

SUMMER 2021 QUARTERLY NEWSLETTER
www.acwhanganui.org.nz



Age Concern Whanganui

Serving the needs of older people



Enjoy

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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

OFFICE HOURS

9.00am - 5.00pm Monday to Thursday

Board Members

- Chairperson:** Josh Chandulal-Mackay
Deputy Chairperson: Mike Russell
- Members:** Keri-Anne Hawira
 Therese Zimmerman
 Meryl Parsons
 Liam Graham
 James Forrest
 Jim Berry
 William Pati
 Louise Rose



Staff

- Manager:** Michelle Malcolm
Administrator: Michelle Webb
Volunteer Coordination/ Steady As You Go: Janet Lewis
EARS Social Worker: Lorraine TePou
Wellbeing Officer - Council Flats Whanganui & Rangitikei: Lisa Buchanan
Accredited Visiting Service/ Health Promotion: Clare Fearnley
EARS Social Worker: Karen Kitson
Social Connection Coordinator: Melanie Fleet

Tena koutou

Christmas is upon us for another year – where has the time gone.

Since our last newsletter, two new staff members have joined the team, Lisa in the role of Wellbeing Coordinator and Melanie as our Social Connection Coordinator (Elise resigned from this role in September). Further on in the newsletter they will introduce themselves to you.

Covid-19 and vaccinations are a topic of discussion across all media platforms on a daily basis. We have included information on the mobility team who can come to your home to vaccinate you as well as frequently asked questions on the vaccine.

You can arrange an appointment:

- phoning 0800 28 29 26 – 8am to 8pm 7 days a week
- book online BookMyVaccine.
- Phone 021 363 891 – Home Covid Vaccinating Team
- Phone Call 0800 888 479 – Disability Support Coordinators

If you need any assistance with booking your vaccine or arranging a vaccinator to come to your home, please ring us.

Our Secret Santa Gift initiative has begun – we are collecting gifts until the 10th of December with parcels being delivered the week before Christmas. If you would like to donate you can drop off the unwrapped gift into our office or we can come and collect if you give us a ring

I would like 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 organisation 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 dedicated and compassionate to your work and go over and above 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.

The festive season can be a very lonely time for older people in our community, please check in on your neighbours. Take care and keep safe – be kind to others.

I hope everyone has a very **Merry Kirihimete** and a **Festive New Year**.

Nga mihi

Michelle | Manager



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 to 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.



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

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.

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

Online con artists find easy targets over the Christmas Season.

Netsafe chief executive Martin Cocker says scammers filled with their own type of Christmas spirit are gleefully eyeing chances to exploit the stressed and vulnerable this holiday season. At Christmas you've got a lot of mail/parcels moving around the country and that leads to a lot of freight scams.

Cocker said freight scams typically involved people being told a package was on the way and payment was needed to get the goods delivered. Amounts asked for are often small but freight scammers sometimes asked for credit card details. Those details could then be repeatedly used to take more money from victims.

Always check with reputable postage /courier services directly or the person who supposedly has sent you the parcel.

Just be extra careful this Christmas.



SECRET SANTA GIFTS



Christmas can be a lonely time for a number of older people in our community.

We are collecting gifts to share the Christmas spirit.

If you would like to donate, please drop the unwrapped gift into our office: Age Concern, 164 St Hill Street or ring us on 34 51 799 and we can pick up.

Our office is open Monday to Thursday and we are collecting gifts until 10th December 2021



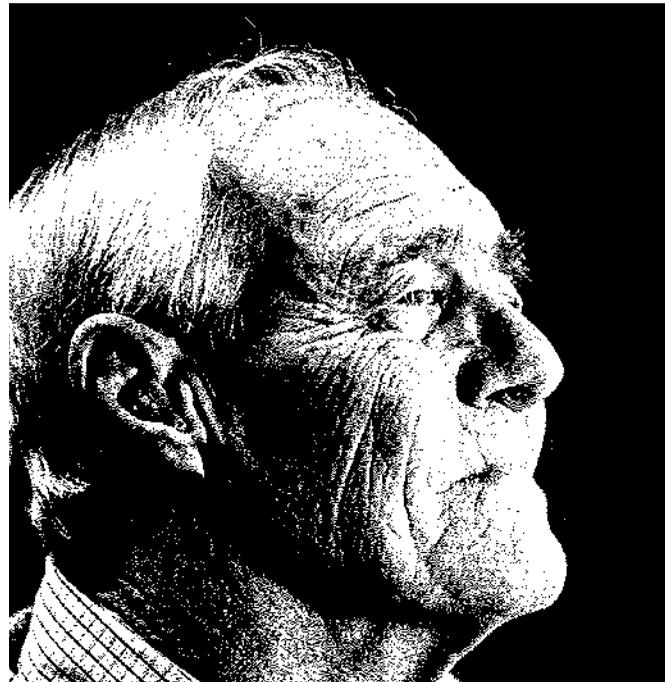
Don't put up with hearing loss: Amazing technology to the rescue

HEALTH & WELLNESS

Most of us put off getting hearing aids for as long as possible. Why? Because of the way they look and what that says about your age and infirmity.

With new technology, you can hear things you hadn't even noticed were gone - bird song, the rustle of autumn leaves, the doorbell. Plus, most hearing aids are so small and well designed that you don't notice you're wearing them - and neither does anyone else.

Here's what you can expect with some of the best models.



Focus on speech

Anyone with hearing loss knows the difficulties of crowds at parties, restaurants and meetings. The newer aids have a special function that can focus on speech and cut out background sound, so you can even understand your mumbling teenage grandkids.

Cut out what you don't want to hear

Heavy traffic, noisy machinery or even a blustery, windy day are some sounds that can feel painful. Part of a modern hearing aid's function is to reduce these sounds for your listening comfort.

Smart location settings

A GPS function can tell your new hearing aids where you are, so it automatically adjusts settings to suit. This is particularly useful when you have a regular schedule of moving in and out of situations. Noise reduction, volume and speech clarity adjustments help you hear in comfort at each location, whether it's a loud concert or a quiet walk in the park.

Wireless - of course!

What isn't wireless these days? Your hearing aids can connect with your smartphone so you get the very best clarity listening to your favourite music, a podcast lecture or a phone call. You can even stream TV shows and hear every word.

Take control with an app

Gone are the days when you had to take out your hearing aids to adjust them. Not only are all the functions automated, most manufacturers also offer an app for your smartphone so you can establish preferences, adjust settings, check battery life, and even find your hearing aids if they go missing.

Rechargeable and hassle-free

That fiddly manual job of changing batteries - and dropping them, and wondering what to do with the old ones, and worrying about running out - now you don't even have to cope with that. The very latest hearing aids can come with rechargeable batteries, so all that hassle is gone.

Fancy extras

You can make your busy life easier with a few add-ons, including a TV streamer straight to your aids so you can adjust the volume independently, and a remote microphone so you can hear a speaker at crowded business meetings.

Hear the world, enhance your life

If you think you might have hearing loss, it's time for a test. Forget about how hearing aids will make you look - that's all in the past. Concentrate instead on how sharper, clearer hearing and smart technology can enhance your life.

Free events for Senior Drivers for more confidence & safety on the road

* Staying Safe *

Refresher Driving Courses for Seniors

Under Alert Level guidelines: with booklet & luncheon

Is your driving as safe as it could be?

Increase your knowledge about driving & ageing.
Assess & improve your driving safety & skills
Build your confidence on the roads

Wednesday 1st December 9.30 am - 3 pm

* CarFit * Helping Older Drivers Find their Safest Fit

20 minute checks that you have:

- Clear lines of sight
- Correct space between the driver's chest and the steering wheel
- A driver's seat that fits comfortably and gives safe access to controls
- Properly adjusted head restraint and seatbelt

On a following Thursday morning



Bookings are essential: call Age Concern Whanganui 06 345 1799 to book your place and for venue details.



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



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.

- Kōwhainui Home, Otamatea
- Kōwhainui 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

Answers to common concerns regarding the Covid-19 Vaccination in New Zealand

I am waiting to see how other people react to the vaccine: Billions of doses of the Pfizer vaccine have been given worldwide, so we have so much great data around this. This is what we know through ongoing safety monitoring and research:

The vaccine is safe.

The vaccine works.

After-effects are usually very mild and short-lived (sore arm, headache, tiredness).

It is the best tool we have to help us get back to doing what we love-travelling, seeing whānau, going to festivals, concerts etc.

I don't want anyone telling me what to do, it is my choice... I'll have it when I'm ready: It is your choice for sure! Just make sure you base your choice on credible, factual information from good sources such as your local health providers, Ministry of Health and immune.org.nz. Deciding to vaccinate isn't just about the individual anymore—we all need to protect our whānau and community against serious covid disease by getting vaccinated.

I don't trust what is in it: The vaccine ingredients are not top secret. Simplified, they are: *mRNA*: the 'building plan' that teaches our immune system how to recognise and fight covid-19 disease.

Fats: to protect the delicate mRNA so it doesn't break down before it's had a chance to work.

Salts: To make sure the vaccine is not too acidic or alkaline for our body

Sugar: To keep the vaccine stable when stored in cold temperatures

Water: So the vaccine can be made to the right strength.

There are no animal or human or blood products, soy, gluten, egg, antibiotics, pork or preservative in the vaccine.

The vaccine is still new, so people are just being experimented on. The vaccine is no longer in the experimental stage. All safety requirements were met last year and independently reviewed before NZ committed to using the Pfizer vaccine. It is standard practice for all medicines (not just vaccines) to have ongoing monitoring by drug companies to ensure quality and safety.

I have to stay away from people who have been vaccinated for 3 weeks because of vaccine shedding. The vaccine used in NZ does not contain any part of the covid-19 virus and is not 'alive'. Therefore, you cannot 'shed' as the vaccine doesn't contain any part of the virus to pass to others.

I know of 3 people who developed myocarditis after the vaccine, so I'm not getting it. The risk of getting myocarditis is 4 times higher if you catch covid-19 disease compared to the getting the vaccine. NZ usually sees 100 cases of myocarditis per year, and this rate has not increased since introduction of the vaccine.

I heard of someone getting blood clots and someone else having a stroke after the vaccine: There is no evidence that the Pfizer vaccine increases the risk of these events. We know this through robust safety reporting in NZ and overseas. These events unfortunately happen to people everyday in NZ due to other medical reasons.

The vaccine will reduce my natural immunity. Vaccination gives your immune system a 'head start' if it is faced with covid-19 disease. Vaccines help your immune system, they do not weaken it. In fact, we know that people who catch covid-19 disease can have a weakened immune system for months after being unwell, making them more susceptible to other illnesses.

The vaccine changes your DNA: Vaccine ingredients, including mRNA, cannot physically enter your cell nucleus (where your DNA lives). Therefore, it is impossible for the Pfizer vaccine to alter your DNA. To do this, the vaccine would need a tool called 'integrase', which it doesn't have.

I will be better off getting COVID so that I have natural immunity: Covid disease can make you super sick, give you 'long-covid' or at worst, die. You could also pass it on to someone who cannot be vaccinated, like our children. The vaccine stops you from getting seriously ill and needing a hospital bed-freeing up the hospital for people who need it for other reasons, such as accidents or surgery.

It's just scare mongering, it's not that bad... numbers are going down overseas: Due to public health measures such as wearing masks, hand washing and most of all – high rates of vaccination!

The Government is putting through a bill mandating everyone in the country have the vaccine: The only current mandate is for people employed in the health and education sector, as they work with some of our youngest and most vulnerable communities. We want to protect these groups against serious covid-19 disease, and the best way to do this is surround them with vaccinated people.

I'm fully vaccinated against covid-19, when can I get a booster dose?

Currently, New Zealand has not approved a booster dose for use. NZ is looking closely at other countries who are providing booster doses to certain population groups, and data from overseas will guide the government's future decision around this. A decision possibly will be made in early 2022.

Is the vaccine safe for pregnant and breastfeeding people?

Yes. The vaccine ingredients cannot pass through the placenta or breastmilk to baby. However, Mum's own immunity against covid-19 which can be passed through the placenta or breastmilk can offer baby a small amount of protection against covid-19, which is beneficial. The vaccine is safe to have at any stage of pregnancy.

What if I'm planning on getting pregnant or want children in the future?

The covid-19 vaccine has no effect on male or female hormone production, sperm count or egg count in the ovaries. We know this from studying the vaccine and the way it works in your body. For the vaccine to cause infertility, it would have to be able to destroy specific cells-*which it cannot do*. The vaccine has also been used globally for around 18months, and there has been no change to global fertility rates during this time.

New Staff:

Hi, my name is Lisa Buchanan, I am the new Wellbeing Coordinator for WDC and RDC council flats.

I started my new role just two days before the August level 4 lockdown, since then the months have flown by. I really enjoy my

new role working with the older people.

I have a background in health. Before coming to Age Concern I was working at a local high school.

I have a passion for helping people in the community.



Hi, I am Melanie Fleet the new Social Connection Coordinator.

I have worked in various roles alongside our older population over the past ten years. I have a passion for enhancing the lives of the older person by creating significant

connections, whether it be one on one or in groups.

As a new resident to Whanganui, I am enjoying getting to know the environment and social opportunities available for the older population. When I'm not in the office, I like to spend my time getting out and about with my dog. This gives me plenty of opportunity to engage in my first love of photography, one of many creative pursuits. I look forward to meeting our members and being part of the community to create and facilitate meaningful connections.



We are very pleased to welcome Janice Hall to our Volunteer Receptionist Team.

Janice comes with loads of experience having recently retired as Administrator for Gonville School. She was initially at Gonville School for one week as

a fill-in, applied for the permanent position and was there for 23 years. Janice said, she loved it, it was an interesting time, and every day was different.

Janice enjoys socialising, gardening, time with her grandchildren and going away when she feels the need. We are very pleased Janice has joined us.

COVID-19 VACCINATION

Disability Support Coordinators for the Whanganui District Health Board COVID-19 Booking Team.

Sarah Morrell and Emily Mason.

We are here to help and support you getting the COVID-19 Vaccine.

We can assist you by:

- Helping you find the best clinic that suits your needs so you can get vaccine.
- Giving you more information about the vaccine and why it is important you receive the vaccine.
- Organising for you to have the vaccine at home.

Whatever extra support you need to get your vaccine we are here to help. Call **0800 888 479**

Ehara taku toa ite toa takitahi,**Engari he toa takitini****My strength is not as an individual****But as a collective****Individual Christmas Puddings**

By Chelsea Sugar

Easy, microwave Christmas pudding recipe. Serve with custard, brandy sauce or whipped cream.

Ingredients**Puddings**

- ½ cup flour
- 1 tablespoon cocoa powder
- 1 ¼ teaspoons mixed spice
- 1 cup fresh breadcrumbs
- ¼ cup Chelsea Dark Cane Sugar
- 2 ½ cups mixed dried fruits
- 100g shredded suet
- 1 large egg
- 1 tablespoon Chelsea Golden Syrup
- 3 tablespoons each: milk, brandy

Topping

- dried fruits and nut selection e.g pecans, hazelnuts, sliced dried apricots
- 2-3 tablespoons Chelsea Golden Syrup

Method

Sift the flour, cocoa and mixed spice into a bowl. Add the breadcrumbs, sugar, dried fruit and suet. Toss with a fork.

Stir in the egg, golden syrup, milk and brandy. Mix well. Lightly grease individual ramekins or souffle dishes. Spoon the mixture evenly into the dishes and pack down gently. Microwave on high (100% power) for 5 minutes, stand for 5 minutes, then continue cooking for 3 minutes. Alternatively, bake in a pan of water in a conventional oven at 160C for about 40 minutes.

Turn the puddings upside down onto a board. Remove the ramekins. Decorate with nuts and dried fruits and brush with a little golden syrup.

**Upgrading landline calling and retiring PSTN**

Spark has started the next phase of its landline voice calling upgrade to ensure that customers can stay connected now and into the future. The upgrade will move customers onto more modern technology that is already being used by the majority of Kiwis, including landline over wireless and landline over Fibre.

To keep New Zealand connected into the future, we're retiring the old PSTN area by area, and moving customers to a more modern network. It's a once-in-a-generation technology upgrade, like moving from analogue TV to digital.

Spark operates the Public Switched Telephone Network (PSTN), which is a network of switches that connects calls from one person to another over copper lines. It's an old system that was built in the 1980s. The parts we need to keep it going aren't being made any more, so it's time for us to retire the PSTN.

Spark customers using broadband over copper will also need to move to alternative broadband services (such as Spark's broadband over Wireless or Fibre). Because some of Spark's broadband over copper services are also delivered through systems associated with these old switches, Spark has also made the decision to withdraw all of its copper-based broadband services in these areas.

If you are one of these customers, the change will be a very simple process for most. Spark will send you the information you need to make an informed choice about what landline calling or broadband service you would like to move to, with a recommendation based on how you use your landline or broadband and what's available at your place. Spark will then arrange the move to the new service. They have a specialist team on hand which can chat through any concerns you have to ensure you have everything you need to stay connected before they make the switch. It's also okay to choose a different provider for your new landline calling or broadband connection. While Spark would be sad to see you go, they can help you leave without any early exit fees.

Spark knows these things can be unsettling, so they will do everything they can to make it easy. They want to make sure you will have access to modern technology that will keep you connected into the future.

If you have any questions, get in touch with Spark specialist team on 0800 733 799.

Information from Spark Website

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.



Steady As You Go[®] Strength & Balance Programme

WHANGANUI

MONDAY

Christ Church Community Centre

1.30pm - 2.30pm

Rapanui Mowhanau Community Hall

1.30pm - 2.30pm

Special Olympics Hall, Peat St 10am - 11am

Glasgow Group, St Andrews Hall, Glasgow St

11am - 12pm

TUESDAY

Riverside Christian Church, 4 Ingestre St

9.30am - 10.30am

Hakeke St Community Centre & Library

1pm - 2pm

THURSDAY

Churton School Hall, Aramoho 11am - 12noon

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

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.

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



END OF LIFE CHOICE

Mason Head 3 weeks ago Eldernet Gazette

The End of Life Choice Act 2019 comes into law in New Zealand on 7 November 2021. From that date, those over 18 who experience unbearable suffering from a terminal illness will be able to legally ask for medical assistance to end their lives.

Who will be eligible to receive assisted dying?

The legislation sets tight controls on who can avail themselves of the option. Those wishing to end their lives under the law must be:

- terminally ill and likely to die within the next six months.
- in an advanced state of irreversible decline and must be undergoing "unbearable" suffering.
- and must be mentally able enough to make an informed decision.

This, therefore, excludes people living with degenerative illnesses such as Huntington's disease and dementia or Alzheimer's, or those struggling with long-term mental health issues for example.

Health professionals involved in the implementation of the Act have estimated that a very small number of people will be eligible to receive assisted dying when it becomes legally available – approximately 350 people a year.

How does the process begin?

The decision to receive assisted dying is entirely up to the eligible person. It is against the law to be pressured in any way around this decision (if health professionals have been found to have raised the issue with someone first, they can be prosecuted). This is a big decision though so it's advisable to talk to those closest such as a friend, family member or trusted health care professional.

After the person has decided that this is the right option for them, they must first raise the subject with their doctor as they are not permitted to raise it with their patient. Health practitioners do not have to help a person with assisted dying if they have an objection to doing so. If they are unwilling to assist in this journey, the person has the right to choose another one who will help work through the process.

A number of assessments are undertaken to ensure that the person applying meets the criteria. This includes:

- two medical practitioners agreeing that the

- person is eligible under the strict criteria
- a psychiatrist assessment if there is any uncertainty about their capacity or competency.

What choices will the eligible person have?

The eligible person will have some decisions to make about their assisted death. This includes choosing the date and time (which can be delayed), the location (such as hospital or home), whether they'd like loved one's present, and how the medication will be administered.

Some options may not be appropriate or possible depending on a person's condition. In those cases, a person's health practitioner will be able to provide advice about options.

Asking for assisted dying cannot be set out in an advanced directive or will.

What safeguards have been put in place?

It is important to know that if a person has chosen assisted dying, they can change their mind at any time. Anecdotal evidence from other countries that have made assisted dying legal suggests that after people raise the issue with a health professional, they will often change their mind once they receive palliative care.

A committee has also been set up that who will review reports of those undergoing assisted dying: the committee consists of Dr Dana Wensley, a medical ethicist, Brenda Close, a health practitioner, and Dr Jane Greville, a medical practitioner practising end-of-life-care.

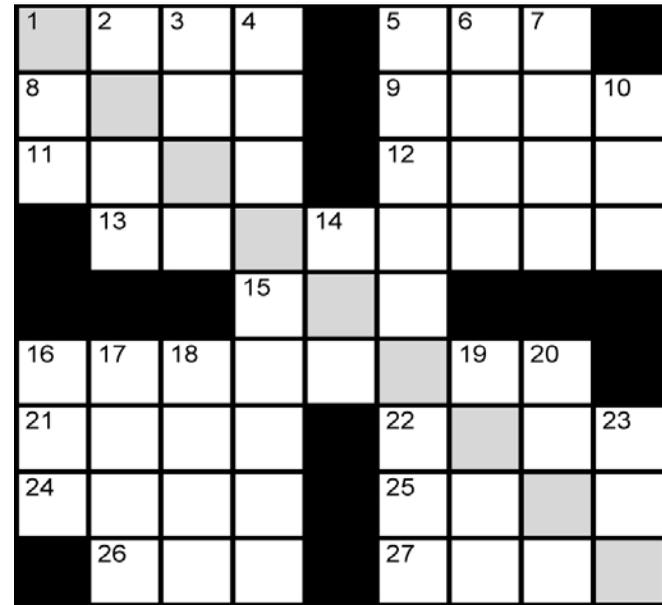
The Support and Consultation for End of Life in New Zealand group (SCENZ) will maintain a list of health practitioners providing assisted-dying services and will help develop and oversee standards of care.

Detailed information about End of Life Choice Act can be found on the Ministry of Health website.



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

Settlers

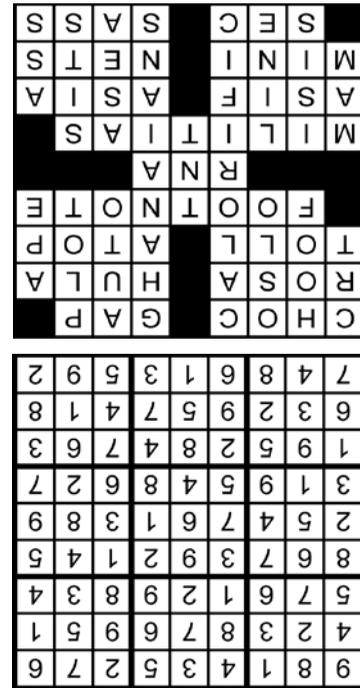


- Across
 1. Van. alternative
 5. Mountain pass
 8. Santa ____, Calif.
 9. Maui dance
11. Turnpike fee
 12. At the peak of
 13. Annotation
 15. Genetic material
 16. Groups of minutemen

- ATTACK
 BISHOP
 BLACK
 BOARD
 CASTLE
 CASTLING
 CHECKMATE
 DEFENSE
 DRAW
 EN PASSANT
 ENDGAME
 FIANCHETTO
 FORK
- GRANDMASTER
 KING
 KNIGHT
 PAWN
 QUEEN
 RED
 RESIGN
 ROOK
 SACRIFICE
 STALEMATE
 STRATEGY
 THREAT



21. "Dream on!"
 22. Atlas section
 24. Short skirt
 25. Fishing gear
 26. "Hold on a ___!"
 27. Back talk
- Down
 1. Computer monitor, for short
 2. Horseshoe site
 3. Nobel Peace Prize city
 4. Relating to heat
 5. Inhabitants of the Gold Coast
 6. Vehicle
 7. Scheme
 10. "Tarzan" extra
 14. Atlanta-based station
 16. Mayan Indian
 17. Egyptian fertility goddess
 18. Queue
 19. Fishing, perhaps



20. Takes a seat
 23. Blockhead

WORD FIND - GAME OF CHESS



How to solve sudoku puzzles. No math is required to solve a Sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

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

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
 or post this form to:
 64 St Hill Street, Whanganui, 4540

OFFICE USE:
 Receipt issued
 Thank you letter
 Database updated
 Deposit date



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- Situated on St Johns Hill overlooking Wanganui City
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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

