

Age Concern Whanganui

Serving the needs of older people

ELDER ABUSE HITS CLOSE TO HOME

ELDER ABUSE AWARENESS 15 - 22 JUNE

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

75% *More than three quarters
of alleged abusers are family
members.*

50% *More than half of the alleged
abusers are adult children or
grandchildren.*

50/50 *Alleged abusers are as
likely to be female as male.*



Contact Information

Phone: (06) 345 1799 **Fax:** (06) 347 2334
Email: info@acwhanganui.org.nz
Address: 164 St Hill Street, Whanganui 4500

OFFICE HOURS

9.00am - 5.00pm Monday to Thursday

Please note new office hours.

Board Members

Chairperson:	Jan Bullen
Deputy Chairperson:	Josh Chandulal-Mackay
Secretary:	Helen Bourne
Members:	Diana Doyle
	Keri-Anne Hawira
	Mike Russell
	Therese Zimmerman
	Meryl Parsons
	Liam Graham



Staff

Manager:	Michelle Malcolm
Administrator:	Noeleen Voice
Volunteer Coordination/ Steady As You Go:	Janet Lewis
EARS / Community Social Work / Wellbeing Officer - Council Flats Whanganui & Rangitikei:	Lorraine Peipi-TePou
Accredited Visiting Service/ Health Promotion:	Clare Fearnley
EARS Social Worker:	Karen Kitson
Social Connection Coordinator:	Elise Goodge

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

From the Chair

For my last contribution to our newsletter before I retire at the A.G.M, I thought a brief insight into the beginnings of the Whanganui Regional Council for the Aged, as it was then known, may be appropriate.

In June 1978, the recommendation by the Hospital Board was that there was a crucial need in the community for the elderly, while stressing the demand for a voluntary organization to be formed. This happened as many concerned service groups joined to form a co-ordinated committee, with the aim to help the elderly. The main objective was to keep them in their homes while promoting their health and welfare. To do this several services were put in place, - home-help, home visiting, handyman, transport, gardening, hairdressing, hospital homecare and a newsletter. Most of these services remain today, evolving to become more sophisticated with the diverse and demanding needs of our society.

According to our Constitution a maximum of 7 years is the limit on the Board. I firmly believe we need to keep to this as replacing and refreshing on any Board is so important. I joined the Board in 2012, so I'm well "past my use-by date" as they say. I've been part of many improvements and changes to the organisation, one of the more recent and significant, is the change to bi-monthly Board meetings. Monthly management meetings are now run by a small team of dedicated members taking on more responsibility.

I must thank all the current Board Members, staff and volunteers, and also the many past Board Members, staff and volunteers who I have come to treat as my special friends. Without your energy, commitment and compassion there would be no Age Concern Whanganui.

However I want to especially mention and thank two retiring Board Members, Diana Doyle (6years) and Helen Bourne (2 years).

Diana has always given me her full support, with her eagerness and passion to help in anyway. I have always appreciated this, thank you.

Helen, your commitment and reassuring assistance I will always be grateful for, thank you.

Finally, come to our A.G.M on Thursday 8 July 5.15pm Age Concern Board Room, and meet the new Board, new Chair and hear an outstanding guest speaker - see you there.

Jan Bullen | Chair

AGE CONCERN WHANGANUI INC.

ANNUAL GENERAL MEETING

To be held

Thursday 8th July 2021
@ 5.00 p.m.

164 St Hill Street, Whanganui

RSVP by phoning 06 3451 799

Age Concern Whanganui Membership

Membership is a way the community can support the work we do on behalf of the older people in the Whanganui Region. Becoming a member of Age Concern Whanganui is a way to show your support and help us to assist older people to stay independent and connected with their local community

Membership is only \$20 per year and as a member you will receive:

- A copy of the quarterly Age Concern Whanganui newsletter posted to your home
- Invitations to gatherings, seminars and events
- Discount on the assessment fee when applying for the Total Mobility Scheme

If you would like to know more about the work we do, the services we provide and want be involved with an organisation that works to achieve wellbeing, rights, respect and dignity for older people, contact us and become a member



Hi everyone,

It is hard to believe we are 6 months into the year – just think Christmas is just around the corner.

We welcomed Elise Goodge to the team at the beginning of June – she joins us in the role of Social Connection Coordinator. She has a wealth of knowledge and networks within Whanganui and the wide region. She has had previous roles with UCOL and Mainstreet Whanganui.

As you will be aware the Covid-19 vaccine is now rolling out to group 3 – there is information further on in our newsletter. We have all had our vaccinations – thank you to Therese and the team at Aramoho Health.

It was disappointing to see there was no increase in the pension in the latest budget. It is difficult to comprehend why the Government did not include the pension with the increases in the main benefits, when cost of living has a major impact of the older people in our community.

We continue to have our 1:1 digital session with our volunteer – if you need any assistance, please don't hesitate to contact us. Some of the banks are running workshops and have dedicated phone numbers for older people. Contact your local branch to see what they can offer you.

With winter upon us please be mindful when you are out and about outside – paths can be slippery when wet. Walking inside can be just as hazardous when water is on the floor as I found out recently when I slipped and fell while in the laundry. I am still feeling the effects some time later but in saying that I should have taken more care.

Keep warm and safe

Michelle | Manager



THE
FOOT
CENTRE
CAROLYN GROVES
PODIATRY

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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

The Services we provide

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.

Housing (Whanganui) and Community Housing (Rangitikei)

We provide support to tenants of the Whangnaui District Council Housing 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)

We can provide this service on a short term basis, which is subject to criteria and there is a charge for delivery.

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

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

Royal Commission of Inquiry into Abuse in Care

The Abuse in Care Royal Commission of Inquiry is investigating the historical abuse of children, young people and vulnerable adults in State and faith-based care in Aotearoa New Zealand. They are looking into why people were taken into care, what abuse people suffered in care and why, and the effects of the abuse on them and their family.

State care could include foster care and adoption services and settings, residential children's homes, psychiatric hospitals, schools; including boarding schools or special schools, disability care or facilities, police cells, court cells or police custody, youth justice placements or at health camps. Faith-based care could include adoption and foster care services and settings, religious schools; including board schools, borstals, pastoral care services, or church camps.

If you are a survivor or witness of abuse in care, your voice matters, your experiences matter. It is never too late to share your experiences, you can make a difference. Helping the Inquiry learn about what you or your loved one went through in care and the affect it had on your

life, family and community, will help the Inquiry make recommendations to make it safer for children, young people and vulnerable adults in care today and in the future.

Sharing experiences of abuse can be very hard and upsetting. The Inquiry can organise or cover costs for short-term supports and counselling or disability supports to support survivors and witnesses talk about the abuse with them. Confidentiality is a high priority for the commission. There are many ways to engage with the Inquiry including participating from the comfort and safety of your own home.

To find out more confidentially:

- Phone the contact centre on 0800 222 727 Monday to Friday 8am – 4pm
- Email contact@abuseincare.org.nz
- Write to PO Box 10071, The Terrace, Wellington 6011
- Look at the website www.abuseincare.org.nz for more information
- Follow the Inquiry on Facebook <https://www.facebook.com/abuseincareRCNZ/>

Alternatively, you can contact Ana Lee, Community Engagement Advisor at ana.lee@abuseincare.org.nz or phone 027 223 1193



Are you looking for the only hearing clinic in Wanganui that is locally owned and operated?

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Heidi will guide you to find the perfect hearing solution for your lifestyle and budget. Make an appointment now.

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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.

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- 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

Changes to banking services

The way we’re banking is changing. That’s mostly because banks are phasing out cheques and closing some branches. The banks are encouraging us to bank online or use their mobile phone banking apps. That’s not great news for some of us who cannot, or prefer not to, change the way we’ve always done things. The good news is that there are still other ways of banking that don’t involve computers or mobile phones.

Banking options for those who can’t bank online

Customers who prefer not to use digital banking, or who cannot, can still:

- Phone their bank seven days a week to speak to someone. In most cases automated telephone banking is also available.
- Use ATMs for cash withdrawals, deposits (smart ATMs only) and other account transactions.
- Use branches for most transactions.
- Use direct debit authorities to allow businesses you pay regularly to withdraw what you owe them from your account. Direct debits provide a useful alternative to cheques for regular payments such as monthly bills. They only need to be set up once and the bill payee can help you with that. Payments are made subject to available funds on the due date, so you never have to miss a payment.
- Set up automatic payments for regular fixed-amount payments, for example donations to charities. Your bank can help you set up automatic payments.

How banks are helping older customers

Most banks have a priority phone service for older customers. Some have a dedicated phone number for older customers, and others automatically direct your call to the priority service when you call their main 0800 number.

Banks offer a range of information and education services for customers who would like to learn about banking online and on mobile phones.

Banks are also proactively contacting customers who regularly use cheques to talk to them about other ways to make payments. When branches close, banks will contact customers who use the branch regularly to discuss other options with them.

Why cheques are being phased out

Fewer than one per cent of bank customers today regularly use cheques. Many merchants and government agencies no longer accept cheques. For example, you cannot generally buy groceries or petrol

with a cheque or pay a tax bill for that matter. The move to digital payments is driven by customers who prefer the convenience and safety of online payments, direct debits, and automatic payments.

Branch closures

Banks are closing some branches. That’s because customers prefer other ways of banking and some branches are no longer sustainable. In some cases there may be fewer than ten customers a day in those branches.

Switching banks is easy

If you’re not happy with your bank it’s easy to switch to another bank. Your new bank can make all the arrangements within five working days. You don’t even need to talk to your old bank. Your new bank will transfer your money to your new accounts. Importantly, they’ll also make sure that any recurring payments (e.g. direct debits, automatic payments, and bill payments) are linked to your new accounts, so you won’t miss any payments. You only need to sign one form to authorise everything.

Talk to Age Concern or your bank

If you have any questions about your banking options, your bank will be happy to talk through your options. Alternatively, please contact your local Age Concern who has some practical information about the services your bank provides.

Needing assistance with using your phone, tablet or computer?

We are working with students from Whanganui City College Community Connects Programme to provide assistance on phones, tablets or computers.

The students are volunteering their time and the sessions are free.



The sessions will be held at the Age Concern Office at 164 St Hill Street on Friday afternoons from 2pm till 3pm, starting at the beginning of March.

Register your interest today ring Age Concern 06 34 51 799



LILLE Healthcare

HOW TO CHOOSE CONTINENCE PRODUCTS

Problems with bladder control can increase as you get older, this is known as ‘incontinence’. Many people may feel embarrassed and find it difficult to address the problem which can diminish the quality of life for those affected.

There is a range of easy-to-use products that can help, but it’s important to choose the right one!

Correct style - The product needs to suit the user’s lifestyle. There are pads that can be placed into underwear or pull ups that are an all-in-one style to be worn instead of regular underwear.

Correct absorbency - Pads and pull ups have different absorbency levels from light to heavy. It’s important to have the right one to avoid overly moist skin and the associated skin irritation and infections. If you are wearing the pad and still have spillage then we will recommend a higher absorbency. If you are feeling reasonably dry, then it’s the right one for you. Of course, the absorbency level you need can change over time.

Correct size - The continence product you choose must fit properly to avoid leaking and inconvenience. There are sizes to fit all body shapes. It’s hard to

know which product will best suit your needs, which is why Lille Healthcare offers free samples for you to try before you buy.

Lille Healthcare has a wide range of products that can help you manage incontinence. If you require further advice, contact a continence specialist, nurse or doctor, or visit our online store for more information.

Properly managed incontinence improves independence and confidence, making everyday life more enjoyable.

editorial supplied by Lille Healthcare NZ

Use your SuperGold card as photo ID

SuperGold Card carriers may choose to add a photo to their SuperGold Card. This could be useful if you don’t have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus, evidence of your address. It’s a free service for all SuperGold card holders.

Your photo will be taken and a new card posted to you - all free of charge.



DEDICATED TO CONTINENCE CARE



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at www.lillehealthcare.co.nz

ELDER ABUSE HITS CLOSE TO HOME



ELDER ABUSE AWARENESS 15 - 22 JUNE

Elder Abuse Hits Close to Home.

We all have a duty to protect the rights of older people to make their own decisions and choices. But many of us do not, especially with our own family members.

79% of alleged abusers were family members of which 56% were adult children or grandchildren!



How can we all take actions to prevent “Elder Abuse Hitting Close to Home”?

Get an enduring power of attorney (EPA)

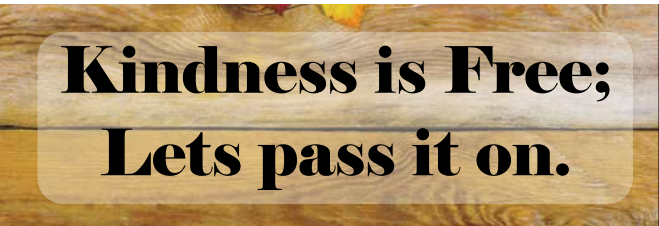
Many people assume that if they lose the ability to make decisions for themselves, their partner or a close relative will legally be able to make decisions for them. In fact, the law doesn’t work like that. Have a conversation around how an enduring power of attorney can be safely allocated to a trusted person or organisation. An enduring power of attorney is a legal document that allows you to plan for the future.

Report it

If you want more information about EPA’s or suspect an older person is not being treated well or want to report abuse to our office at Age Concern Whanganui on 06 345 1799 or phone 0800 65 2 105. You can also call the government helpline **EA IS NOT OK**.

BACKGROUND:

- Age Concern’s in NZ received 2,411 referrals for older people who may be facing elder abuse or neglect. That’s nine referrals every working day.
- We all need to take a more active role in supporting the well-being of older people – and to treat them with respect.
- Commonly, there are several types of elder abuse that may occur, such as; financial, psychological, physical, and neglect.
- Startling research from the referrals Age Concern receives shows that more than three quarters of elder abuse occurs at the hands of people’s own family members.
- There is a fear with older people that if they speak-out they will lose the only social support network they have, especially if the abuser is a relative – yet our services can work with the older people to retain that relationship if that’s what they want.
- You can choose one or both kinds of EPA: One that covers your personal care and welfare and One that covers your property



Winter Word Search Puzzle

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

- | | |
|-----------|------------|
| BOOTS | SKATING |
| DRIFT | SKIING |
| FISHING | SLIDING |
| FLAKES | SLIPPERY |
| FLURRIES | SNOWBALL |
| FUN | SNOWBLOWER |
| HOCKEY | SNOWMAN |
| ICY | SNOWMOBILE |
| PLAY | STORM |
| PLOW | WHITE |
| SALT | |
| SAND | |
| SCRAPER | |
| SCULPTURE | |
| SHOVEL | |

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Get step-by-step guides to learn about internet and mobile banking.
asb.co.nz/how-to



Your direct line to ASB.
If you’re 65 and over, call our priority line.
0800 272 119

ASB
ONE STEP>AHEAD



It's a time-consuming and expensive process if you don't have an EPA

Most people are now aware of the importance of having an enduring power of attorney (EPA). If you are unable to make decisions for yourself at any stage (either temporarily or longer term) it is important there is someone in place to act on your behalf. What happens to you, and your family situation, if you have no EPA?

Ensuring you have EPAs (for property and for your health and welfare) is a very important part of keeping your personal affairs in order. An EPA can be used if you are out of the country for a long time and you need someone to keep an eye on your financial affairs, or if you become mentally incapacitated and cannot look after your property or yourself.

Mental incapacity can happen for a variety of reasons – a car crash or other accident, old age or a medical event. If anything like this happens and you can't manage your own affairs, unless you have a signed EPA, there is no one with an automatic right to step in. Your spouse or partner may be able to deal with some of your jointly-owned assets but they are not authorised to sign on your behalf if you're mentally incapacitated. If there is no EPA, then it is necessary to apply to the Family Court.

Family Court orders

The Family Court has power to make a number of orders under the Protection of Personal and Property Rights Act 1988. The two most important orders are the appointment of:

1. A welfare guardian to look after the person's personal care and welfare, and
2. A manager or managers to take care of the person's property – this includes everything that person owns (bank accounts, investments and so on).

Court process

With no EPA, if you need someone to manage your affairs, an application must be filed in the Family Court before an appointment is made. A doctor's certificate is needed to prove you are mentally incapacitated. The court will appoint an independent lawyer to speak on your behalf – who will usually need to meet you. Other members of your family will usually need to be notified as they have a right to put their views before the court. After hearing from the

appointed lawyer, and anyone else who has made their views known, the court will make a decision based on what it thinks is best for you.

Often the court process will only take two or three months. However, it can take longer, especially if some family members oppose the proposed appointment. Other issues can arise, for example, if the property manager also asks for permission to make a will on your behalf.

Review and reporting requirements

Court appointments do not last indefinitely, unlike EPAs which last until you pass away. The court will usually require the manager and welfare guardians to apply for a review of their appointment after three years. The manager or welfare guardians can be reappointed, but the court must be satisfied their appointment is still necessary and in your best interests. The entire court process, including appointment of an independent lawyer, has to be followed again.

Property managers also need to file a report every year stating the extent of the assets under administration. There is a specified form for this; the report is reviewed by Public Trust.

The appointment of a property manager or welfare guardian is not straightforward. There are ongoing reporting and review requirements which all add to the cost. Our advice is usually to avoid having to do this if at all possible.

How to avoid all this? Get an EPA

It's much easier and more straightforward to ensure you have an EPA, and for you to review it every few years. For your family to go through the Family Court to appoint a property manager and/or welfare guardian is expensive and time-consuming. Do the sensible thing and get your EPA organised soon.

Information from Office for Seniors and NZ Law Websites

If you would like to attend a workshop to learn more about Power of Attorney and the process - please contact Age Concern Whanganui 345 1799 to register your expression of interest.



COVID-19 Vaccination

Te Oranganui is ready to roll-out the next stage of COVID-19 vaccine to **Group 3** who are:

- People aged 65+
- The disabled
- Māori & Pasifika aged 50+ with underlying health conditions and their whānau who live with them.

KEY DATES & VENUES FROM MAY - JULY

St Joseph's Hall, St Mary's Parish - Guyton St Entrance
Tuesday - 25 May, 1 June and 08 June
(10.00 am - 3.30 pm)

Te Waipuna Medical Centre - 57 Campbell Street, Whanganui
Thursday Evenings - 10 June, 08 July and 29 July
(4.30pm - 7.00 pm)

Te Kura Kaupapa Māori o Te Ātihaunui-Ā-Pāpārangi - Te Anaua Street, Pūtiki
Saturdays - 29 May, 19 June, 03 July and 24 July
(9.00 am - 1.00 pm)

YOU CAN BOOK AN APPOINTMENT BETWEEN 9AM-4PM - MONDAY TO FRIDAY BY

 **CALLING 0800 202 004**

 **covid.imms@teoranganui.co.nz.**



#COVID19VACCINES

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Promoting Independent Living

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Our spacious premises are bright, warm and centrally located, with free parking and easy access. Our soft background music creates a pleasant atmosphere.

*** 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.



Beef and Potato Layered Casserole



Ingredients:

500g mince	1 onion
1tsp garlic	425g canned corn
1 carrot, diced	1 zucchini, sliced
1 cup water	2 beef stock cubes
425g canned chopped tomatoes	450g frozen spinach
1 cup of cheese, grated	3 potatoes thinly sliced
	½ cup cream

Method:

1. Fry beef, onion and garlic until cooked
2. Add carrot, corn zucchini, water, stock cubes and tomatoes
3. Simmer for 20 minutes, or until vegetables are cooked
4. Place spinach in a microwave dish and cook for 5 minutes on high, then drain
5. Peel and slice potatoes, set aside
6. Grease a deep casserole dish and put half of the beef mixture into the dish
7. Place half of the spinach over the beef and then spread the sliced potatoes over the spinach, followed by half of the cheese
8. Repeat steps, but finish with the cream and cheese on top
9. Cook for 180C for 45 minutes



Staff Update



Tēnā Koutou Katoa
Ngā mihi nui ki a koutou.
Ko wai au?
Nō Whanganui au
Ko Whanganui te awa
Ko au te awa, ko te awa ko au
Ko Ruapehu te maunga
Te whare toka
Ngā Tāngata Tiriti te iwi
No Ingarangi me Aerana
ōku tūpuna
Tūhonoa ngā Koroua
tāku mahi
Ko Elise Goodge tōku
ingoa

Hello, my name is Elise Goodge and my new role at Age Concern Whanganui, He Manaakitanga Kaumatua, is Social Connection Coordinator.

Before coming here to Age Concern, I have worked in several roles in Whanganui including Mainstreet Whanganui Inc, The Sarjeant Gallery Te Whare o Rehua and UCOL. All these roles have required me to work alongside community. I enjoy building relationships and meeting new people and I am excited to take on this new challenge and meet all of you.

The Whanganui region is blessed with an over abundance of clubs, reserves and sports grounds. Not to mention all the natural beauty on our doorstep. We are also over prescribed when it comes to arts societies, galleries and arts studios. The global pandemic of 2020 reminded us all just how lucky we are to live in this slice of paradise.

My role will be to help you take full advantage of all this region has to offer. Alongside this it is meaningful and fulfilling relationships that make our community strong. Social connection is like weaving. The more strands we can weave in the bigger our cloak becomes, and the more people can shelter within it. I hope to see you out in the community soon and if you see me out and about, please introduce yourself. I would love to get to know you.

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.



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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
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Rehabilitation. Community Health.

Our Thanks to:

Volunteers Needed
delivering Meals
on WheelsCan you
help!

- Only 1.5 hours once a month.
- Regular day and route so you get to know the clients.
- Volunteer with a friend!
- Make a real difference in the community.



For more information call Janet @ Age Concern Whanganui Ph 345 1799.
Or volunteers@acwhanganui.org.nz



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

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 is a wait list for some classes.

A new class will be up and running at Kowhainui Retirement Village soon. Register your interest now!
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



We really appreciate your support as members of Age Concern Whanganui

Annual membership fees are due for the financial year from 31st March 2021 to 31st March 2022.

You can pay by cash / 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

Thank you again
for your support



National Volunteer Week



In 2016 Pam had just retired as a Secretary and spotted the new Steady As You Go strength and balance programme in the community paper – that was the start of Pam's association with Age Concern Whanganui. Pam

put her hand up to lead the new Faith Academy group – this group is so popular that a spot to join is near impossible. Pam then stepped forward to fill one of our volunteer Receptionist vacancies as well as being a meals on wheels driver.

Pam enjoys gardening, knitting, meeting people and is a member of the Red Hats Chapter the "Violet Crumbles". Pam is also a long serving member of the Friendship Force.

Pam loves working for Age Concern Whanganui – If you call into our office, you could well be welcomed by Pam and her beautiful smile. We are so lucky to have Pam! And all of our wonderful volunteers who donate their time to our community.

MEMBERSHIP FORM

New Members Only
AGE CONCERN WHANGANUI Inc
164 St Hill Street, Whanganui

Name:

Address:

Phone:

Email:

Ethnicity:

- ☐ NZ European
☐ NZ Maori
☐ Pasifika
☐ Other

Age Group:

- ☐ 49 & below
☐ 50 - 59 yrs
☐ 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/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
or post this form to:

64 St Hill Street, Whanganui, 4540

OFFICE USE:

- ☐ Receipt issued ☐ Database updated
☐ Thank you letter ☐ Deposit date



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Please feel free to call with any queries

Sue Walker - Facility Manager

Phone: (06) 348 1500

Email: admin@stjohnshillhealthcare.co.nz

