

**SUMMER 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

**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>	Josh Chandulal-Mackay
<b>Secretary:</b>	Helen Bourne
<b>Members:</b>	Diana Doyle
	Keri-Anne Hawira
	Mike Russell
	Judith McDonald
	Therese Zimmerman
	Meryl Parsons
	Liam Graham



## Staff

<b>Manager:</b>	Michelle Malcolm
<b>Administrator:</b>	Noeleen Voice
<b>Volunteer Coordination/ Steady As You Go:</b>	Janet Lewis
<b>EARS / Community Social Work / Wellbeing Officer - Council Flats Whanganui &amp; Rangitikei:</b>	Lorraine Peipi-TePou
<b>Accredited Visiting Service/ Health Promotion:</b>	Clare Fearnley

## From the Chair

In the last edition I mentioned the AGM in August and Graham Adams and Wendall Harts retirement from the Board. We have a full complement of 10 Board Members, and now I welcome and introduce our 5 new highly skilled and competent group. Mike Russell from Rabo Bank and a farmer, Judith McDonald Chief Executive W R H Network, Therese Zimmerman Manager Aramoho Health Centre, Liam Graham Director Whanganui Car Centre and Meryl Parsons Administrator. It is heartening to have the encouragement and experience of this group and I trust they will enjoy their involvement with Age Concern as much as we all do.

Although we had planned to have several events throughout the year, this had to be put on hold but hopefully we'll be able to restart next year with some positive fun activities. On 1 October we did celebrate the International Day of the Older Person. Janet our "Steady as You Go" coordinator organised an extremely successful afternoon in the Eulogy Lounge at the Race Course. I couldn't believe how many people of all ages and stages were there, with everyone enthusiastically taking part in the programme, with the room buzzing.

Covid has taught us lots of things, one being that we can reorganize our week. The Board has agreed to trial a 4 day working week. This means the staff keep to their hours, but work longer from Monday to Thursday and have Friday off. The exception is our Manager Michelle, who is trialling being at work on Friday and taking Monday off. There is always someone at Age Concern office to answer calls. Interestingly the staff and everyone seem very happy with the new system, And the Board will make a decision in December

We are always looking for volunteers to help with activities, for example Meals on Wheels drivers. It was so good seeing some trainee cadet pilots loading the meals into their van, therefore helping out in our community. There are plenty of other opportunities to help in a variety of ways. Not only do the people you help benefit enormously but you benefit too, you make new friends, you join to an amazing organization and you help your community. We would love you to have some fun and join us.

What a year 2020 has been, certainly one we won't forget. Having said that all I can say is I wish you all a very happy and healthy Christmas. Take care and let's welcome 2021 in with enthusiasm, positivity, and kindness to others. Merry Christmas and a Happy New year

**Jan Bullen** | Chairman

## We wish you a Merry Christmas

Ho Ho Ho what a year we've had. I think we all deserve something special for being so well behaved and there is nothing better to give, or to wish for, than a Driving Miss Daisy Gift Voucher.

A Driving Miss Daisy Gift Voucher can be purchased directly from your local Daisy and whether receiving or giving, it makes such a thoughtful gift.

But you don't have to wait for Santa; there is plenty to do with Driving Miss Daisy to fully enjoy the festive season:

- Christmas lights tours
- Festive coffee mornings with friends
- Christmas carol services

Then there are the Christmas chores that Driving Miss Daisy can take care of with you:

- Christmas Shopping and don't forget they will do the posting
- Shopping for that special Christmas Day outfit
- Airport Transfers
- A companion to end of year functions and events

But you really don't need a reason to call on Driving Miss Daisy, as just getting out and about and enjoying the company of your Daisy driver is good for the soul by simply having a good time, creating positive memories. So, don't sit inside lonely while the world buzzes along, there are very few reasons not to have a little fun. If needed many of our vehicles are fully equipped with wheelchair access, to assist with walkers and wheelchairs.

Remember, Driving Miss Daisy accepts the Total Mobility Scheme cards ("half price taxi chits"), providing driving discounts on trips.

To end I wish you all a very Merry Christmas after what has been a most challenging year for all of us. So please help us, help you, by considering buying a Driving Miss Daisy **Gift Voucher** or dropping the hint to family that it would be an ideal gift for yourself. It's as easy as calling your local Driving Miss Daisy Franchise owner.

Looking forward to taking care of you in 2021.

**Melanie** | Co- Founder

editorial supplied by Driving Miss Daisy

## 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

**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**

## Do you Know Someone who would Like More Company?



Are you feeling that you spend too much time on your own? Maybe you can't get out much these days and would enjoy company, a chance to chat and share an interest? Are you also over 65, unable to drive, living alone, without local family and with frail health? Age Concern Whanganui has an Accredited Visiting Service. The service has caring volunteers who are keen to spend time with an older person. Many of them are older people. Our volunteers visit their special person for about an hour each week. They tell us that they enjoy the opportunity to get to know someone, and that they benefit and learn from the experience.

A regular visit is something to look forward to. Our co-ordinator, Clare Fearnley, can match you with a volunteer who shares your interests, and who would like to get to know you. We'll find the right visitor, the right company - for you. Having a visitor can make a real difference. These are some of the things people have told us about having a visitor:

*Joan has become a very special friend to me. She keeps in touch regularly, especially if I am unwell. We have lots in common. I am very happy that she has come into my life.*

*I could not be more delighted with my visitor. She brings intellectual stimulation and love into my life. And humour!*

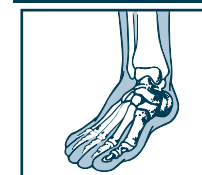
*I am not so lonely, and feel I have a friend. I have someone of my own.*

What they do together is varied. This has included: book swaps, bottling, playing music, knitting, making plans for the garden, discussing news and current

affairs. Over time, we notice that people's health and wellbeing improve, they regain some independence and make other social connections. Some visitors bring their dog or their children. Quality friendships can develop with the visitor becoming a trusted fun buddy – for example, "she is almost a family member".

Clare, the visiting service co-ordinator, will meet you at home to get to know you and find out about your interests. If the service is a good match for you, then she will work to match you with a police record checked, carefully chosen and trained volunteer who will visit you for about an hour each week. Clare will keep in touch to make sure you're both enjoying your visits. If there's a problem, we'll work with you to solve it.

If you or someone you know would like to know more about having a visitor, simply call us on 06 345 1799 or pop into our office at 164 St Hill for more information.



THE  
**FOOT**  
CENTRE  
CAROLYN GROVES  
PODIATRY

23 Dublin St, Wanganui

**06 348 7792**

**Complete Foot Care and Treatment**

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

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**facebook**



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



# Our celebration for International Day

A “Big” Steady As You Go event was held at the Whanganui Racecourse on 1 October to celebrate International Day of Older Person. The day was enjoyed by 110 Steady As You Go participants. It was amazing to watch as everyone completed the exercises in unison. It was a wonderful opportunity to present a bouquet to Joan Bull, a long serving Age

Concern Volunteer visitor and also founding member of the Hunterville Steady As You Go group. Joan is 96 years young! We all enjoyed afternoon tea and a good natter. The day was a great success, and it may be on next year’s calendar!

Janet Lewis – SAYGO coordinator

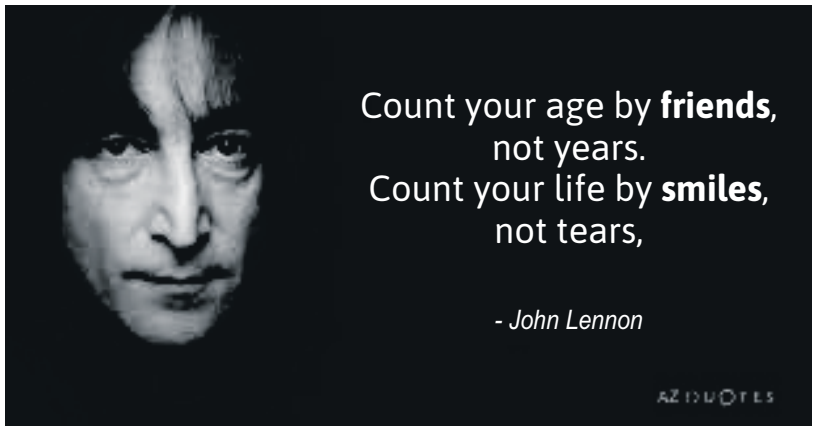


## Start a Conversation that Counts



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.

**TIPS TO HELP WITH ANXIETY ATTACKS**  
**Look around you.**  
**Find five things you can see**  
**Four things you can touch**  
**Three things you can hear**  
**Two things you can smell**  
**and One thing you can taste**  
This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.



# Community Meeting update November 2020



## MyIR Secure Online Services

You can register for myIR as an individual or for your business, company, trust, partnership or club.

### What you can do in myIR once you have registered:

- Manage all your accounts, including Working for Families and Child Support
- Update your contact details
- Make payments
- Track refunds
- File tax returns
- Upload documents including donation receipts
- Send Inland Revenue secure emails

## How to register for myIR

Go to [www.ird.govt.nz/topics/myir-secure-online-services](http://www.ird.govt.nz/topics/myir-secure-online-services) for more information.

### To create a myIR account you will need:

- Your IRD number
- Your date of birth
- Your name
- An email address
- Create a myIR web name
- Create a myIR user ID

## Activate your myIR Account

You can choose to be contacted by email and or mobile phone.

You can activate your myIR account via text message or by calling our contact centre. To activate your account by text message, you will need to provide your mobile phone number, if this matches the number we have on record, you will receive an activation code by text. Once the account has been activated you will receive an email with a link to create a password, Passwords need to be at least 5 characters long. Passwords under 10 characters must have at least 2 of any of the following:

- Lower or uppercase letters
- Numbers
- Special characters

Your password cannot be over 255 characters long or contain your user ID.

## KiwiSaver Inland Revenue’s role

Inland Revenue’s role is one of a Central Administrator. We provide information on the goals and benefits of KiwiSaver to help people decide whether it is right for them. We keep track of overall

membership of the scheme and ensure KiwiSaver deductions from employers are passed onto the members scheme provider. We also oversee – opt outs, savings suspensions and transferring any Government contributions to a member’s KiwiSaver scheme.

## Paid Parental Leave

To qualify for paid parental leave Check [www.ird.govt.nz/paid-parental-leave/eligibility](http://www.ird.govt.nz/paid-parental-leave/eligibility) for more information.

If you take time off work to care for your baby or a child (under 6) who has come into your care, you may be able to get paid parental leave. You need to have worked an average of 10 hours in a week, in at least 26 weeks (about 6 months) a year before the due date of the baby or the date the child came into your fulltime care. It does not matter how many employers you had or if you were self-employed.

## Repayment of a student loan

For more information check: [www.ird.govt.nz/student-loans/repaying-my-student-loan](http://www.ird.govt.nz/student-loans/repaying-my-student-loan)

If you live in New Zealand, how you repay your student loan will depend on what type and how much income you receive. You will pay 12% of every dollar you earn over the repayment threshold. The thresholds are as follows: \$385.00 per week, \$770.00 fortnightly, \$1,540.00 four weekly or \$1,668.33 monthly. If you have more than one job you may be able to apply for a special deduction rate. If you are living outside New Zealand for around 5 out of 6 months, you might become overseas based and your student loan will stop being interest free. Your loan repayments will be based on the size of your loan balance and could start getting bigger.

## Inland Revenue Mobile Offices and Heartlands Appointments

We have been exploring how we can enhance our appointment service around our region. Appointments can be made by ringing 0800 227 774. We may be able to assist you via a virtual appointment to avoid waiting for the next Heartlands or mobile office opportunity. Our Community Compliance Officers will work hard to provide this frontline service.



**Hearing Therapy – free services**

Are you concerned about your hearing? Are you missing things in conversation or having trouble getting your hearing aids working well for you? Hearing loss can lead to communication breakdown and result in frustration and isolation. Sometimes hearing loss can deprive a person of important life signals e.g. the kettle boiling, a tap at the door. Hearing Therapy is a national service **funded by the Ministry of Health and delivered by Life Unlimited Charitable Trust**. They provide free hearing assessments, information, hearing tests and support to New Zealand citizens and permanent residents aged 16 years and over.

Their service is independent. They don't sell or fit hearing aids, but we can give you independent advice about using hearing aids and other listening devices.

**How does Hearing Therapy work?**

Living with a hearing impairment can be stressful. It can lead to difficulties at work and affect communication with family and friends. It may also affect self-esteem and lead to social isolation. A qualified hearing therapist will work with you to evaluate your hearing and make a plan with you to reach your hearing-related goals and reduce the impact of hearing loss on your daily life.

**A hearing therapist can...**

- Complete a hearing evaluation and discuss your hearing difficulties with you
- Help you use your hearing more effectively and provide information about hearing health
- Teach ways of improving your communication skills
- Help you use hearing aids to greater effect
- Give information about equipment available to assist with daily living, like amplified telephones, personal listening devices, baby monitors, doorbell alarms and smoke detectors
- Teach speech reading and provide auditory training
- Offer advice and practical help to people with tinnitus
- Provide information about funding options
- Refer you to other health services if needed.

They can help your family, whanau and friends to better support your hearing issues and these people are welcome to attend appointments with you.

You can request an appointment with Life Unlimited online or call **0800 008 011**

The Whanganui service is every three weeks on Tuesdays. If you cannot make it into town to see her, the therapist, Jenny, is willing to do home visits to our clients and members.

**General advice on purchasing hearing aids in New Zealand (Ministry of Health)**

There is a wide range of hearing aids and devices available in New Zealand. These come at a wide range of prices. It is important to do your research. The hearing therapist can help with this.

- If someone recommends a particular hearing aid to you, ask them why? Does it suit your type of hearing loss?
- Do you need all the 'extra features' or will a more basic hearing aid be cheaper and easier to use?
- Is the person recommending the hearing aid to you paid to sell that particular brand?
- Ask questions, and make sure you let the person know if there's anything you don't understand.

**The Hearing Aid Subsidy Scheme** provides \$511.11 (including GST) per hearing aid to adults who have a permanent hearing loss and need a hearing aid, are New Zealand citizens living in New Zealand or permanent residents. More information is available on the Ministry of Health website. Age Concern Whanganui has booklets about this scheme and is happy to mail them out.

**Do you know a senior citizen or kaumātua who is isolated and lonely?**



Maybe they can't drive, have no local family and have frail physical health.

Tell them about Age Concern's accredited visiting service!

We have some lovely, caring visitors who enjoy the company of older people and who provide regular company and cheer.

Contact Clare at Age Concern Whanganui on (06) 345 1799 or [avs@acwhanganui.org.nz](mailto:avs@acwhanganui.org.nz)





# Secret Santa Gifts



For some of the elderly people in our community Christmas can be a lonely time, with family not living close by. Age Concern Whanganui will be collecting gifts, which will be delivered by Santa's helpers



**Any gift would be greatly appreciated**

If you would like to donate, please drop the unwrapped gift into our office:

Age Concern, 164 St Hill Street or ring us and we can come and collect 34 51 799

We are collecting until 10th December 2020





**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)**

**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)



# Steady As You Go<sup>®</sup>

## 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





Hi everyone,

Christmas is almost upon us – where has the time gone. I have to say it was a year that no one will forget in a hurry.

Our Secret Santa Gifts Initiative is up and running again this year – we are collecting gifts for people who will be alone at Christmas. Last year was a huge success due to the generosity of our community and am sure it will be the same again this year.

We sadly said goodbye to Deidre, our Community and EARS Social Worker and Sue Evans, Senior Social Worker. Deidre left us at the end of October with Sue leaving us in the middle of November. They will be sadly missed and we wish them well for the future. I would like to take this opportunity to acknowledge the people who make Age Concern the organisation it is today:

Our wonderful volunteers – a huge thank you – you give up your valuable time to support us, which we greatly appreciate. Our organsaiton would not be the same without you all!!

Our members – thank you for your ongoing support – we are so very lucky you have chosen our organisation to support.

Thank you, thank you, thank you to the great team of staff - you are all dedicated, compassionate and want the best outcomes for the people we are supporting. Thank you for your hard work over the past year.

To the Board – thank you for your guidance and support - your dedication to our community is commendable. A very warm welcome to our 5 new Board members.

The festive season can be a very lonely time for older people in our community, please check in on your neighbours.

I hope everyone has a very

# Merry Christmas

and a Festive New Year

Michelle | Manager





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

Away in a Manger  
Choir of the Bells  
Dominick the Donkey  
Frosty the Snowman  
Holly Jolly Christmas  
Jingle Bell Rock

Jingle Bells  
Let it Snow  
Little Drummer Boy  
Little St Nick  
O Holy Night  
Rudolph

Santa Baby  
Silent Nigh  
Silver Bells  
The Christmas Song  
The First Noel  
Winter Wonderland

## 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 and use quality products. All our hairdressers are qualified with many years experience (no juniors).

**\* 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 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.**



**CHRISTMAS  
IS DOING  
A LITTLE  
SOMETHING  
EXTRA  
FOR SOMEONE**

## 6-ingredient lamington wreath with berry cream

### INGREDIENTS

500g frozen strawberries  
2/3 cup caster sugar  
1 teaspoon vanilla bean paste  
2 cups thickened cream  
26 lamington fingers  
(see notes)  
500g small fresh strawberries



### METHOD

- Step 1** Place frozen strawberries and 1/2 cup sugar in a large saucepan over medium heat. Cook, crushing strawberries with a wooden spoon, for 10 minutes or until sugar has dissolved. Bring to the boil. Reduce heat to medium-low. Simmer for 10 minutes or until mixture is syrupy.
- Step 2** Remove from heat. Strain syrup mixture through a fine sieve into a jug. Discard solids. Wash and dry pan. Return syrup to pan. Stir in vanilla bean paste. Bring to a simmer over medium heat. Simmer for 12 minutes or until slightly thickened. Remove from heat. Set aside to cool completely.
- Step 3** Using an electric mixer, beat cream and remaining sugar until just-firm peaks form. Add 1/3 cup strawberry syrup to cream. Fold through to create a rippled effect.
- Step 4** Carefully spoon cream mixture into a large snap-lock bag. Snip 2cm off one corner. Pipe a 23cm ring on a flat serving plate to form the base. This ring will secure the lamingtons to the plate.
- Step 5** Pipe a little cream mixture onto 1 face of 1 lamington. Place lamington on its side on cream ring to start assembling the wreath. Pipe a little cream onto 1 face of the next lamington. Place in front of lamington on plate and sandwich together. Repeat process with remaining lamingtons and cream mixture to form the wreath.
- Step 6** Reserve 12 fresh strawberries. Hull and finely dice remaining strawberries. Cut 3 of the reserved strawberries in half. Using the picture as a guide, top wreath with the whole, halved and diced strawberries. Spoon over remaining syrup mixture. Serve immediately.

## 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
- 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](http://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](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*

DOC has conservation resources to share with our community to encourage and promote conservation education/thinking. Specialised resources are available for Save Kiwi Month (October), Whio (blue duck) Month (March) Sea Week (March), Takehe Month (April) Arbour/Environment Day (June), Conservation Week (September), Bird of the Year (November) along with general conservation themed activities. Additionally, DOC is happy and enjoys talking to groups about the work they are currently undertaking.

Contact the Whanganui office on 06 349 2100 for further information

### 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

☐ Thank you letter

☐ Database updated

☐ 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

