

**SPRING 2020 QUARTERLY NEWSLETTER**  
[www.acwhanganui.org.nz](http://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](mailto:dave@kiwipublications.nz)

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## Contact Information

**Phone:** (06) 345 1799 **Fax:** (06) 347 2334

**Email:** [info@acwhanganui.org.nz](mailto:info@acwhanganui.org.nz)

**Address:** 164 St Hill Street, Whanganui 4500

**Postal Address:** PO Box 703, Whanganui 4540

### OFFICE HOURS

9.00am - 5.00pm Monday to Thursday

Please note new office hours.

## Board Members

<b>Chairperson:</b>	Jan Bullen
<b>Duty Chairperson:</b>	Wendall Hart
<b>Secretary:</b>	Helen Bourne
<b>Members:</b>	Graham Adams
	Diana Doyle
	Keri-Anne Hawira
	Josh Chandulal-Mackay



## Staff

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

## From the Chair

Since writing my last piece for the Winter edition, we have been very busy trying to return to our new normal at Level 1 status.

Our AGM is scheduled for the 27th of August – by the time you receive this newsletter we would have held it. Two of our long serving Board members have retired from the Board – Wendall Hart and Graham Adams. I would like to take this opportunity to thank them for their support and commitment to Age Concern Whanganui for all of the years they have serviced on the Board, with a special acknowledgment to Wendall, who served as the previous Chairman. We have a number of new Board members who will be voted in at the AGM meeting. I will inform you of the new Board in our next newsletter in November.

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, Staff and the Board thank you all for your continuing support.

**Jan Bullen** | Chairman

### Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.



THE  
**FOOT**  
CENTRE  
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PODIATRY

23 Dublin St, Wanganui

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and Treatment**

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- Corns/Callus/Nails
- Orthotics/Insoles
- 3 D Foot scanning
- Home Visits
- Foot Care Product Range

## Only The Lonely.....

You'll no doubt have heard the words of Roy Orbison's famous song that goes "Only the lonely know this feeling ain't right."

Medical commentators are saying the effects of lockdown with its lack of social interaction has had a dramatic mental impact on the aged. So, we here at Driving Miss Daisy are saying its time to have fun together to beat loneliness and build a healthy mental mind.

Spring is here and the health crisis is hopefully well behind us fortunate Kiwis, so let's get social and reconnect with each other. With Driving Miss Daisy, you can get a group together to tour your local area, create an event like a trip to the movies/theatre, or plan a catch up with friends and family at a favourite café. Just contact your local Daisy and let them help you enjoy a Spring outing.

We would also like to remind you of the Total Mobility Scheme the Government created to encourage social interaction and independence which is delivered locally by your Regional Council. The Scheme is designed to assist clients with access to appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern Organisation, they will be happy to help you find out if you are eligible and advise you on how to apply. Once you have been accepted, you can access up to 50% discounted travel up to the regional maximum subsidy with Driving Miss Daisy, an accredited Total Mobility Scheme provider.

We encourage you to take advantage of this opportunity to get out and participate in your community with the support and companionship that only Driving Miss Daisy provides.

**Remember if we are Together  
we are not Lonely.**

Melanie Harper  
Co-founder DMD

## Get out and about with Driving Miss Daisy



**Keep your independence and freedom  
with our safe, reliable companion  
driving service.**

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®**

[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)

**Disclaimer:** The views expressed in this newsletter are not necessarily those of Age Concern Whanganui. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

## Services

### Support & Advocacy

We can provide support, assistance and liaise with other community agencies.

### Elder Abuse Response Service

Our social workers are available to confidentially discuss and respond to situations where an older person / kaumatua's safety or wellbeing is at risk

### Accredited Visiting Service

Our co-ordinator trains and supports volunteers who visit those living alone and socially isolated in the community.

### Calling Service

This service provides phone calls to people to see how they are and make a connection. The regularity of the calls is dependent on the needs of the person.

### 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)

We provide support to tenants of the Whangnaui District Council Pensioner Flats and for the Rangitikei District Council Community Housing

### Senior Driving Programmes:

We provide a range of programmes

#### - Staying Safe

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.

### Hospital Visits

Visiting service for people who are in hospital and do not have family / natural supports

### 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.

### 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.

### Grocery Shopping (Whanganui Only)

Our community workers can go grocery shopping – pick up the shopping list, shop and then deliver to the person's home. There is a \$6 delivery charge for this service

### 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.

### Total Mobility Scheme

We complete the Horizons Regional Council Assessments to access subsidised taxi fares. An Assessment fee applies.

### Volunteer Opportunities - all volunteers are given training and support

A number of volunteering opportunities are available:

- Meals on Wheels delivery
- Transport & Supermarket Service
- Accredited Visiting Service
- Reception
- CarFit

**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**



### Change in our office hours

Age Concern Whanganui office hours have changed for the next 3 months.

Our office will be open from

9am till 5pm Monday to Thursday

The office will be closed on Fridays.

### Building Strength and Balance

If you are worried about your balance or falling over this could be for you!

Steady As You Go exercises are designed to help older people in their ordinary everyday lives. The groups practice balance, coordination building and muscle-strengthening exercises such as standing on tip toes or moving from a sitting to standing position.

There are eye exercises to assist balance and strengthen the muscles used for peripheral vision, which are needed for driving. Steady As You Go is a falls prevention programme and is held weekly, for one hour.

There are 24 Steady As You Go groups in the Whanganui, Rangitikei and Waimarino areas – please check our advert for a group near you. Please note there is a waitlist for some groups.

Perhaps you would like to start a group in your area - For further information call Janet Lewis Age Concern Whanganui 06 345 1799 (saygo@acwhanganui.org.nz).

I look forward to hearing from you and getting you started in building your strength and balance.



We have an EFTPOS machine at the office – this will make it easier to pay your annual membership



### We desperately need new Meals on Wheels drivers.

Time commitment is 1½ hours once a month Regular day and route so you get to know the clients A great opportunity to make a difference in your community

For more information contact Janet at Age Concern Whanganui Ph 06 345 1799



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



Hi everyone, today as I write my snippet for the newsletter, it is day 2 of the Level 2 restrictions so hopefully by the time you are reading this we would have resumed back to our new normal of Level 1.

But as the saying goes “we have done it once and we can do it again”.

We have extended some of our services – we can provide a calling service, making contact with a person on the phone to check in and have a chat. This is for people who would like a chat but not necessarily a visitor to their home. The calls can be as frequent as the person would like; it is all dependant on the individual.

Our partnership with Mark and his team at New World has continued and we are able to go shopping for people when required. Our EFTPOs machine arrived this week so we can pick up your gorcery list, go to New World, get your groceries, and then deliver back to you. You can pay us via EFTPOs when we drop off your groceries – there is a small fee of \$6 for the service.

Brian launches a book



"There's information on the internet, but people prefer paper," Brian Colegate, a resident at Coastal Villas retirement village in Paraparaumu, said about making the important decision to move to a retirement village. "Other than open days and receiving information from sales staff, there wasn't anything else to use to make a judgement," so he wrote and published his brand-new book Retirement Villages - Residents' Verdict.

Brian launched his book at Coastal Villas Retirement Village on Monday 13 July 2020. It's a very positive story about his decision to move to a village and the many steps on the way to settling in. The focus is to help others to decide whether village life is for them, and walks through the process of selling the family home, de-cluttering, what to look for in the village, and settling in.

The book's not just Brian's own view. While researching it, Brian sent out 200 questionnaires to residents in other villages across New Zealand, asking them about their experiences. He got 90 replies, and in response to his question "Do you like it here?", 83 people said "yes", 4 said "I love it" and 3 said "it's OK".

Many residents from across the country wrote about their own journey to the village, and Brian has included a selection in his book. A key message is one we all repeat - "Don't leave it too late; make sure you come in young enough to settle more readily and make social networks that are less easily achieved in older age". Brian also sent a survey to 80 non-residents in the

We are now providing a hospital visiting service – we can pop up and visit – just give us a ring.

Our trial with our new office hours would have started by the time you read this – as from 18th of August we are changing our office hours. We will be open 9am till 5pm – Monday to Thursday. The office will be closed on Fridays.

The reason for the trial is we noticed through the lockdown period and when we returned back to the office in May, there are a number of calls received after 3.30pm. With extending our hours we will be here to answer those calls and provide support. I will be reviewing regularly through the trial period so please let us know your thoughts.

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

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

Michelle | Manager

relevant age group and got 62 replies. He asked whether they'd given any thought to living in a village, and if so, what they thought of the proposition. 41 said they had considered the idea, and while a number were discouraged by the LTO model, a sizeable minority agreed that they were interested in moving in. The village surroundings, access to health care, being somewhere that's maintenance-free, cost savings and an improvement in the quality of life were the reasons given for making the move.

There's a chapter written by local solicitor Graham Mowbray, pointing out the importance of competent legal advice, and, bringing the book really up to date, there's a chapter on living under lockdown in a village which makes fascinating reading!

At the launch Graham told us that he's advised at least 250 people about moving to a village and of that number, just three changed their minds during the cooling-off period and, having moved in, only two people decided that village life wasn't for them.

He noted that, ultimately, "things" aren't important. What really matters, Graham said to nods of encouragement around the room, are "connections, a sense of belonging, family and love", all of which can be found in a village. If you have a positive attitude, Graham noted, then fitting into a village is very easy.

Copies of the book are available directly from Brian at [rbcolegate@gmail.com](mailto:rbcolegate@gmail.com) (\$20) or your local Paper Plus store. Postage and packing extra.

Don't forget you can find out more about living in a retirement village at [www.retirementlife.co.nz](http://www.retirementlife.co.nz) or via the Facebook site <https://www.facebook.com/retirementlifenz>

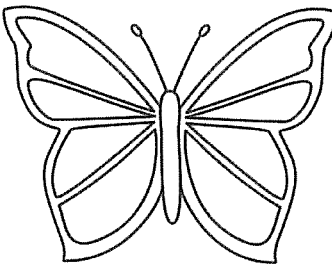
Editorial supplied by Retirement Villages Association

Spring Word Search

Instructions: Try to find all of the hidden Spring words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonnaly, up, or down).

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

Word List		
BIRD	CROPS	MELT
BLOOM	DAFFODILS	OUTSIDE
BLOSSOM	FARMER	SEASON
BUGS	JACKET	STORM
BUTTERFLY	KITE	TADPOLE



# End of Life Choice referendum

## Your guide to the 2020 referendum

In this year's General Election, you can also vote in a referendum on whether you support the End of Life Choice Act 2019. The Act uses words and language you might not be familiar with. The information below may help to explain the Act and what you can vote on in the referendum.

### About the End of Life Choice Act 2019

The Act gives people with a terminal illness the option of requesting assisted dying. Parliament passed the End of Life Choice Act, but it has not come into force. The Act will only come into force if more than 50% of voters in the referendum vote 'Yes'.

### Terms used in the Act

In the Act, 'assisted dying' means:

- a person's doctor or nurse practitioner giving them medication to relieve their suffering by bringing on death; or
- the taking of medication by the person to relieve their suffering by bringing on death.

In the Act, 'medication' means a lethal dose of the medication used for assisted dying.

### Who would be eligible for assisted dying?

To be able to ask for assisted dying, a person must meet ALL the following criteria. They must:

- be aged 18 years or over
- be a citizen or permanent resident of New Zealand
- suffer from a terminal illness that's likely to end their life within 6 months
- have significant and ongoing decline in physical capability
- experience unbearable suffering that cannot be eased
- be able to make an informed decision about assisted dying.

A person would not be eligible to ask for assisted dying if the only reason they give is that they are suffering from a mental disorder or mental illness, or have a disability of any kind, or are of advanced age.

### Who would be considered able to make an informed decision about assisted dying?

Under the Act, a person is able to make an informed decision about assisted dying if they can do ALL of the following things:

- understand information about assisted dying
- remember information about assisted dying in order to make the decision
- use or weigh up information about assisted dying when making their decision
- communicate their decision in some way.

### Making sure the choice is freely made

The doctor must do their best to make sure that a person's choice to ask for assisted dying is their own. If, at any time, the doctor or nurse practitioner thinks a person is being pressured about their decision, they must stop the process.

A health practitioner is not allowed to suggest that a person consider assisted dying when providing a health service to them.

## The assisted dying process

### Requesting assisted dying

The process of assisted dying begins with the person asking their doctor.

### Determining who is eligible

The person's doctor and an independent doctor must agree that the person meets all the criteria, which includes being able to make an informed decision about assisted dying.

If either doctor is unsure of the person's ability to make that decision, a psychiatrist needs to assess the person. If a person is not eligible, they cannot receive assisted dying.

### Selecting the method and timing

If the person is eligible, they choose a method, date, and time for taking the medication.

### Administering the lethal dose of medication

At the time the person has chosen to take the medication, the doctor or nurse practitioner must ask the person if they still choose to take the medication.

If the person chooses to take it, the doctor or nurse practitioner gives it. The doctor or nurse practitioner must be available to the person until they die.

If the person changes their mind, the medication must be taken away.

# Cannabis legalisation and control referendum

## Your guide to the 2020 referendum

In this year's General Election, you can also vote in a referendum on whether the recreational use of cannabis should become legal. Your vote will be based on the proposed Cannabis Legalisation and Control Bill, which has been developed to help give New Zealanders an idea of how the law might work.

### About the proposed Cannabis Legalisation and Control Bill

The proposed Bill sets out a way for the Government to control and regulate cannabis. This regulatory model covers how people can produce, supply, or consume

cannabis. The Bill's main purpose is to reduce cannabis-related harm to individuals, families/ whānau and communities.

### What's not included in this referendum?

The proposed Bill does not cover medicinal cannabis, hemp, driving while impaired, or workplace health and safety issues. These are covered by existing laws. Medicinal cannabis is already legal under the Medicinal Cannabis Scheme.

### The Bill legalises restricted access to cannabis

The Bill would allow people to possess and consume cannabis in limited circumstances.

A person aged 20 or over would be able to:

- buy up to 14 grams of dried cannabis (or its equivalent) per day only from licensed outlets
- enter licensed premises where cannabis is sold or consumed
- consume cannabis on private property or at a licensed premise
- grow up to 2 plants, with a maximum of 4 plants per household
- share up to 14 grams of dried cannabis (or its equivalent) with another person aged 20 or over.

### The Bill's purpose is to reduce harm to people and communities

The Bill intends to reduce cannabis-related harm to individuals, families/whānau and communities by:

- providing access to legal cannabis that meets quality and potency requirements
- eliminating the illegal supply of cannabis
- raising awareness of the health risks associated with cannabis use
- restricting young people's access to cannabis
- limiting the public visibility of cannabis
- requiring health warnings on packaging and at the time of purchase
- improving access to health and social services, and other kinds of support for families/whānau
- making sure the response to any breach of the law is fair.

### The Bill controls the production and supply of cannabis

The Bill would regulate how cannabis is produced and supplied by:

- limiting the total amount of licensed cannabis for sale
- controlling the potency and contents of licensed cannabis and cannabis products
- applying an excise tax when a product is packaged and labelled for sale
- setting up a licensing system under which all cannabis-related businesses must hold a licence

- regulating location and trading hours for premises where cannabis is sold or consumed, in consultation with local communities
- banning people from importing cannabis and allowing only licensed businesses to import cannabis seeds
- separating businesses that are licensed to grow cannabis and produce cannabis products from businesses that are licensed to operate premises where cannabis can be sold and consumed.

### What happens after the votes are counted?

If more than 50% of people vote 'Yes' in the referendum, recreational cannabis wouldn't become legal straight away. After the election, the incoming Government can introduce a Bill to Parliament that would legalise and control cannabis. This process would include the opportunity for the public to share their thoughts and ideas on how the law might work.

If more than 50% of people vote 'No' in the referendum, recreational cannabis would remain illegal, as is the current law.


Medicinal cannabis and hemp will not be affected by the outcome of the referendum. Medicinal use of cannabis will still be allowed if prescribed by a doctor, and hemp will still be legal.

## Tuna Baked Potatoes

The humble potato becomes the star attraction on the plate. For flavour variations replace the tuna with salmon, creamed corn or crushed pineapple.

### Ingredients

Potato, scrubbed  
1 tablespoon sour cream or yoghurt  
Vegetable, chopped  
e.g. celery, parsley, red or green pepper, spring onion



½ can of 95gram tuna  
¼ cup of cheese

### Method

1. Pre-heat oven to 200° C.
2. Bake potato in the oven for 45-60 minutes. Alternatively, cook potato in the microwave – cook on high for 3 minutes, check with skewer. Some microwaves have a 'potato' button.
3. Cut potato in half lengthwise and scoop out cooked flesh into a bowl. Leave about ½ cm thickness of skin.
4. Mash potato with a fork until fluffy and add remaining ingredients. Mix well and put mixture back into the skin.
5. Place on a baking tray and cook for 10 minutes.

**Variation:** replace tuna with canned cream corn or canned crushed pineapple.

**Serving Suggestion:** serve with a green salad or coleslaw.

**Leftover Ingredients:** put the remaining tuna in a covered container in the refrigerator and use the following day as a sandwich filling.



## Steady As You Go®

### Strength & Balance Programme

#### WHANGANUI

##### MONDAY

**Christ Church Community Centre**

10am - 11am, 11.15am - 12.15pm  
and 1.30pm - 2.30pm

**Masonic Court Rest Home** 10.30am - 11.30am

**Rapanui Mowhanau Community Hall**

1.30pm - 2.30pm

**Special Olympics Hall, Peat St** 10.00am - 11.00am

**The Holy Family, Tawhero** 10am - 11.00am

**Glasgow Group, St Andrews Hall, Glasgow St**

11am - 12pm

##### TUESDAY

**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 (Cossie Club)** 9.30am - 10.30am

**St Lukes, Castlecliff** 10am - 11am

**St Peters Church Hall, Gonville** 10am - 11am

**Special Olympics Hall, Peat St** 10am - 11am

#### MARTON - TUESDAY

**Marton Friendship Hall** 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.



## Election 2020: When is it and what are you voting for?

**WHEN IS THE ELECTION?** The 2020 general election is being held on October 17. However, advance voting begins on October 3rd.

**WHO CAN VOTE?** New Zealand citizens and permanent residents aged 18 and over can vote, provided they have lived in New Zealand for at least 12 months at some point in their life.

**HOW DO I VOTE?** Before you can vote you need to enrol and register in the correct electorate – the local area where you live. You can do this on the Vote NZ website.

New Zealand does not allow online voting, so you'll need to head to a polling booth near your home to cast your ballot.

Once you've registered, you'll get an Easy Vote card sent to your address. Take this with you when you go to cast your vote.



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

If you don't have your Easy Vote card you'll be asked for your name and address.

You can place your vote from  
October 3 until 7pm  
on October 17.



**WHAT AM I VOTING FOR?** As well as voting on who gets into parliament, this year you'll also get to vote on two referenda – whether New Zealand should legalise cannabis and assisted dying, also known as euthanasia.

The assisted dying vote is legally binding and if passed it will become law 12 months after the result is confirmed. The cannabis referendum is different and an overall "Yes" vote means only that the government could pass a law, if it chooses. For both, you will vote either in favour or against a proposed law change.

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](mailto:info@simplyhearing.co.nz) - web: [simplyhearing.co.nz](http://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.**

## Talks & Tasters & Tea Health & Wellbeing: Information & Fun for Age Concern members

Wednesday October 7th 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**

## FREE Internet Banking Training Sessions for Older People



Volunteer Whanganui and Age Concern Whanganui are collaborating together to provide free internet banking training sessions for older people.



The venue will be at Age Concern Whanganui office, at 164 St Hill Street and will be run with the assistance of local bank branch members.



It will be one bank per session.

The time of the sessions will be from 9.30am - 10.30am.

Days for sessions:

Coop Bank : Monday 21st September  
ASB: Wednesday 23rd September  
Kiwibank: Thursday 24th September  
BNZ: Monday 28th September  
ANZ: Tuesday 29th September  
Westpac: Thursday 1st October

Please bring your device with you

**TO REGISTER YOUR INTEREST PLEASE  
EITHER BY phone or email**



**SANDRA RICKEY** (06) 3479430

Email [whanganuivolunteercentre@xtra.co.nz](mailto:whanganuivolunteercentre@xtra.co.nz)



**MICHELLE MALCOLM** (06) 3451799

Email [manager@acwhanganui.org.nz](mailto:manager@acwhanganui.org.nz)

## HealthCare New Zealand

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

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

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

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

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



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

Our services include:

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

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

We also support privately paying clients.

**For more information:**

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



**HealthCare  
New Zealand**

Rehabilitation. Community Health.

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Our Thanks to:



### 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](http://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](http://www.alzheimers.org.nz)

### We really appreciate your support as members of Age Concern Whanganui

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

You can pay by cash / cheque / internet / EFTPOS

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](mailto:info@acwhanganui.org.nz)

*Thank you again for your support*

### Start a Conversation that Counts

our voice Advance Care Planning  
tō tātou reo

Advance care planning (ACP) involves thinking and talking about what is important to you as you age, including your goals, values and incorporate them into plans for their future health care. Although it focuses on the individual the process can involve your partner, family/whanau if that is the person’s wish.

An important part of ACP is making sure you have enough information in a way you can understand it, so you can effectively participate in medical decision making processes now and in the future.

If you are interested in attending a discussion on ACP call ACW office on 06 345 1799 for more information on dates and times.

### 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/eftpos \$\_\_\_\_\_

**Please tick if you require a receipt:** ☐

Westpac account - 03-0791-0454649-00

If you are making an internet payment please email your details to: [info@acwhanganui.org.nz](mailto:info@acwhanganui.org.nz) or post this form to PO Box 703, Whanganui 4540

**OFFICE USE ONLY:**

☐ Receipt issued

☐ Database updated

☐ Thank you letter

☐ Deposit date





# ST JOHNS HILL HEALTHCARE



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



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

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

Please feel free to call with any queries

**Phone:** (06) 348 1500

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



Sue Walker - Facility Manager  
Jo Green - Clinical Team Leader

