

WINTER 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 |

From the Chair

Since writing my last piece for the March edition so much has happened. Impressively many of us have managed with help from family, friends and the staff of Age Concern. They have gone the extra mile and worked tirelessly to provide much needed care, grocery shopping, meals on wheels, and more, while working safely from home. Michelle and the staff have proved what a necessary and important part of the Whanganui Community the organization is. Well done! Now it's all about straightening our lives out and getting back to as normal as quickly as possible.

To start with, the staff are back and the Office is open with a few restrictions like social distancing and hand sanitizing-both very important. Michelle has kept a watchful eye on the information sent out by MOH and Govt, and to fulfil our obligations there will be some changes but nothing too significant. This is all up to Michelle and the Board to work through.

As you move round town keep a look out for our latest acquisition. A pale blue car rushing round with its Age Concern signage discreetly on the doors. Apart from being good advertising, it's a little bigger than the last therefore more useful. Also, I hope you've all noticed the new bolder, brighter signage on our building! Unfortunately, we have had to put on hold all our fun activities planned for the year, including our film afternoons. Hopefully, as we move down to level 1 and finally back to normal, we will be able to pick up these events all getting together again and making new friends over a cuppa.

To our most valuable volunteers, also including family and friends, a big THANK YOU for your many offers of support throughout lockdown. Having you there, knowing you are willing and able to assist, is in itself very much appreciated by Michelle, staff and Board.

In times like this we realise we need to continue to maintain our strong base and continuously replenish our membership. It's this membership that is the foundation of this much needed community organization. What better time than now to show your support and appreciation to ACW, by renewing your membership and asking friends to become members.

Michelle and Staff, the Board thank you all for continuing to keep up the good work already achieved by ACW during these uncertain times.

Jan Bullen | Chairman

Lean on Me

The words of this popular song come to mind when thinking about you all and our Driving Miss Daisy community at the moment.

Lean on me when you're not strong
 I'll be your friend
 I'll help you carry on
 For it won't be long

As an essential service we have been at the frontline with the most vulnerable people during these extraordinary times. To be acknowledged and trusted by the Government has enabled us to continue supporting our elderly clients utilising our gold standard health and safety procedures.

Your Daisy can help you live independently by doing those essential errands for you while you remain safe in your bubble. We are able to do your grocery shopping, collecting and delivering prescriptions and get you to your medical appointments and safely back into your bubble. We can make this time more bearable by picking up a magazine, or a fresh bunch of flowers. We have received heart-warming thanks and appreciation for helping you in this time of need.

Whilst the future is unknown, we do know that the current situation will not be forever. If the lockdown has been getting you down, we can get you out and about in our Driving Miss Daisy car bubble. Nature is putting on a beautiful autumnal display at the moment, enjoy it at its best with a trip to your local park or the beach with us, we could even pick up a coffee on the way.

Going forward the core Driving Miss Daisy commitment is to empower you, giving you the freedom to live independently by offering a companion driving service that is trusted and affordable. Safe as well, we follow Ministry of Health hygienic and social distancing guidelines.

Don't forget a Daisy Experience gift voucher is an ideal treat for you or for a friend.

We have always been there for you and we will continue to be by your side in the community especially during this period, post COVID-19. Stay safe, be kind, let's support each other.

Melanie
 Co-founder DMD

We're your bubble on wheels



"Free at Last! Get out and about, safely and hygienically, with Driving Miss Daisy Whanganui"

We can drive and accompany you to:

- Medical and personal appointments
- Grocery shopping
- Deliveries - e.g. take home meals
- Companion outings
- Take your pets to the vet
- Airport drop-offs and pick ups
- Wheelchair accessible vehicles available

Total Mobility Scheme cards accepted and ACC contracted supplier.

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®

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, 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 (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

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)

Winter

- find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

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

BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES

HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF

SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL

SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS



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

WORLD ELDER ABUSE AWARENESS DAY

10 TIPS TO BE KIND AND STOP ELDER ABUSE

- 1 Love and cherish your older relatives / whānau.
- 2 Phone, zoom or facetime older people / kaumātua.
- 3 Visit older people / kaumātua in your neighbourhood.
- 4 Involve older people / kaumātua in your social activities.
- 5 Encourage older people / kaumātua to make their own decisions.
- 6 Support older people / kaumātua to use their money for their needs.
- 7 Honour older people's / kaumātua's wisdom.
- 8 Enable older people / kaumātua to set their own pace.
- 9 Speak respectfully and listen to older people's / kaumātua's stories.
- 10 Seek advice from any Elder Abuse Service or Age Concern if you think an older person / kaumātua is being abused or neglected.



World Elder Abuse Awareness Day 15 June

ELDER ABUSE HITS CLOSE TO HOME

If you or someone you know needs support contact an Age Concern or the Elder Abuse Help Line?

 Elder Abuse Help Line
0800 EA NOT OK
Free Phone Age Concern
0800 65 2 105

ageconcern.org.nz

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Serving the needs of older people

ELDER ABUSE HITS CLOSE TO HOME

Call 0800 EA IS NOT OK or Age Concern 0800 65 2 105



ELDER ABUSE AWARENESS 15 - 22 JUNE

Keith's story

Of course, I said 'yes' when my grandson and his partner flew back from South America on those last flights before the borders closed. They had to be in isolation for two weeks and all the family thought this was the best option for them. The room off the garage has been there since I built this bach 40 years ago. My grandson said it would be fine, after all the rough places they had camped in during their travels.

After the fortnight, they said it was cold in that garage room. I moved into the little bedroom off the lounge so they could have the big bedroom for the two of them. We were a "bubble" then, so they did the shopping, as being over 70 it was safer for me not to mix with other people. It was kind of them to cook the meals too, so I would do the washing up. They are vegetarian and tell me they are 'spicing up my life', because I have been a 'meat and potato' man for too long! I thank them, but I can't chew their half-cooked vegies and eating pasta or curries every day is not good for my constitution, so I say I am not hungry.

They aren't worried about getting work, they say there are no jobs because of COVID-19. I heard on the radio that farmers need workers, but they told me they only believe in 'organic farming'. It's like they are still on their travelling holiday, (nothing like the 3-week Christmas holiday we had for the 45 years I worked at the factory). They are catching up on all the series they missed, they call it 'binge watching' through all hours of the night. They say it's great to have my TV screen, as their phones are small, so I don't get to see my programmes anymore. They

catch up with friends they made on their travels too, but that goes on all night because of the time zone difference, so they sleep-in until the afternoon. I try to be very quiet to get my chores done each morning, but it's hard in this small bach. I get out into the garden as much as I can. They don't offer to help, when they sit on the back porch with their drinks and share a smoke together in the afternoon. I keep my mouth shut, but don't they remember their Nana died of lung cancer?

It's been several months now. They plan to stay on and have told their parents that they are looking after me. My children tell me that I can't be lonely now, so they don't need to phone me or drive for two hours to visit me. No one asks me about how I am coping? I creep quietly around my house every morning while they are sleeping, but all night the noise of the TV or 'facetime' their friends keeps me awake. They use my TV, my car, my house, vegies from my garden and they don't even offer to do the lawns. I am paying for everything and everyone here. I feel like I am the boarder in my own place, with them ruling the roost.

If you need to talk about what's happening in your place, Age Concern will listen.

Phone 0800 65 2 105 to get support to be safe in your own home.



Hi everyone,

The last 3 months have been something I would not have thought as a country, let alone the world, we would endure. My deepest sympathies to the families who lost loved ones due to Covid-19.

Well done to everyone in New Zealand, by working as a team we have been able to get through this.

For many people these have been difficult times with isolation and not being able to see / hug family members. We were overwhelmed with the offers of support from the community to assist from making phone calls to doing grocery shopping – so thank you to everyone who contacted us. 2 trailers of firewood were donated to us as well as 20 trays of eggs, which we had fun delivering. I would like to thank Brendon Molan, from Grange Transport who assisted with the delivery of the firewood.

The staff did an amazing job working from home – we stopped counting the phone calls when we went into Level 3, over a 3 day period we received or made over 1,200 calls.

The staff's family members were also very supportive and helping, with meals on wheels delivery and grocery shopping - so many thanks for their support. We worked in partnership with New World and Community House, providing a grocery shopping service, completing over 70 grocery shops for people. This worked so well we are going to be providing this service on a regular basis.

There was a real sense of community during this time, with everyone pulling together to make sure the older members of our community stayed connected.

It is Elder Abuse Awareness week from 15 to 22nd June – the statistics in New Zealand for elder abuse are harrowing. There is no excuse for any form of abuse



THE
FOOT
CENTRE
CAROLYN GROVES
PODIATRY

23 Dublin St, Wanganui

06 348 7792

Complete Foot Care
and Treatment

- Heel & Arch Pain
- Corns/Callus/Nails
- Orthotics/Insoles
- 3 D Foot scanning
- Home Visits

• Foot Care Product Range

especially for our older members of the community – we should be loving and cherishing our older relatives/ whanau.

Seek advice from us if you think an older person / kaumatua is being abused or neglected.

Our AGM will be held in August and we will be calling for Board nominations in July – you have to be a member of Age Concern before you can put your name forward for the Board.

Age Concern Membership fees are due for the 2020-2021 financial year – thank you for your ongoing support.

You may be wondering what happened to our Autumn newsletter – this was due to be delivered as we went into Level 4 lockdown It was held up at the distributor and only received a couple of weeks ago – so you will see both of them together.

Please let us know if there is anything, we can do assist and we do encourage everyone to stay connected.

Keep warm through winter

Michelle | Manager

Whanganui City College's Iwi Whanui programme resumes

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. We had held 2 sessions which were hugely successful then due to restrictions of Covid-19 all further sessions were put on hold.

We are happy to inform everyone the classes have resumed - the sessions are held on a Friday afternoon from 2pm till 3pm - if you are interested please contact our office on 345 1799 to book.



Insulation and an efficient heater have become even more affordable following the Government announcement

that grants will increase to 90% of the cost (heater grants capped at \$3,000, including GST). Generous contributions from community funders mean there is no cost to homeowners for insulation in some regions.

The grants are aimed at homeowners with a Community Services Card, as well as homeowners living in lower-income areas.

A warm, dry home does not prevent Covid-19 but it does reduce the risk of respiratory issues and decreases doctor's visits and hospitalisations.

You can find out whether you are eligible for a grant at www.warmerkiwihomes.govt.nz or free call 0800 749 782.

Warmer Kiwi Homes grants cover:

- 90% of the cost of ceiling and underfloor insulation - in some areas, generous funding from community organisations means the cost to the homeowner is even lower for insulation.

AND

- 90% of the cost of a heat pump or an efficient wood burner or pellet burner for the main living area. Grants for heaters are capped at \$3000 (including GST)



Sour Cream Lemon Syrup Cakes



- | | | | |
|-------|--|-------|---------------|
| 125 g | Butter | 150 g | Caster sugar |
| 200 g | Plain flour | 1 tsp | Baking powder |
| 3 | Eggs | | |
| 125 g | Sour cream, or natural yoghurt | | |
| 1 | Lemon, large, finely zested, plus 1 Tbsp juice | | |

Lemon syrup

- 100 ml Lemon juice
- ½ cup Caster sugar
- 100 ml Water

Directions

1. Heat the oven to 160C. Grease and flour 8 ramekins or one 20cm cake tin (lined with baking paper).
2. Using your hands, rub together the butter, sugar, flour and baking powder until pale crumbs form. Make a well in the middle and mix in one egg at a time until incorporated.
3. Stir through the sour cream or yoghurt. Then the lemon and lemon zest.
4. Pour into the ramekins or cake tin and bake for 30-40 minutes until a skewer comes out clean.
5. For the lemon syrup, put the lemon juice, sugar and water in a small pot and simmer until thickened (coats the back of a spoon). As soon as the cakes come out of the oven, spoon over the syrup. Serve with freshly whipped cream.

Housing units available for 65+

\$127.00/week
for one person

\$163.00/week
for couples

For information or to download an application form visit Whanganui District Council's website:
www.whanganui.govt.nz
Home > Community and Culture > Housing

Or contact Nina Alexander
Whanganui 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 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.

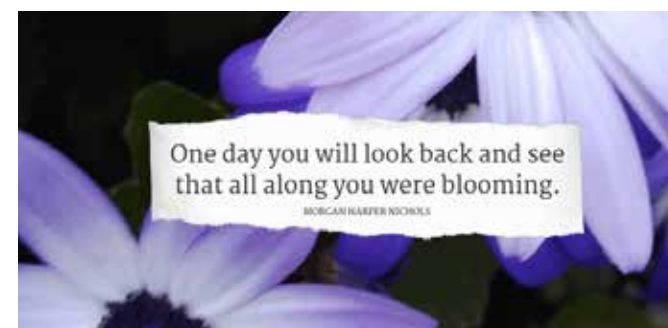
The speakers will be knowledgeable, you can ask questions, and have a cuppa with other members.

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.



Income tax assessments are coming soon

The end of tax year process is automatic for most New Zealanders. This means that between mid-May and the end of July 2020 Inland Revenue will be processing income tax information for almost 3 million New Zealanders.

COVID-19

In these extraordinary circumstances, ensuring people get their entitlements, including their COVID-19 relief, is an essential service and Inland Revenue's top priority. Tax relief and income assistance is available to people affected by the downturn in business. Find out more at ird.govt.nz/covid19 and covid19.govt.nz

Inland Revenue will be in touch between mid-May and the end of July

They'll send you an income tax assessment to let you know how much income you've earned and how much tax you've paid over the past year. You'll see if you have a refund, a bill to pay or if you've paid the right amount of tax.

Any refund will be automatically paid into your bank account. If you have a bill, don't worry. You'll have until 7 February 2021 to pay. Inland Revenue will send you



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

reminders closer to the time, so you do not forget.

Don't worry if you don't get your income tax assessment at the same time as your friends and neighbours. They'll be sent in batches until the end of July.

Register for myIR to get it earlier

Register for a myIR account and get your tax and entitlements sorted online, anytime and anywhere, and get your income tax assessment sooner.

With myIR Secure Online Services, you can provide your bank account details so you can be paid any refunds automatically, and update your address, email address, or mobile number when your details change.

Make sure you have your IRD number handy when you register and activate your account.

For more information about the end of tax year process go to ird.govt.nz/end-of-tax-year



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**



45 Dublin Street (opposite Harvey Round Motors)
Ph: (06) 34 78 4 78

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.



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.



Skinny Jump is a programme designed to help more New Zealanders gain access to affordable broadband at home; providing

heavily subsidised connectivity to thousands of households at risk of being digitally excluded due to cost. Jump is a flexible pre-paid service, offering 30GB of data for just \$5, a quarter of the price of the cheapest commercial services available. Because it uses Skinny's 4G wireless network there's no fibre or landline connection and no installation cost. No credit references or credit checks needed. Contact the Whanganui District library / Gonville Library for further information.

Specialised Smoke Alarms for People with Hearing Impairment

With winter upon us and heaters and fires blazing, it's an appropriate time to share some information about specialised smoke alarms for people with a hearing impairment.

All conventional smoke alarms in NZ emit a high pitched sound which can be difficult for people with age or noise related hearing loss to hear, especially when their hearing aids are removed at night for sleeping.



Specialised smoke alarms look like conventional alarms however they transmit, via radio waves, to a receiver by the person's bed. The receiver can vary in function however it always consists of a bright strobe light with

an attached shaker which is placed under the pillow giving people early notification of smoke/fire in their home.

If you, or someone you know has a hearing loss it could be worthwhile checking if they can hear their conventional smoke alarm especially during the night.

If not please contact Life Unlimited Hearing Therapy for a free assessment.

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met. Fire and Emergency New Zealand (FENZ) are also involved in the assessment and installation of these smoke alarms.



Ph 0800 008 011
or email hearing@lifeunlimited.net.nz
for further information.

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.

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

On 14 May 2020 Lois Campbell passed away peacefully at home.

She was my friend. I met Lois when I placed an advert in the Grey Power magazine asking for help with an Age Concern Whanganui project. Lois had polio and used a wheelchair for most of her life and she was only person to contact me. As it happened, she was just the person I was looking for. We got on like a house on fire and we had lot of laughs and many cups of tea.

Together we produced a booklet called “Discover, Navigate & Enjoy our Whanganui Region – Know before you go!” which was a guide for those with limited mobility.

Lois was also a valued Meals on Wheels driver until she hung up her car keys. I miss Lois very much.

Janet Lewis - Volunteer Coordinator



MEMBERSHIP FORM

New Members Only

AGE CONCERN WHANGANUI Inc

PO Box 703, Whanganui 4540

Name: _____

Address: _____

Phone: _____

Email: _____

Ethnicity:

☐ NZ European

☐ NZ Maori

☐ Pasifika

☐ Other

Age Group:

☐ 60 - 69 yrs

☐ 70 - 79 yrs

☐ 80 - 89 yrs

☐ 90 - 99 yrs

☐ 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:

☐ Receipt issued

☐ Database updated

☐ Thank you letter

☐ 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

