

**SPRING 2021 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)

A Kiwi Publications Limited publication | [www.kiwipublications.co.nz](http://www.kiwipublications.co.nz) | Please refer to website for disclaimer

## 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

### OFFICE HOURS

9.00am - 5.00pm Monday to Thursday

## Board Members

<b>Chairperson:</b>	Josh Chandulal-Mackay
<b>Deputy Chairperson:</b>	Mike Russell
<b>Secretary:</b>	Louise McFetridge
<b>Members:</b>	Liam Graham
	Keri-Anne Hawira
	Therese Zimmerman
	Meryl Parsons
	Louise Rose
	William Pati
	Jim Berry
	James Forrest



## Staff

<b>Manager:</b>	Michelle Malcolm
<b>Administrator:</b>	Michelle Webb
<b>Volunteer Coordination/</b>	
<b>Steady As You Go:</b>	Janet Lewis
<b>EARS / Community Social Worker /</b>	
<b>Wellbeing Officer - Council Flats</b>	
<b>Whanganui &amp; Rangitikei:</b>	Lorraine TePou
<b>Accredited Visiting Service/</b>	
<b>Health Promotion:</b>	Clare Fearnley
<b>EARS Social Worker:</b>	Karen Kitson
<b>Social Connection</b>	
<b>Coordinator:</b>	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

Kia Ora,

To begin my brief contribution I'd like to thank all Age Concern members present at the AGM last month for their support in selecting me as the new chairperson of Age Concern Whanganui for the upcoming year. I'd like to acknowledge our retiring chair Jan Bullen for her time, dedication, energy and effort in leading our board for the last 2 years, for serving as deputy chair, and for her nine years as a board member. Jan will continue to remain involved with Age Concern and has a couple of exciting projects planned to support our organisation. At the AGM last month we also farewelled Diana Doyle and Helen Bourne as board members, I'd also like to thank them for their contributions over several years.

In their stead, our board is lucky to have 4 new members in James Forrest, William Pati, Louise Rose, and Jim Berry. Their appointments, alongside our existing members, gives the board a breadth of skill, experience, and diversity of both age and ethnicity.

Under Michelle's management, you'll notice a few staffing changes that demonstrates Age Concerns responsiveness to emerging needs for older people within Whanganui, and that will complement the hard work being undertaken by our current team. We're acutely aware that as the 65+ age group continues to grow, so too will the criticality of the work Age Concern undertakes enhancing the quality of life for older people in the community.

I look forward to engaging with you over the upcoming year.

Ngā Mihi

**Josh Chandulal-Mackay** | Chair



## 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



## Age Concern Whanganui are now offering a new service.



Are you befuddled by new technology? Did your family give you a device and leave you with minimal instructions? If so, Judy is here

to help you unlock a whole new world. Judy will provide one on one tuition free of charge.

As a retired educator Judy is patient and a wonderful teacher. You will be up and running with emails, texts, internet banking and social media in no time.

For further information contact Age Concern Whanganui 06 345 1799.

## Hi everyone,

Tena koutou

I can not believe how fast this year has gone – only 4 months till Christmas, which is my favourite time of the year.

We sadly said goodbye to Noeleen, our administrator who worked for Age Concern for 16 years. She left us at the end of June to take on a new role and we wish her well.

We welcomed Michelle Webb to our team as our new administrator, she started with us at the beginning of July. She has wealth of knowledge and experience – there is a wee snippet about her further on in the newsletter.

The Covid-19 vaccine is now rolling out to group 4 – you can arrange an appointment by phoning 0800 28 29 26 – 8am to 8pm 7 days a week or you can book online BookMyVaccine.

Lorraine, who had been working dual roles as the Wellbeing Coordinator and EARS Social Worker, will taking on the EARS role full time. I am in the process of recruiting a Wellbeing Coordinator and will update you in our next newsletter.

We will then be a team of 8!

Be alert as there has been an increase in the number of scams currently circulating. There are many different types of scams, and they have become more sophisticated over time. If you get contacted unexpectedly – whether over the phone, through the post, by email, on a website, in person or on social media – always consider the possibility that it may be a scam.

Nga mihi

**Michelle** | Manager



THE  
**FOOT**  
CENTRE  
CAROLYN GROVES  
PODIATRY

23 Dublin St, Wanganui

**06 348 7792**

**Complete Foot Care and Treatment**

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



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

**[www.acwhanganui.org.nz](http://www.acwhanganui.org.nz)**

# RYMAN PIONEERS

*Certainty*

## THE FUTURE. YOU'RE GOOD.

**When you choose a Ryman village, you're set. Our Peace of Mind Guarantees are designed to protect you, so whatever the future holds, we've got your back.**

- From independent and assisted living to resthome, hospital and dementia care.
- Our deferred management fee is capped at 20% - one of the lowest in the retirement sector.
- Our base weekly fee is fixed for the entire time you occupy your townhouse or apartment\*

\*Some conditions apply

Having certainty inspires confidence. It's just one of the ways we're pioneering a new way of living for a new retirement generation.

We have a range of townhouses and apartments at our Jane Winstone Retirement Village. Enquire now for more information or to book a tour.

### JANE WINSTONE VILLAGE

49 Oakland Ave, Whanganui, 06 348 9564

[rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)





## Seniors Living at Home with Supports

When you're living with a health condition or disability there is some assistance available. Support services include personal care (showering, dressing etc) household/domestic assistance, and equipment. For other extra expenses, you need to contact Work & Income.

To access support services start with a visit to your GP to tell them about anything that you are finding hard to do. They may recommend that you have an assessment to better understand what impacts your health, wellbeing and ability to live as independently as possible. An assessment identifies what is needed for improvement and whether you might benefit from support services.

The assessment should be done as soon as possible after referral from your GP. If you are waiting and cannot manage or need further help, contact your GP or Whanganui District Health Board's (WDHB) older people's service: Assessment, Treatment and Rehabilitation Community Services (known as CART) tel: 06 348 3309.

### Having an assessment

Once your referral has been accepted, you will be contacted to arrange a time and place for a free assessment. The assessors welcome a family or whānau member or another support person to be part of the assessment process.

This assessment is called interRAI and is done by trained health professionals skilled in older people's health. Usually, it is done in your own home; sometimes at hospital, in an agency or at a care home.

The assessment gathers information about what you can do and what you have difficulty with - including mobility, memory, safety round the home, pain and the support of others. If you have a carer, then it looks look at their needs in relation to the support they provide for you. It is designed to meet the medical, rehabilitation and support needs of an older person so you can remain at home.

The assessment is confidential to you, your healthcare professionals, and others you give permission to see it. It provides comprehensive information on which to base decisions and recommendations. As important decisions may be made, it is helpful to include those

closest to you in this process.

### Types of assessments

An initial assessment is usually done to discover what type of information is needed. If your needs are complex, then you will have a comprehensive interRAI assessment which can take up to two hours.

Sometimes a basic assessment or a review is done over the phone. If you have problems discussing such things over the phone e.g. you can't hear well, feel uncomfortable, want someone with you or can't explain things properly, then ask for a 'face to face' meeting.

If specific health conditions that require attention are identified during the assessment, they should be addressed. You can ask for a review if you do not agree with the outcome of the assessment or the recommendations. After the assessment, if there is a change in your circumstances (including your financial circumstances), let your older people's service know (details above). If your needs change then a reassessment is needed.

### Service coordination

After the completion of the interRAI assessment, a service coordinator from Access Ability will contact you and arrange a visit to discuss your needs and potential support options. Again, you can have a friend or relative with you for support. Service coordinators are well-informed and can discuss all the options available to you. Together, you decide what services you will receive and who will provide them. A plan will be made of the formal support you will receive and assistance from family/whānau, friends, the wider community and other agencies. Your support services may include personal care (showering, dressing, etc.); household/domestic assistance; equipment to make things easier for you; and support for your carer.

Assessment and service coordination services are free to New Zealand citizens and residents who are eligible for publicly funded health or disability services.

The services in your plan that you pay for and what is publicly funded/subsidised is determined by specific criteria including your assessed needs, whether the service is considered essential and whether you have the ability to pay (e.g. whether you have a Community Services Card is often a determining factor). The AccessAbility service coordinator will advise you on the extent of funded support and the criteria that apply. Sometimes, this may mean that a service that is

important to you may not be funded (e.g. some house maintenance tasks, pet care).

Once your support plan is agreed, the service coordinator will then work with other service providers contracted to the WDHB to put your support services in place. You will then receive a letter confirming this.

While the goal is to help you live as safely and independently as possible at home, sometimes this is not possible and residential care may be considered. Your service coordinator can authorise entry into a care home.

**Sources:** Whanganui District Health Board: Older people's health service; and 'Where from here' an Eldernet publication – copies are available from Age Concern, open Mondays-Thursdays 9am-5pm.

## Would You or Someone You Know 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, 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 enjoy the opportunity to get to know someone and 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 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. 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 fruit, 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 volunteer visitor who is police record checked, carefully chosen and trained. Your visitor will come to 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, she'll 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 centre at 164 St Hill St for more information. We're open Monday-Thursday 9am-5pm.



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

**Have you met Heidi at Simply Hearing?**

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

**Phone: 06 345 9799**  
**or online bookings: [simplyhearing.co.nz](https://www.simplyhearing.co.nz)**





## Whanganui Regional Health Network

### Whanganui Community Fridge

A community fridge is a place where people and businesses can donate their surplus food and those in need can help themselves to free nutritious food. The Whanganui Community Fridge project is being coordinated by Whanganui Regional Health Network (WRHN) and established on the Whanganui City College (WCC) grounds. Together we aim to strengthen and empower rangatahi and the community, and combat food wastage.

This project has been in the planning for over two years, with the challenges of location, funding, COVID-19 impacts and resource access being overcome along the way. The concept initially came from the Auckland and Christchurch projects and is supported widely here; along with endorsement from the Whanganui District Council and COVID-19 Integrated Recovery Team. The formation of the Whanganui Kai Collective, has also enabled further collaboration with like-minded people, working towards shared goals.

Funding obtained in the last year from Ministry of Social Development, Lottery Grants Board, Rotary Club of Wanganui North, Whanganui Community Charitable Trust and G.O.M.E Enterprises has been gratefully received, and two large refrigerators are being generously donated by Fisher & Paykel.

WCC grounds is an ideal central location for the Community Fridge and the students are excited to be part of this project. With their community garden already underway and an opportunity to pass on any left-over lunches (from the healthy school lunches programme), the fridge will enable food redistribution and help prevent waste. Principal, Peter Kaua and Vice Principal, Valerie Rooderkerk were immediately onboard with the proposal. "We have always had a community focus and encourage our whanau to come into the school whenever they need to. Having the community fridge on site makes so much sense. Our students will benefit as much as the community," says Mr Kaua.

WRHN Project Lead, Karen Veldhoen says anyone can contribute to the fridge – food retailers, community organisations and the public, while following food safety guidelines. "I hear stories in my own neighbourhood of vegetables and fruit being thrown out due to excess, so just imagine how much gets wasted regionally," says Ms Veldhoen. "This will be a great opportunity to contribute to your community and support the environment."

A new survey by Rabobank-Kiwi Harvest Food Waste Research, state New Zealanders are throwing out \$2.4 billion worth of food a year. Two-thirds of the total wastage is fruit and vegetables, with bread making up over a quarter (approximately 20 million loaves) and meat about six percent.

Students and volunteers will maintain the Community Fridge, with the aim of it being open seven-days; but closed overnight. If you are wanting to be involved in the daily fridge maintenance, you can register your interest with the Whanganui Volunteer Centre on (06) 347 9430. People wanting further information on the project can contact Karen Veldhoen on (06) 348 0109 extn 708 and in future provide feedback on the newly established Facebook page: Whanganui Community Fridge.

"We are currently pulling the resources together and plan to be operational by the end of the year," says Ms Veldhoen. "So keep an eye out in the newspapers and on our Facebook page for further updates."

For further comment please contact WRHN Communications & Technology Coordinator Karen Veldhoen on 06 348 0109 extn 708



### Lynda often enjoyed lunch at the RSA and by a fluke saw a sign in the lobby. She investigated by popping her head into the Merriweather Room where she found an Age Concern Whanganui Steady As You Go group.

Lynda joined in and completed the 10-week programme. Lynda had a large ulcer on her left leg which had started out as an itchy allergic reaction to some medication and a blood clot. In her words she had a "stuffed left leg" and has a "shattered right elbow."

Nick O'Neill, Physiotherapist introduced an exercycle into her programme and she soon discovered the magical natural high of endorphins. A Fitbit watch got her walking further.

In October 2020 Lynda drove her friends out to a property near Bason Botanical Reserve to tend their horses. They asked if she would like to have a ride. She was petrified but gave it a go. As she rode along, and with her friend's encouragement, though still fearful, realised she was slowly opening a door to something new and exciting, that was about to change her life.

Lynda had given little attention to the Actifun Horse Riding Stables sign close to her home. November 2020, Lynda summoned the courage and drove in wondering if this was a bridge too far. Lynda was welcomed by Moira, the owner and under her guidance Lynda has learnt to groom, saddle, care and maintain a horse. February 2021 Lynda entered her first competition and since then has won numerous ribbons.

I was invited to watch Lynda and horse Lass in action. Lynda looked very smart in her formal equestrian wear. Safety is paramount. An air protection vest and a helmet are mandatory. I was gobsmacked as I watched Lynda demonstrate a range of balancing exercises including holding her hands above her head. We then moved over to the dressage arena where I watched her fine tune a complicated routine of turns, posting at the trot, and different horse walks finishing with a salute. I have seen photos and videos of her and Lass cantering, galloping, and doing low jumps. The ground was too slippery on the day.

Lynda has found a new lease of life and would encourage everyone to step out of their comfort zone.

It is never too late to try something new. Just look at Lynda 74 years young, 28kgs lighter and healthier than ever.



### Upcoming Events

**Cadenza** (part of The Big Sing) - 12 high-school choirs who will be participating in a formal adjudicated competition with combined workshops and culminating in a Gala Concert. These are held on Friday 13th August and Saturday 14th August and are open to members of the public in return for a gold coin. This is in addition to the formal Gala Concert (tickets for sale from the Royal Wanganui Opera House) on the evening of Saturday 14th August. Venue: Royal Wanganui Opera House.



**ROYAL WANGANUI  
OPERA HOUSE**

**Shakespeare-In-The-Park:** Auditions are being held on the 21st and 22nd August for "The Merry Wives of Windsor" - all ages/stages/shapes/sizes welcome! For more information: [www.shakespeareintheparkwhanganui.com](http://www.shakespeareintheparkwhanganui.com) or Facebook: [shakespeareintheparkwhanganui](https://www.facebook.com/shakespeareintheparkwhanganui) or phone Karen on 021 132 3939. (Performances: 24/25/26/27 Feb 2022).



**WOVEN WHĀNAU**

**Celebrating Grandparents**

Join us for a week-long celebration highlighting the important role of Grandparents in the Whanganui community.

We are organising a week of activities and events for Grandparents and their grandchildren, some just for fun and some to learn and try new things. The week has been initiated and designed by grandparents, children and a small collaboration of community organisations in Whanganui

**September 27th – October 3rd**  
ending with a  
**Celebrating Grandparents**  
**afternoon**  
**on Sunday 3rd October**  
from 3.30 – 5pm  
hosted at the Davis Library.

You are invited to attend a host of activities by us and other organisations throughout the week. Keep an eye out for the full calendar of events which will be published closer to the week or contact Woven Whanau for further details. Lynette 0210318571 or Kerralie 0273647100.



**Staff Update**

Hi, my name is Michelle Webb and I am the new Administrator at Age Concern Whanganui. I started my new role at the beginning of July and can't believe how quickly the last few weeks have flown by.

I love numbers and have worked in administration since leaving school – I won't say how long that has been ...lol

Before coming to Age Concern, I had worked for the Whanganui District Health Board.

I have a passion for travel and have been able to see New Zealand as well as many countries overseas. I enjoy working with people and have a positive outlook on life.

**Romance Scam**

Anthony met a woman named Rosa through an online dating website. He and Rosa seemed to have a lot in common, and they got to know more about each other over time. Rosa said she lived in Italy but wanted to visit Anthony in New Zealand some day.

Anthony and Rosa communicated many times a day – over the dating website, through text messages, and occasionally over video chat. After four months, Rosa told Anthony she had booked flights to visit him. They planned a South Island road trip together.

The day before Rosa was due to arrive, she called to say her mother had fallen and needed support during a short hospital stay. Rosa said she wasn't able to change her flights and wouldn't be able to visit until she could save up enough money again, which could be a year.

Anthony offered to loan money for new flights, and Rosa accepted – asking for the money as a wire transfer so she could decide which airline to book after her mother's health improved. Anthony transferred \$3,000 to Rosa. After this, he never heard from Rosa again and his money could not be recovered.

Affinity scams or romance scams rely on your good nature to build a relationship before asking for money or involving you in crime without your knowledge. This scam usually arrives by email, in social media or through online dating. Scammers may use fake photos and claim to be from New Zealand or working overseas. Successful scammers are good at convincing you. They ask questions about what you want in your life. They will be thoughtful, caring and looking for a soul mate. Once the relationship is established, they ask for money or ask you to handle accounts for them.

At Age Concern Whanganui we support people who have been "scammed". The very nature of a scam means that people are misled and usually asked to send money. If you are worried you've been scammed please don't hesitate to contact the Police, Netsafe, your bank, Age Concern and/or a trusted family member/friend who can help you.



**WOVEN WHĀNAU**

**INVITES YOU TO ENTER THE**  
**GRANDPARENTS WEEK STORY WRITING**  
**COMPETITION**    Kindly supported by Paige's Book Gallery

As part of our first ever Grandparents Week in Whanganui  
27th September - 3rd October 2021

**THE THEME IS:**  
**"A FAVOURITE MEMORY OF MY GRANDPARENTS"**

- Entry open to students aged 6-18yrs
- As a guide, stories will be between 150-250 words
- All entries will be kept by the organisers unless there is a request for their return
- Winning entries will be displayed at Grandparents Day - at the Davis Library on Sunday 3rd October
- Entries close at 5pm on Friday 3rd September.

**WHAT YOU NEED TO KNOW**

Entries must include your name, age, school, contact address and phone number

Send entries by email: [lynette@wovenwhanau.org.nz](mailto:lynette@wovenwhanau.org.nz)  
by mail: Woven Whānau Short Story Competition, 303 Wicksteed St, Whanganui 4500

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

**Wordsearch**

**BONES**

Carpals	Patella
Clavicle	Phalanges
Coccyx	Pubis
Cranium	Radius
Femur	Ribs
Fibula	Sacrum
Humerus	Scapula
Hyoid	Stapes
Ilium	Sternum
Incus	Talus
Malleus	Tarsals
Mandible	Tibia
Manubrium	Ulna
Maxillae	Vertebrae
Nasal	Vomer
Palatine	

## DENISE HAIR STUDIO WELCOMES A MATURE CLIENTELE

At DHS we cater for the aging population of Whanganui. We offer traditional hairdressing services.

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.**



## Wills Workshop

Presented by CLAW  
Whanganui



Tuesday 28 September | 11am | At Age Concern, 164 St Hill Street, Whanganui. Part of Celebrating Grandparents Week, (27 September to 3 October).

Wills, estate planning and enduring power of attorney. We all know we need to address these things but often we put it off because we are not sure where to begin, what is required and how much it is going to cost. Come along to this workshop with CLAW to find out how to get started, how to ensure your wishes are properly registered and recognised and when and why your will might be contestable. Come armed with your questions and receive free advice from the experts.

Free entry | Limited spaces available  
Please RSVP to Age Concern to secure your place (first come first served)



## 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**

## MOLTEN CHOCOLATE BABYCAKES

- Serves: 6



### INGREDIENTS

- 50 grams soft unsalted butter (plus more for greasing)
- 350 grams dark chocolate
- 150 grams caster sugar
- 4 large eggs (beaten with pinch of salt)
- 1 teaspoon vanilla extract
- 50 grams plain flour

### METHOD

You will need 6 individual metal pudding moulds, buttered. The Babycakes can also be made in ovenproof ramekins, greased with butter and lined with circles of baking parchment. The baking time for ramekins is approximately 1-2 minutes longer than for the metal pudding moulds.

1. Unless you are making these up in advance, preheat the oven to 200°C/180°C, putting in a baking sheet at the same time. Lay 3 of the moulds on a sheet of doubled baking parchment. Draw round them, remove, and then cut out the discs as marked. Press them all into the base of the tins.
2. Melt the chocolate and let it cool slightly. Cream together the butter and sugar, and gradually beat in the eggs and salt, then the vanilla. Now add the flour, and when all is smoothly combined scrape in the cooled chocolate, blending it to a smooth batter.
3. Divide the batter between the 6 moulds, quickly whip the baking sheet out of the oven, arrange the little tins on it and replace in the oven.
4. Cook for 10-12 minutes (the extra 2 minutes will be needed if the puddings are fridge-cold when you start) and as soon as you take them out of the oven, tip out these luscious babycakes onto small plates or shallow bowls.
5. Serve these with whipped double cream, the same unwhipped in a jug, creme fraiche, creme anglaise or ice cream.

## 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)

© Healthcare of New Zealand Holdings Limited. Healthcare of New Zealand Limited is a wholly owned subsidiary of Healthcare of New Zealand Holdings Limited.



**HealthCare**  
New Zealand  
Rehabilitation. Community Health.



## Our Thanks to:



## Volunteers Needed delivering Meals on Wheels

Can 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/](https://www.facebook.com/ageconcernwhanganui/)  
to follow us on Facebook.

## 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** 10am - 11am**The Holy Family, Tawhero** 10am - 11am**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 for the financial year 31st March 2021 to 31st March 2022 are due now and can be paid 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](mailto:info@acwhanganui.org.nz)

Thank you  
for your support



## 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".

## 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](mailto: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





# 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

Sue Walker - Facility Manager

**Phone:** (06) 348 1500

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

