

**AUTUMN 2022 QUARTERLY NEWSLETTER**  
[www.acwhanganui.org.nz](http://www.acwhanganui.org.nz)



# Age Concern Whanganui

*Serving the needs of older people*



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

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## Contact Information

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

### 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

**Disclaimer:** Views and opinions expressed in our newsletter are not necessarily those of Age Concern Whanganui. Our newsletter contains information from external sources / websites that are not provided or maintained by Age Concern Whanganui. Please note, we cannot guarantee the accuracy, relevance, timeliness, or completeness of any information at the time of distribution.

## Tena koutou

How are you?

With Omicron within our community, we all need to have a plan in place and know what we have to do if we become sick and / or have to self-isolate.

There are different ways to access support including an online form and the COVID-19 Welfare phone line 0800 512 337 (between 8am to 8pm).

Covid has had a massive impact on social connection, with several activities / events postponed or being cancelled. It is important to stay connected to your family/friends/neighbours – if you can't we are here, just give us a call.

You will see we had added "Regular and Monthly Events", this is not a full list of activities and events within our community, just a few. It will be a regular feature in our newsletter so if you know of something coming up please give us a ring and let us know.

Thank you to everyone who completed our survey. We had responses via post, electronically and by phone with 118 people responding in one form or another. 98% of the people surveyed would recommend us to others!!! There were lots of lovely compliments thank you and there were also suggestions on what we could do in the future. I will keep you updated on further service development.

A number of people commented that they were not aware of all of our services, so we will be highlighting a service each newsletter which will give you more information. This will start in our Winter newsletter.

Just a quick update on our Secret Santa Gift initiative, we delivered over 300 parcels, with 3-4 items in each parcel. What an amazing response from the community, which far exceed our expectations again – thank you to everyone who donated a gift.

We try hard to ensure the information in our newsletter is current and update. This can be a bit difficult due the timeframes for publishing. There are deadlines we have to meet for the publisher, for example this issue had to be emailed to the publisher by the week ending 11th March. It went to print the following week and copies arrive the week after. We then have a great team of newsletter folders who come in, fold and put them into

envelopes and post them. The process can take up to a month before you are finally reading our latest edition.

Have lovely Easter and Anzac Day - please take care and keep safe.

Nga mihi

**Michelle** | Manager

# 25TH APRIL

LEST WE FORGET

# ANZAC DAY

## 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
- Foot Care Product Range

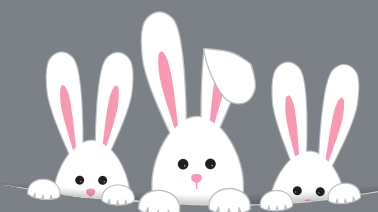
## Age Concern Whanganui Membership

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



Happy Easter



# 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.

## 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**

## To reduce your risk of being scammed:

- **Be suspicious.** Scammers work hard to appear trustworthy, and it's good to do some research or thinking before you engage with a person or opportunity.
- **Don't trust unexpected contact.** Scams most often come through cold contact, eg an unexpected phone call or email. Always take steps to know who you're dealing with find out more before considering any offers.
- **Do your research.** Use Google to look into the names of people or companies who approach you.
- **Resist demands to act quickly.** Anyone presenting a legitimate opportunity will allow you time to consider your response. If you feel under pressure, take some time — or turn it down.
- **Keep your computer virus protection up to date.** CERT NZ's website has advice for anyone wanting to improve their personal cyber security.
- **Never open attachments or click on links in emails if words or images make you feel unsure about the sender.** You have nothing to lose by deleting the email.
- **Use different passwords for logging in to online services.** If some of your information is compromised, you won't lose it all.
- **Reserve the right to be impolite.** Sometimes you need to be firm to keep yourself safe from scams. It's OK to say no outright if you have a bad feeling about something.

It is best to be suspicious of any contact you weren't expecting. Taking time to consider an offer could be the difference between being caught in a scam and avoiding it.

## How to check for scams

Use these tips to help you decide whether to trust an opportunity. If someone sends you an email

- **Check the sender's email address carefully.** If an email claims to be from a bank, company or government agency, check the sender's email address. A legitimate email from this kind of organisation won't end in the name of a free email service such as Hotmail, Yahoo or Gmail. Check the text after the @ matches the organisation's official website, eg an email from Netsafe will end @netsafe.org.nz.
- **Don't click on any links until you verify it's safe.** Scam emails often include links designed to get you to enter personal information on a fraudulent website. Google the name of the organisation to research their official website, email addresses and phone number. If in doubt, use the official phone number to call the organisation the email claims to be from.
- **Check for spelling and grammar errors.** Some scams are good at imitating the communication style of reputable companies, but many scam emails will include obvious mistakes.
- **Use Google to research the person or organisation** who has contacted you. Search the email address or company name followed by the word 'scam' to see if anyone has reported scam activity.

You can report a scam to [www.netsafe.org.nz/report](http://www.netsafe.org.nz/report)  
Information from [Consumerprotection.govt.nz](http://Consumerprotection.govt.nz) website  
02.03.2022



## Don't delay – get your Booster shot!

**"I think we need to stop thinking of the Covid-19 vaccine booster as a booster. That makes it sound like an optional extra – good to get but not crucial.**

**On the contrary, the evidence shows that at least three doses are needed to protect most people against Omicron. In other words, we should be thinking of the current booster as just the next dose in the course. No-one should be left vulnerable to this awful disease when we have safe and effective vaccines."**

**Dr Siouxsie Wiles, microbiologist and associate professor at the University of Auckland.**

## Managing symptoms

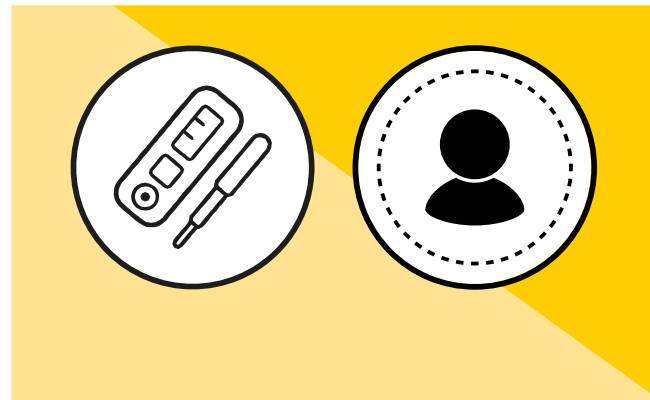
If you need health advice contact the place you normally get care like your GP or ring Healthline on 0800 358 5453.

Have personal information ready, including: full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/health providers and other emergency contact details.

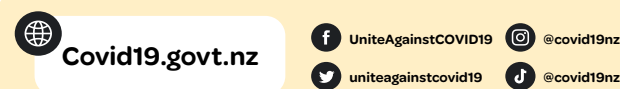
**COVID-19 can make you feel unwell. Take it easy, rest and recover**

To help reduce symptoms, you can use over the counter medications including pain killers, cough syrup and chest rubs.

If you need urgent medical help or cannot breathe properly, call emergency services on 111.

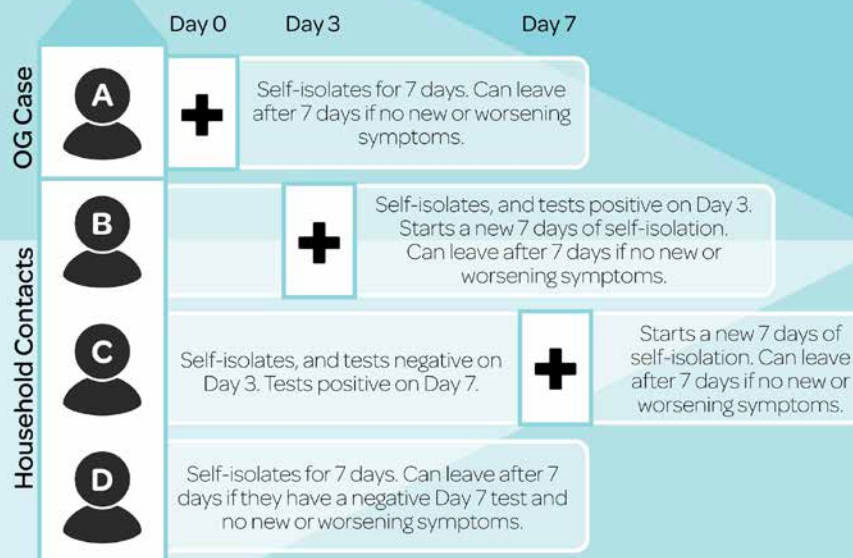


For more information, head to:



# Testing positive for COVID-19

## Testing positive at different times



Te Kāwanatanga o Aotearoa New Zealand Government

when you test positive, or when you first develop symptoms, whichever comes first, is your Day 0.

Unite against COVID-19

## Keep up healthy habits



## How to report your RAT result

There are two ways to report your rapid antigen test (RAT) result:

### 1. You can do it online at MyCovidRecord.nz

- set up a My Health Account if you don't already have one and you're over 12 - you will need your own email address and a valid form of ID
- If you already have a My Health Account, log in
- Scroll to "Self-report a Rapid Antigen Test (RAT) result"
- Click "Report test result" and follow the instructions.

### 2. You can do it over the phone by calling 0800 222 478

- Select option 3
- call any time between 8am and 8pm 7 days a week
- use this to report RAT results for those under 12

You can find detailed step-by-step instructions about reporting your results online here:

**Covid19.govt.nz/RATresults**

## Annual Flu Vaccination - Stay healthy this winter

It's coming up to the time to get your annual Flu Vaccine which should be available from mid-April. It takes around two weeks to develop immunity once vaccinated. Ideally, immunisation should be carried out before the main influenza activity in May to September.

Seasonal influenza vaccinations are recognised as being the single most effective way of reducing the impact of the flu - especially for those most at risk of complications.

**Following basic hygiene practices will also help you stay healthy:**

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds - or use an alcohol-based hand rub
- Cover your mouth and nose with a tissue when you cough or sneeze - then put the tissue in a lined bin

- Cough or sneeze into your elbow if a tissue is not readily available
- Avoid touching your eyes, nose and mouth
- Don't share drinks
- Avoid crowded places
- Stay home if you are sick
- Use a facemask when you are out and about

Flu can be anywhere. The best chance to protect yourself is to get immunised. Immunisation is **FREE** to those over 65. Ask your Doctor, nurse or Pharmacist for your **FREE** vaccination. Equally importantly, if you do become unwell, stay at home until you are better.

We were created to be "in the community" with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you.



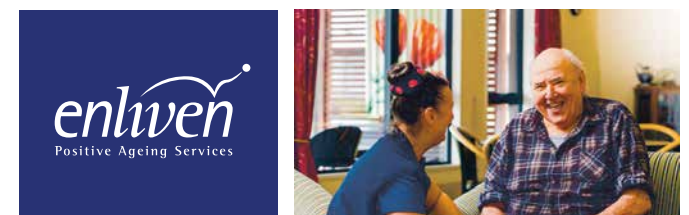
**Simply Hearing**

**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)



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



## Volunteer bikes from The Hermitage to Oamaru

The Alps to Ocean (A2O) is a popular multi-day bike ride in the South Island.

Last November, one of our receptionist volunteers took on the challenge – albeit on a hired e-bike – riding 332 km in six consecutive days.

Margi Keys says the trail opened in February 2013.

I was living in Auckland then, and wasn't into cycling,' says Margi. 'After I moved to Whanganui, I bought my mountain bike, with the goal of doing multi-day rides with friends.

'I've been in love with cycling ever since, and now want to do lots more trails.'

On her ninth birthday, Margi's parents presented her with a brand-new bike. She had to help pay for it, using funds she had accumulated from her grandparents. Margi rode all around Opunake on that blue Raleigh Windsor. In those days, children's bikes had no gears. 'But it had a basket and a carrier and, of course, a bell. 'I loved the feeling of being on wheels.'

Margi is often seen cycling around town on her Scott Contessa, wearing her distinctive decorated pink helmet. The biking has reduced her petrol bill significantly, helped her lose weight and kept her fit and trim.

'Last March I took part in my first bike event with a friend from New Plymouth – the 45km Mountain to Sea Lions Club fundraiser through 11 Taranaki farms and ending in Opunake – which was pretty challenging but heaps of fun,' she says. The A2O is New Zealand in all its colour and

natural beauty. From our highest mountains, sometimes over rough terrain, past lakes and rivers, and down to the Pacific Ocean, the trail was a wonderful experience for Margi. The nine-section trail is an easy to intermediate grade, linking the Southern Alps to the Pacific. Some challenging sections mean riders need to be confident and competent.

Margi and her fellow riders' luggage was transferred to their accommodation each night.

The ride started at The Hermitage near the base of Aoraki Mt Cook, and continued down the eastern side of Lake Pukaki to Twizel. Day 2 took the group of four to Lake Ohau Lodge. Climbing to the highest point (900 m) on day 3, they saw evidence of the catastrophic fires that torched 48 houses in the settlement of Ohau in October 2020. There they viewed the magnificence of the Mackenzie basin before dropping down to Omarama, three of them getting divebombed by a magpie on the way.

A new \$1.2 million 16 km section of the A2O from Sailors Cutting to the top of the Benmore Dam follows the Ahuriri arm of Lake Benmore, the largest artificial lake in NZ, serving up sights that riders have raved about since it opened in December 2020.

The last three days of the ride were down the Waitaki Valley through Kurow and rural Duntroon, delivering a geo-park of wonders. The group meandered past more lakes, across two dams and past a third, riding past vineyards and dairy farms.

**Margi noted 36 bird species seen or heard over the six days, and took lots of photos.**



Margi Keys on the Tarnbrae Track near Lake Ohau, November 2021. <https://www.alps2ocean.com/>

## Exploring a Wonderful Range of Groups & Clubs in Whanganui

There are many opportunities to socialise in Whanganui. Although now may not be the time to plunge in, it is certainly a good time to explore our options. Did you know about the amazingly wide ranging directory of groups and clubs and community groups compiled by Community House? You can search by suburb, topic, target group etc. There are three ways to access this comprehensive directory:

- ❖ You can call Community House on (06) 347 1084 and talk through your interests with them
- ❖ You can visit them at 60 Ridgway St – between Victoria Avenue and St Hill St. Currently, you need to make an appointment due to COVID restrictions. The building is disabled accessible (a lift is available and disabled toilet facilities are provided).
- ❖ You can explore the directory by selecting Database on the home page and then simply enter your search interest: <https://communityhouse.org.nz/>

It is inspiring to see what choices we have. For those who are not driving, remember you may be eligible for an unlimited number of discounted taxi rides if you qualify for a Total Mobility Card – contact Melanie at Age Concern. Also, one of the many benefits of Whanganui is its size, meaning it can be possible to get a lift home from another member of your group or club. Enjoy!

**Melanie Fleet our Social Connection Coordinator has painted this fantastic art work for the Old Age New Age Auction**



**Deep thought of today:**

**When you clean out a vacuum cleaner.**

**You become a vacuum cleaner.**

## Get back your independence.

Regain your independence with your very own T3 eTrike. Go wherever you want to go in supreme comfort and classic style. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair and local parts from EV Bikes.

**Order yours today and get your very own T3 eTrike for only \$3,950 tested and delivered right to your door. Buy online or call us and get back your independence today!**



EV Bikes NZ, 508 Ferguson Street, Palmerston North

★★★★★  
CALL US

**0800 222 249**

★★★★★  
BUY ONLINE

**EVBIKES.CO.NZ**



Owning a pet is good for your mental wellbeing



If you're the owner of a cat, dog, rabbit, guinea pig or another animal, you probably already know the comfort and companionship having a pet brings. What you may not know is that some studies suggest having a pet has a positive impact on your mental health and wellbeing.

Although a lot of the research about pet ownership and mental health isn't from randomised controlled trials – which are the most robust studies – there's a lot of evidence to support the idea that owning a pet is good for your mental wellbeing. But most of us who have a pet don't need science to tell us that having our cat or dog snuggled up on our lap at the end of the day makes us happy, because we know it already! Here are the top five ways having a pet can improve your mental wellbeing:

- 1. Pets may help reduce depression and anxiety**  
Some studies show that owning a pet can help to reduce depression and anxiety. This can be through providing a sense of purpose and self-worth by caring for someone other than just yourself, and from the sense of calm when sitting and stroking your pet.
- 2. Pets help establish a daily routine**  
Finding it hard to get out of bed and get motivated each morning? Owning a pet, especially a dog who needs to be walked every day, can help with your daily routine as you schedule it around your pet's

- needs. Having a hungry pet nudging you out of bed each morning isn't a bad way to start the day.
- 3. Pets provide constant companionship**  
The impact of isolation and loneliness felt by many people can be reduced by having physical contact with animals. Having someone to talk to – even if they can't talk back – can be beneficial if you've got a lot on your mind.
- 4. Being outdoors and in nature**  
We know that getting outdoors and being in nature is good for our mental health. Being outside with your pet – walking your dog, cleaning rabbit or guinea pig cages or even collecting the eggs from your chickens – gets you outside and into nature.
- 5. Socialising with other people**  
Having a pet can help owners stay connected with other people. Going for a daily walk with your dog can lead to conversations with other dog owners, or you may get involved in animal clubs or classes. Connecting with other people helps to improve your mental wellbeing.

Credit: Quinn Walkes Health Navigator NZ August 2021

Housing For Older People

Age Concern looks after the wellbeing of Whanganui District Council Flats. There is an increasing demand for cheaper housing due to the current housing crisis. Below is information gathered from the WDC website in regard to **eligibility**.  
Whanganui District Council provides quality housing for older people with low to moderate financial means. The Council owns 275 units in 16 separate complexes throughout Whanganui. We have 234 single units (including three for people with significant disabilities who use a wheelchair) and 41 suitable for couples. Each unit has an open-plan living area with a separate bedroom and bathroom / laundry area.  
**Applying for a unit - eligibility criteria**  
To be eligible for Council housing: You need to be a New Zealand citizen or resident

- You need to be 65 years or older. If applying as a couple, one person must be 65 or older
- You must have no criminal convictions
- You need to be able to live alone and compatibly with others
- You must not own any residential property
- Your income must be less than \$61,538 per year before tax (single person)
- Your assets need to be less than \$124,379 in value (single person)
- If you are applying as a couple, both applicants should have an income of \$74,300 or less per year before tax and both applications must have assets less than \$124,379 in value

If you meet the eligibility criteria, you will need to fill out an application form which can be downloaded below or pick up an application form from 101 Guyton Street or call us on 06 349 0001 and we can post one to you. Age Concern is available to provide specialist advice, support and to facilitate connection to other service providers. This service is free to all tenants.



# PRIDE WHANGANUI



Pride Whanganui are here to support all Rainbow people in our community. Lesbian, Gay, Bisexual, Transgender, Intersex - however you identify, we're here for you. Ring Age Concern Whanganui for a contact phone number or email [info@pridewhanganui.co.nz](mailto:info@pridewhanganui.co.nz) to get in touch.



**INFORMATION**  
Wanting to learn more about the LGBTQIA+ community? We can help!



**ADVOCACY**  
We can connect you with the right agencies to help advocate for you.



**SOCIAL CONNECTIONS**  
Wanting to meet up with like minded people, make friendships? Ask about our social groups.



**VOLUNTEER**  
We're always after volunteers, if you've got some spare time, we'd love to hear from you!

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

# TEXTING FOR SENIORS

- BFF** - BEST FRIEND FELL
- BTW** - BRING THE WHEELCHAIR
- TTYL** - TALK TO YOU LOUDER
- BYOT** - BRING YOUR OWN TEETH
- LMDO** - LAUGHING MY DENTURES OUT
- FWIW** - FORGOT WHERE I WAS
- IMHAO** - IS MY HEARING AID ON?
- OMMR** - ON MY MASSAGE RECLINER
- ROFLACGU** - ROLLING ON THE FLOOR LAUGHING AND CAN'T GET UP



## Regular and Monthly Events April - June

### Senior Net One-on-One Help Sessions Daily -

Members can book a session to get one-on-one help. It can be a lesson or tech support, Members can book a twenty minute session Monday to Friday from 11:30am until 1pm. Each 20 minutes slot will have a unique connection so that the session is private between the member and the buddy/ies/learning centre giving the support.

**PETANQUE: Wanganui East Club. Tues, Thurs or Sunday daytime.** Ph Louise on 06 342 7542 or 021 291 7698, or Shirley on 06 561 4452 or 027 386 6895

**PETRE 60'S UP: Social gathering - 3rd Weds of every month, 2pm, St Andrews Hall, Glasgow St, \$2.** Alternating Musical Entertainment/Guest Speakers, afternoon tea. Ph: Jenny Williams, 06 348 2409 or Jean Watson, 06 345 7187.

**Regular Steady As You Go (SAYGO) throughout the week in various locations.** Contact the office for a class near you.

### Mondays

**SIT FIT WITH CARLA** (except 1st Monday of every month) 1:30pm St Andrews Hall, 9 Bell St. \$5. Ph 021 165 8961

**BODYMOVES** Over 50's or beginners level, fun exercise to music. Mon 9.30 \$5 Amdram Theatre Guyton St Ph: Sarah 06 349 2328.

### Tuesdays

**Hakeke St Community Centre and Library 10-12pm Arts Group.**

### Wednesdays

**Hakeke St Community Centre and Library 9.30-1pm Eastside craft group**

**TAI CHI: Traditional style.** 12:30-2pm, 9 Bell St, St Andrews Hall \$10. 19 Taupo Quay Ph Matt Dutton 06 343 6692

**TAI CHI: Wednesday 9-10am** Gonville Health Community room Gold Coin.

### Thursdays

**Grandparents Raising Grandchildren 10-12** Plunket Hub, 6 Bates Street (across from Pakaitore and the Court building).

**ARTHRITIS WATER BASED CLASSES: Thurs 10:30am, 11am, Splash Centre**

**Hydrotherapy Pool.** Ph: Splash 06 349 0113.

**Hakeke St Community Centre and Library 1-2pm Chair Yoga Combo**

## APRIL 2022

**3rd April** - Daylight Saving ends

**5th April** - \*Club Gold Walking Club Warehouse - Mud Ducks 9am

**15-18th April** - Easter Weekend

**25th April** - Waimarie ANZAC cruise at 1pm

**27th April** - Age Concern and Pride Whanganui Rainbow afternoon tea at Community House 3pm

## MAY 2022

New Zealand Music Month

**1st May** - Darroch/Cohan Duo at Whanganui War memorial centre

**3rd May** - Club Gold Walking Club Virginia Lake - Funky Duck 9am

**4th May** - Tea and Talk Morning tea at Age Concern 10 am

**8th May** - Waimarie Mother's Day Cruise at 11:00am

**18th May** - Age Concern and Pride Whanganui Rainbow afternoon tea Community House 3pm

**16-22 Dementia Action Week**

## JUNE 2022

**1st June** - Tea and Talk Morning tea at Age Concern 10 am

**7th June** - Club Gold Walking Club Lunch The Rutland 11:30am

**8th June** - Leaving Jackson Royal Whanganui Opera House 6.30

**15th June** - Elder Abuse Awareness Day

**15th June** - Age Concern and Pride Whanganui Rainbow afternoon tea Community House 3pm

**18th June** - Louelle Mcnaughton Royal Whanganui Opera House

**25th June** - World of musicals Royal Whanganui Opera House 7.30-10 pm

\*Club Gold (Growing Old, Living Dangerously) is a friendly senior walking group who meet every Tuesday and Thursday morning at 9am at Sport Whanganui, Springvale Park. This group walks various routes for approximately one hour and returns to the Sport Whanganui. Everyone is welcome – all levels of fitness. For more information or to register please contact Deb Byers on 06 349 2325 or deb@sportwhanganui.co.nz

All dates valid as of 8th March 2022 but due to Covid events may be postponed or cancelled. Please ring Melanie Social Connection Coordinator at Age Concern Whanganui for further details.

**LIFE TUBE**  
could save  
your life!



**A Life Tube**  
could save  
your life in an  
emergency.

The Life Tube contains vital health information and important emergency information. It is kept in a prominent accessible place such as fridge or glove box of the car and is easily identified by the red sticker that is

included in the tube. To have this information available if the person concerned is unable to communicate may be and has been, a life saver.

In the event of an emergency, the Police, ambulance, friend or neighbour will be alerted by the red sticker and know that important information is inside the Life Tube.

If you have a life tube and your information needs updating, call in for a new (free) information sheet and if you have purchased a new fridge.....a new sticker!

Life Tubes are endorsed by St John Ambulance, Neighbourhood Support and Police. They are available at our Age Concern office at 164 St Hill Street, Whanganui or phone us 06 345 1799. There is a \$2 donation.

**Sticker and notification card are inside the Life Tube. Make sure you collect your advance Care Plan forms when you get your Life Tube.**

## Applesauce Cake

Prep Time: 15 min  
Cook Time: 35 mins  
Serves 8



### Ingredients

- 1 cup applesauce, store-bought or homemade
- ½ cup sugar
- 1/3 cup avocado oil, or other neutral oil
- ¼ cup almond milk
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon apple cider vinegar
- ¾ cup all-purpose flour, spooned and leveled
- ¾ cup whole wheat flour, spooned and leveled
- ½ cup almond flour, spooned and leveled
- 2 teaspoons Apple Pie Spice
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- ¼ teaspoon baking soda
- ½ cup chopped walnuts
- Cream Cheese Frosting, optional

### Instructions

1. Preheat the oven to 350°F and grease an 8x8-inch baking pan. I also line mine with a sheet of parchment paper.
2. In a large bowl, combine the applesauce, sugar, oil, almond milk, eggs, vanilla, and vinegar and whisk until combined.
3. In a medium bowl, whisk together the all-purpose, whole wheat, and almond flours, apple pie spice, baking powder, salt, and baking soda.
4. Add the dry ingredients to the bowl with the wet ingredients and stir until just combined, then fold in the walnuts. Pour into the prepared pan.
5. Bake for 32 to 39 minutes or until a toothpick inserted in the middle comes out clean. Allow the cake to cool in the pan for 10 minutes before transferring it to a wire rack to cool completely. When the cake is completely cool, top it with cream cheese frosting, if desired.

## DRIVER LICENCE TEMPORARY EXTENSION

There is a temporary extension of driver licences and endorsements until 31 May 2022. This

includes the medical certificates required for seniors to renew their licences (at 75 and 80 and every two years after that). These extensions are in place to allow people to continue driving while Covid-19 protection framework restrictions limit them from easily renewing their licence or endorsement.



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

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

There is room for new participants in the following groups:

#### MONDAY

**Christ Church Community Centre**  
11.15am - 12.15pm / 1.30pm - 2.30pm

**Rapanui Mowhanau Community Hall**  
1.30pm - 2.30pm

**Glasgow Group, St Andrews Hall, Glasgow St**  
11am - 12pm

#### TUESDAY

**Hakeke St Community Centre & Library**  
1pm - 2pm

#### THURSDAY

**Churton School Hall, Aramoho** 11am - 12noon  
**St Lukes, Castlecliff** (currently in recess)  
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

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



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

Annual membership fees for the financial year 31st March 2022 to 31st March 2023 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:

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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

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: New ☐ Renew ☐ \$20.00

Total Mobility Assessment & Membership: \$25.00

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:

PO Box 703, Whanganui, 4540

Your Membership fee is for a financial year - 1st April - 31st March.

### OFFICE USE:

- ☐ Receipt issued ☐ Database updated  
☐ Deposit date



## Grandparents raising grandchildren in retirement villages

*Article supplied by Retirement Villages Association*

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. She was just over two when her grandmother, Gwyneth Harris, collected her from the social worker who'd brought her south on the bus and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University.



Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, sitting with Gwyneth in the choir stalls.

Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there."

Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself." Looking back, Isobel says, "Growing up in a retirement village was my normal, and we made it

work."

By contrast, Milly French is only ten, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four; since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-grandfather Dennis Thornbury. Carol says Milly's made friends with their neighbours, mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe."

Milly agrees. "I love seeing all the lovely people here. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

The differences between living in her father's house and her grandparents' apartment are all taken in her stride as well: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns. It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions has given Milly confidence. "It makes her feel grown up, being part of an adult community. I think it's been very good for her."

While these arrangements are relatively uncommon, with goodwill on all sides they can work well for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and having a child around regularly may go some way in filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

To read more about this remarkable story, visit Retirement Life website - <https://www.retirementlife.co.nz/grandparents-in-retirement-villages>