – as well as several other state and federal partners, to get the data needed to bring this action and stop these calls. That’s why reporting the scam calls matters!

There are many great resources available to help raise awareness about imposter scams:

- SSA has a one-page flyer available in English and Spanish.
- The Consumer Financial Protection Bureau offers meal placemats with information on common scams.
- FTC has short videos on Social Security and IRS impostor scams.
- FTC’s “Pass It On” page has resources on many other types of scams and you can sign up for FTC scam alerts to stay up-to-date on new threats.

To combat these scams, we need to talk about them. This is why I am looking forward to our June EJCC meeting, which will focus on the topic of financial exploitation, including impostor scams. These conversations are important. But even more important are the conversations you can initiate now in your community.

Thank you for helping us get the word out!

SeniorNet Wanganui

Get the most out of your Smartphones, Tablets, Apps, Tv & Internet. New Courses & 1-1 Tutorials. New Drop-In Mornings where you can ask your pressing questions.

Why SeniorNet?

We are here to help you with technology for use in your everyday life. SeniorNet is a community training network that supports and motivates people to enjoy and use technology in their everyday lives. Join in the fun and learn how to do everything from simple word-processing to sending emails, using your smartphone and tablet and searching the internet. In small, friendly and stress-free classes, you'll gain the skills and confidence you need to get the most out of information technology.

SeniorNet offers tuition by your peers, who work at your speed and listen to your questions with patience and respect.

How does it Work?

Teaching Blocks - Over the year we hold five 6 week learning blocks. Each has a three week gap between when meetings, Social Days and Open Days are held. Each Friday the office is open between 10.00 – 12.00 for course enrolments and enquiries. Latest courses and workshops offered along with pricing is listed in our newsletter. Download the latest newsletter from <http://www.seniornetwanganui.org.nz/newsletters>

New Format Teaching - At SeniorNet Wanganui we recognise that sometimes you just want to have a single question answered, or one topic discussed, then you can be on your way. To facilitate this we are now offering 1-1 tutorials on Monday mornings (by appointment, members only) and Drop-In Sessions on Tuesday mornings - all welcome.

Traditional Teaching - We still offer single session group Workshops and multi session group Courses. Workshops and Courses offered will vary each block but can include:

- Digital photography
- Using your Android Smartphone or Tablet
- Introduction to iPhone & iPad
- Chromecast
- Windows 10 on your PC
- Internet Banking

- Gold Card/Bee Card
- Streaming TV
- Trade Me
- Password Manager
- Manage My Health
- Reading on your devices
- Listening on your devices
- Social Media (Facebook, etc)
- Google Docs, Google Drive, Google Earth
- Making Photo Books
- Etc...

How can I join?

Just fill in a subscription form and post or drop it into the learning centre. We will email you and send you the latest newsletter. Or call in on a Friday morning to discuss how we can best help you.

What about costs?

A yearly subscription costs \$35/person or \$50/couple. Tutorials and Drop-In sessions cost \$7.00 per half hour for members and group Workshops are \$7.00 per 2.5 hr session or \$25 for a four-session group Course. Casual Members (those who don't pay the yearly subscription) pay \$10/session and do not receive the newsletters.

Committee members are at the River Room on Friday mornings. Come on up and chat about which classes will suit. Or ring 345 9772 now and leave a message. (Access from Moutua Quay, near the back door of Renata's Art & Framing, follow the green arrows through the back door by the Potters workshop, turn left and up the stairs.)

SeniorNet Wanganui Inc, 19 Taupo Quay, Wanganui, 06 345 9772; snwg@extra.co.nz
<http://www.seniornetwanganui.org.nz/>



23 Dublin St, Wanganui
06 348 7792
Complete Foot Care and Treatment

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

THE FOOT CENTRE
CAROLYN GROVES
PODIATRY



Community Meeting update March 2020

Coronavirus COVID-19: Tax relief and income assistance is available to people affected by the downturn in business due to the Coronavirus COVID-19. We have a range of ways to help depending on your circumstances. For more details contact Inland Revenue – An example of some assistance available:

- Provisional Tax re-estimate – if your circumstances have changed due to the coronavirus
- Unable to pay – we can help you set an instalment arrangement
- Late filing/late payment – extension of time to file may be available. NB can't be granted for GST or PAYE returns but penalties may be remitted (contact IR)
- Certificate of exemption – if you are involved in contract work where schedular payments are deducted you may be entitled to a certificate of exemption i.e. fishing, forestry, bush work etc

Donation tax credits: Upload your receipts anytime in myIR. You can claim tax credits for donations of \$5.00 or more when the donation:

- Was to an approved organisation
- Did not provide any direct benefit to you or your family
- You can claim for donations to most schools and parent-teacher associations – you cannot claim school fees, activity or material costs

Child Support: Payments by parents who do not live with their children or who share care with someone else.

The money is to help with the cost of raising a child. Child support is often put in place when parents separate. It's also used when someone who is not a parent, like a grandparent or guardian, is caring for a child.

Payments: If you're a paying parent and are not in child support debt, you can choose to have your employer deduct payments from your salary or wages. Talk to us to work out your payments. We'll let your employer know how much to deduct and when. If you receive a benefit from Work and Income, your child support payments will be automatically deducted before your benefit is paid to you.

Notices: 2021 Notices of entitlement/assessment have been issued to both the receiving carer and paying Parent. Review the information on the notices and contact Inland Revenue if the family or income circumstances have changed.



Housing units available for 65+

\$119.00/week
for one person

\$149.50/week
for couples

For information or to download an application form visit Wanganui District Council's website:

www.whanganui.govt.nz

Home > Community and Culture > Housing

Or contact Nina Alexander
Wanganui District Council Property Co-ordinator
Call (06) 349 3149 or email
nina.alexander@whanganui.govt.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

St Peters Church Hall, Gonville 10am - 11am

Special Olympics Hall, Peat St 10am - 11am

St Lukes, Castlecliff 10am - 11am

Putiki Parish Hall 9.30am - 10.30am

Club Metro (Cossie Club) 9.30am - 10.30am

MARTON - TUESDAY

Marton Bowling Club 10am - 11am

HUNTERVILLE - TUESDAY

St Andrews Church Lounge 10.45am - 11.45am

RAETIHI - TUESDAY

Elder & Care Village 10am - 11am

BULLS - WEDNESDAY

Bulls Friendship Hall 10am - 11am

OHAKUNE - TUESDAY

Lions Den, 3 Arawa St 10am - 11am

Classes cost \$3 per session.

Please note there may be a wait list for some classes.

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



Talks & Tasters & Tea for Age Concern Whanganui members

You'll see the invite in this newsletter (right) to some talks and tasters for Age Concern Whanganui members. We plan to offer more in the future. These will provide opportunities for you to gain information to maintain your health and wellbeing, explore fresh interests and activities, plan for the future, live safely and have fun! We hope these will assist you to feel good, make informed decisions, and get more out of life.

The speakers will be knowledgeable, you can ask questions, and have a cuppa with other members.

Here are some examples of topics:

- physical activities
- interest groups and clubs
- social groups
- preventing falls & keeping mobile
- leisure activities
- rights and responsibilities – legal & financial
- physical health
- safety
- genealogy & whakapapa
- driving and alternative transport
- planning for the future
- mental & emotional wellbeing
- finances & discounts
- healthy & safe homes
- learning & sharing knowledge
- nutrition
- positive ageing
- mortality
- managing medicines
- technology & the internet
- volunteering
- vision
- hearing

We'd like to hear from you about what is of interest to you so that we can arrange for that to happen. And also do tell us about any excellent speakers that you know!

Get in touch with our manager Michelle, pop in or leave a message with a friendly receptionist.

There are no limits to what you can accomplish except the limits to your own thinking.

Talks & Tasters & Tea

Health & Wellbeing: Information & Fun for Age Concern members

Wednesday July 8th 10.30 - 12.00



Introduction to Senior Net

Peers support & motivate 50+ to use & enjoy technology in our everyday lives

**Limited spaces – book your seat:
345 1799 (open 9-3.30)**

Interested in Joining Gardening Group

Jill Woolf, a member of U3A is hoping to start a new Garden Group. She has a couple of people interested but would like a few more. "I envisaged a group, or groups of eight to ten people. As we are all U3A members we have probably all had 20-30 years of making gardens. In that time lots of interesting plants will have been gathered and sharing divisions is so much better than composting them. Also, many will have developed areas of expertise that benefits us all." says Jill.

If you are interested contact
Jill Woolf on 021 0222 7365



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

enliven
Positive Ageing Services



Enjoy life with Enliven

Enliven creates elder-centred communities where individuals are recognised and valued – a place where everyone can enjoy companionship, meaningful activity and fun.

- Kowhainui Home, Otamatea
- Kowhainui Village, Otamatea
- Abingdon Village, St John's Hill

retirement villages | rest home | hospital |
short term respite | health recovery | day programmes

Free phone 0508 ENLIVEN
www.enlivencentral.org.nz

Simply Hearing



Have you met Heidi?

Heidi Armstrong is our hearing specialist at Simply Hearing; a hearing clinic designed to help everyday people like you.

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

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

60+ PRICES

45 Dublin Street (opposite Harvey Round Motors)

Ph: (06) 34 78 4 78

LIFE TUBE
could save
your life!



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

life saver.

In the event of an emergency, the Police, ambulance,

friend or neighbour will be alerted by the red sticker and know that important information is inside the Life Tube.

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

Life Tubes are endorsed by St John Ambulance, Neighbourhood Support and Police. They are available at our Age Concern office at 164 St Hill Street, Whanganui or phone us 06 345 1799. There is a \$2 donation.

Sticker and notification card are inside the Life Tube. Make sure you collect your advance Care Plan forms when you get your Life Tube.



Hi, my name is Dorothy and I am a volunteer at Age Concern. When I stopped working full time about eighteen months ago I decided it was about time I did some voluntary work. I had considered volunteering many times over the years but felt I hadn't time due to work and family commitments. So

I began to think about what could I do and where should I go? I drew up a short list in my head of where I might be useful and some ideas of what I could do. My background was in aged care and I enjoyed being with older people so Age Concern was first on my list. I never got to second on the list as the welcome I got from the Age Concern team was such that I didn't look elsewhere. I walked into the office and was greeted so enthusiastically, first by the receptionist (who was a volunteer but I didn't realise that at the time) and by Janet, the volunteer co-ordinator.

Janet talked me through the process for volunteering which included an application form, reference and a police check and explained where volunteers were needed. These included meals on wheels, reception, the accredited visiting service and taking people shopping and to appointments. I decided to start with meals on wheels and see how I got on with that. All volunteers get training and support; I went out on two 'meals on wheels' runs prior to being allowed out in my own, one with Janet and the other with Ann who had been a meals on wheels driver for many years. Now I help out on reception once a fortnight and also with the carfit programme which runs 3 or 4 times each year and I still do meals on wheels once a month. I am back working with two part time jobs but still have

time for, and enjoy being part of the Age Concern team. Sometimes with busy lives, it can be hard to find time to volunteer, by volunteering you give up some of your time but what you get back is so rewarding. I have met so many lovely people, learnt new skills and feel much more connected with the community. I was concerned that I would not be able to balance my volunteer commitments with work but Janet has been very understanding and is never fazed (or doesn't show it!) if I need to be replaced on a certain day, she is relaxed and flexible to ensure volunteers can balance the rest of their lives with being part of the Age Concern team. So if anyone out there is thinking of volunteering – give it a go, you will be surprised at the benefits it brings and how many new things you get to experience and enjoy.

Whanganui City College's Iwi Whanui programme

Whanganui City College's Iwi Whanui Programme and Age Concern are working together to assist the older people (as we say older students) with learning new skills with using technology.

The younger students are working with the older students how to use their device – whether it is with their phone, tablet or laptop. The first session was held on 6th March with the older students learning how to change their voicemail, adding / deleting voicemail to installing WhatsApp to stay connected with family / friends overseas. A great time was had by all – with lots of chatter, laughter and at one stage everyone singing. An older student has learnt how to download their favourite song as their new ringtone.

The sessions are held on a Friday afternoon and until Friday 3rd April as this is the end of term 1. The programme will be rung through the school terms – if you are interested please contact our office on 345 1799 to book a session..



Pam Prouse with Cyprezz Manukau-Atkins and Darlaney Hina-Pauro

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
- Home care services
- Nursing 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

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HealthCare
New Zealand
Rehabilitation. Community Health.

Editorial supplied by Healthcare New Zealand

Our Thanks to:



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”.

Alzheimers Whanganui

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

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

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

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

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

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

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

Editorial supplied by Alzheimers Whanganui

NGĀ POU WHIRINAKI MATE WAREWARE

- 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

We really appreciate your support at members of Age Concern Whanganui

This is just a wee reminder annual membership fees are for a financial year from 31st March 2020 to 31st March 2021 are now due.

You can pay by cash / cheque / internet


Our bank account is Westpac account 03-0791-0454649-00

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

Thank you again for your support

Peanut Butter and Banana French Toast

A unique and delicious recipe that my mom used to make. It is so easy that even kids can help to make it. Serve it hot with butter or margarine and syrup.



Recipe Summary
Prep: 10 mins
Cook: 15 mins Serving : 2

Ingredients:

- 1 egg
- 1 dash vanilla extract
- 2 tablespoons creamy peanut butter
- 2 slices of bread
- 1 small banana, sliced
- 2 tablespoons butter

Directions:

- In a small bowl, lightly beat the egg and vanilla together
- Spread 1 tablespoon of peanut butter on top of each slice of bread. Place the banana slices on top of one of the slices of bread. Place the other slice of bread on top of the first, to make a peanut butter and banana sandwich.
- In a skillet or frying pan, melt the butter over medium heat. Dip the sandwich into the egg mixture and place in the heated skillet. Cook until brown on both sides. Serve hot.

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



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



Sue Walker - Facility Manager
Jo Green - Clinical Team Leader

