

WINTER 2022 QUARTERLY NEWSLETTER
www.acwhanganui.org.nz



Age Concern Whanganui

Serving the needs of older people

ELDER ABUSE

IT IS OK TO ASK AGE CONCERN FOR HELP!

Call 0800 EA NOT OK - 0800 32 668 65



ELDER ABUSE AWARENESS 15-22 JUNE



For advertising phone Sam 027 872 6629 or email samanta@kiwipublications.nz

A Kiwi Publications Limited publication | 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
Address: 164 St Hill Street, Whanganui 4500

OFFICE HOURS

8.30am - 4.30pm 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 Fisher
Volunteer Coordination/
Steady As You Go: Janet Lewis
Social Worker: Lorraine TePou
Wellbeing Officer - Council Flats
Whanganui & Rangitikei: Lisa Buchanan
Accredited Visiting Service/
Health Promotion: Clare Fearnley
Social Worker: Karen Kitson
Community Connector: Becky Stanley

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? It is hard to believe we are in June – the last 6 months have flown along.

Elder Abuse Awareness week is from the 15th to 22nd of June – unfortunately elder abuse is prevalent in our community and the statistics in New Zealand are harrowing. In the last 6 months our social workers received 66 referrals regarding abuse of an older person. There is no excuse for any form of abuse especially for our older members of the community – we should be loving and cherishing our older relatives/whanau. The UN declaration stated “Older persons should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status and valued independently of their economic contribution”

Since our last newsletter, Melanie - social connection coordinator has left us – she is now a full-time artist. Becky Stanley has joined the team as our community connector, and she will introduce herself to you in our next newsletter.

I would like to acknowledge and thank the fundraising committee of the Old Age New Age Charity Auction. They did an amazing job and raised \$16,000 for us, which we will use to purchase another vehicle.

Age Concern New Zealand completed a visual identity project last year. The project team consulted with the communities and the feedback they received was Age Concern is a name they respect and trust, but the brand needed a refresh and update. ACNZ will be launching the new logo on the 1 July – so watch this space

With the flu season upon us as well as Covid, you need to take care of yourself. If you need any assistance if you are having to isolate at home please give us a call and we will be able to help.

A wee reminder, membership is due for the 2022 – 2023 year – thank you for your continued support.

The date for our AGM has been confirmed – Thursday 7th July at 5.15 at our office.

Take care and keep safe especially with the winter weather - be mindful of slippery surfaces especially when wet.

Nga mihi

Michelle | Manager

Connected Community

In today's digital first world, it can be hard to have your opinion heard or access services. The Whanganui District Council's Community views survey is online only this year (closes Monday 13 June) and public feedback on its new Open Spaces and Physical Activities draft strategy is accepted up to Friday 10 June. Want to talk about your concerns or experiences about the internet or online world? Would you like to complete the community survey or hear about the draft strategy by phone? Jo Buckingham, Connected Community Advisor, at the Council would love to hear from you. Jo will also be hosting a get together at the Eugene Crotty Community Room in mid June to understand barriers in the community from digital services. You can call Jo at the council on 06 349 3021 or email digital@whanganui.govt.nz to chat.



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.



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

THE
FOOT
CENTRE

CAROLYN GROVES
PODIATRY

Live in the moment, and find each moment worthwhile.
 You owe it to yourself to forgive the past.
 Live in the future.

Make time every day to do what's important to you - to work enough to feel satisfied, to play enough, to stay young.

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



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.

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 Whanganui 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

Volunteering - Meals on Wheels

We are very appreciative of the excellent work being done by our 120 Volunteer Meals on Wheels drivers.

Monday to Friday volunteer drivers deliver a hot meal and dessert to those who are unwell. The Service has now been in operation for some years and several of our volunteers have been helping for some years. Recently, a dear volunteer, who does not want to be named retired just before reaching the wonderful age of 100! She and her friend had been with the service since 2003. Each weekday 6 volunteers who may be accompanied by their partner or friend meet at the hospital kitchen to pick up the meals.

There may be 1,2 or 3 chilly bins containing hot meals in individual containers and another chilly bin of desserts with a list of recipients and a map. A run takes about a 1 ½ hours – it is an excellent way of finding and discovering the streets of Whanganui. I

have had the occasional call from a driver who is unable to find an address – a quick call to our office generally sorts it. A recent conversation with a volunteer said she enjoyed being a driver because it helped keep her brain active – from checking the meals before you take off, to ensuring the right meal is delivered to the right person! Sometimes it can be a treasure hunt finding the right path, door, or gate - Mostly you will be rewarded by a warm smile and thank you!

All our volunteers are interviewed, complete an application, are police vetted and can be accompanied on their first run.

If you or if you know someone who would like to help with Meals on Wheels ring me – Janet Lewis at Age Concern Whanganui – Ph 345 1799 – I look forward to hearing from you!



EV Bikes NZ, 508 Ferguson Street, Palmerston North

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!



★★★★★
CALL US

0800 222 249

★★★★★
BUY ONLINE
EVBIKES.CO.NZ

ELDER ABUSE HITS CLOSE TO HOME

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



ELDER ABUSE AWARENESS 15-22 JUNE

What to do when you suspect elder abuse? Trust your gut!

Elder Abuse Key Trends:

For several decades Age Concerns in most regions of New Zealand have worked with older people and their families to reduce the harm of elder abuse and neglect. Over the past year Age Concerns have dealt with an average of ten new cases each working day. From our work we can verify that:

Age Concerns worked with 2452 cases of which 68% had abuse identified.

43% of cases the older person was under 75 years of age.

35% of cases the older person was living alone but 57% live with partners and/or relatives.

These statistics include the impact of Covid-19 in 2020-21 when elder abuse and neglect has hit close to home, yet it was not being openly discussed. Living alone made some older people an easier target for abuse, having to rely on others for basics like shopping and paying bills. But elder abuse happens in households where others live too, as younger family members access online options and manipulate bank cards for their own benefit. Anybody who suspects that something is not right with how an older person is being "helped" in their home, can ring Age Concern to talk through what they have noticed.

83% of cases include psychological abuse.

40% of cases involve financial abuse.

32% of cases involve neglect and self-neglect.

20% of cases involve physical abuse.

For older people, psychological factors underline most abuse such as the threats of physical violence, or the neglect of their physical and emotional needs. Financial abuse happens more often with bank closures, cheques disappearing, requirements to pay and verify identity online and use smart phones. Covid-19 restrictions affected the livelihoods of many families, and older people have tried to help their relatives through tough times. But when older people are pressured to sacrifice their own health needs, their home, car, savings, or their retirement income for the benefit of others, we encourage you to trust your gut and please seek advice first such as raising your queries with Age Concern.

84% of alleged abusers were family members of which 58% were adult children or grandchildren.

72% of the alleged abusers are aged under 60 and 51% live with the older person.

68% of cases the abuse has continued for longer than 3 months, and 31% longer than a year.

When an older person is coerced, isolated, threatened and manipulated, the abuse robs them of their self-esteem, independence, and finances. This is usually by someone an older person loves, who visits or lives with them, so Elder Abuse Hits Close To Home. You can discuss your worries with Age Concern as our services are independent of your family, free, and confidential.

Contact details for all services are available at: 0800 65 2 105 or www.ageconcern.org.nz

Prevent Elder Abuse and Neglect

Age Concerns around the country see the harm elder abuse causes in ten new cases each working day, so we are committed to raise awareness to prevent elder abuse and neglect. World Elder Abuse Awareness Day is a great opportunity to learn more about this global concern that affects New Zealanders every day. We have seen an increase in the reporting of abuse of older people – in our community over the past 6 months we have received:

- 77 referrals
- 33% were 80+ years old
- 60% were female
- 84% were family members

We can all help to prevent elder abuse and neglect by:

- Loving and cherishing older relatives / whānau.
- Phoning, zooming or face timing older people / kaumātua.
- Visiting older people / kaumātua in your neighbourhood.
- Involving older people / kaumātua in social activities.
- Encouraging older people / kaumātua to make their own decisions.
- Supporting older people / kaumātua to use their money for their needs.
- Honouring older people's / kaumātua's wisdom.
- Enabling older people / kaumātua to set their own pace.
- Speaking respectfully and listening to older people's / kaumātua's stories.
- Seeking advice from any Elder Abuse Service or Age Concern if you suspect an older person / kaumātua is being abused or neglected.



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**

The Best Brain Games

If you spend a lot of time with an aging loved one, you may notice them becoming a bit more forgetful or misplacing things. While frequent forgetfulness or severe memory loss may be a sign of Alzheimer's disease, some forgetfulness is a normal part of aging. It may not be entirely preventable, there are things you can do to slow down the process.

Much like the body, keeping the brain active is important at all stages of life. Brain games and puzzles serve as mental exercise that reduces the risk of Alzheimer's disease and cognitive decline. Brain exercises provide a simple way to improve your memory and problem-solving skills.

There are a number of factors that make certain games ideal for older adults:

- **Formats.** You'll find brain games in plenty of different formats, from classic board games to word puzzles, online games some applications on the phone/computer do require a monthly fee.
- **Difficulty level.** It's important to find games that are challenging but not overly frustrating. If you're looking for brain games for a loved one who has been diagnosed with Alzheimer's disease, for instance, you'll want to choose brain exercises and games that aren't impossible to complete at their current cognitive level. Start slowly with some beginner puzzles and gradually progress to harder puzzles for more challenging problem-solving tasks.

Some of the best games are the crossword/word finders in the paper and or magazines. Online games such as Brain Lumosity which can track your progress www.lumosity.com

Taken from www.seniorlink.com

DID YOU KNOW THAT?

A "moment" used to be an actual measure of time and corresponded to roughly 90 seconds. It was used during the Medieval era and was derived from the solar hour (the hour on the sundial's face was, at that time, divided into 40 "moments").

Despite what cartoons have taught us, the coyote can run up to 43 miles per hour (that's nearly 70 km/h) while the roadrunner can only run up to 20 miles per hour (that's just over 32 km/h).

What's Your 111 Power Cut plan?

We all know how to call 111 in an emergency. But it's important to remember that Fibre and Wireless landline connections will stop working if the power goes out.

This also means some cordless phones and other devices (like medical alarms) may not be able to connect – even if they have a battery.

So it's important to have a **111 Power Cut Plan**, just in case.



If you have a mobile phone - keep it charged. If you have a mobile that works at your place, you should be just fine. Remember to keep it charged and make sure everyone at your place has access to it and knows how to use it if there's a power cut.



Get a power-bank for back-up Available from any electrical store or The Warehouse, a power-bank is a portable charger designed to recharge your electronic devices when you're on the move or without power. Power Banks can be used to charge cell phones when the cell phone battery has run out. Great for extended use or for long power cuts.



Are you a Vulnerable Consumer and rely on power? If you, or someone at your place relies on their landline for health, disability or safety reasons, you can apply to join a Vulnerable Consumer Register. You'll need to give your telephone company some supporting information about your circumstances, but if you qualify, they will make sure you have a way to call 111 in the event of a power cut, at no cost to you.

For more information visit: SPARK: <https://www.spark.co.nz/help/vulnerable-consumers/>

VODAFONE: http://help.vodafone.co.nz/app/answers/detail/a_id/10910/~/_/apply-for-vulnerable-customer-or-medical-dependency-registration

2 DEGREES: <https://www.2degrees.nz/help/broadband-help/troubleshooting/111-vulnerable-consumers>

Steady As You Go

Liz and husband Rob always wipe the floor of any water spots after emptying their dishwasher – This was not always the norm until Liz slipped on the tiled floor and broke her wrist. She was in plaster up to her elbow. It made it difficult to play bridge and croquet which she loves. The worse thing she says, that on her trip to Australia she was unable to hold her new granddaughter properly in a more natural position. Liz wants to regain her physical fitness. She is 75 years old and is aiming to compete in the Women's World Croquet Championships in 2023.

Liz has started her training by joining a Steady As You Go group.



There are 19 Steady As You Go groups in a variety of venues in Whanganui, Marton, Hunterville, Ohakune, and Bulls.

The gentle exercises are designed to improve balance, leg strength, general fitness, and well-being. Participants begin with a warmup in a chair followed by standing exercises, walking exercises and end with a warm down in a chair. All participants are encouraged to work at their own pace and stop if they feel dizzy or lightheaded. All participants complete an assessment which is repeated later.

Classes cost \$3-\$4. If you are interested in joining a class or if you have friends who would like to start a group call Janet Lewis @ Age Concern Whanganui 06 345 1799 or saygo@acwhanganui.org.nz

STEADY AS YOU GO® (SAYGo) Preventing Falls

Designed for Men and Women



Did You Know

Falls are the most common cause of injury in older people

One third of people over the age of 65 fall each year

Half of people over 80 fall each year

Falls in older people are almost always associated with weakened leg muscles and poor balance

Falls are not a natural part of ageing

You could save yourself from a fall by attending a SAYGo class and improving your strength and balance

Falls ARE preventable!

SAYGo improves.....

- Balance and leg strength
- Flexibility
- General fitness and wellbeing

SAYGo has been shown to provide continuous improvements in strength and balance over time in over 80 much-loved community based ongoing Peer led classes

Come along and have a go!

[Call me Now](mailto:saygo@acwhanganui.org.nz)

Enquiries :
Janet Lewis
Steady As You Go® Coordinator
Phone: 06 3451799
Email: saygo@acwhanganui.org.nz

Classes are one hour each week | Cost:\$3 - \$4 per class

Tips for Grocery Shopping

Young or old, grocery shopping can be quite a challenge if you're intending to stock up on many things and you haven't compiled a list, or if you've bought a handful of items that require extra hands and assistance. For older adults, although grocery shopping is a good form of exercise to stay healthy, it can get tedious especially if you have to make a trip down to the store, walk around to get your items amid the crowd, and source for the best items within your budget.

Thankfully, we've compiled a list of grocery shopping tips that you and your loved ones can follow so you can make full use of your trip to the supermarket and enjoy the grocery shopping experience.

Make a List

Ever experienced going to a supermarket and blanking out, forgetting what you have to buy? If you're often forgetful, it would be helpful to make a list of the intended purchases before making a trip down to the supermarket. This not only helps you to save money but also saves time when it comes to looking through shelves and rows of items while searching for your item. You can also avoid repurchasing items that you already have at home so you can keep your impulse purchases to a minimum, and not overspend.

Online Grocery Shopping

In case you haven't already heard, many grocery chains and supermarkets are switching to online platforms to sell their goods, so people can shop for your groceries at your convenience and pace and find that online shopping is hassle-free, as you wouldn't need to squeeze your way through the crowd or face other angry shoppers.

Look Out for Vouchers

Many grocery stores and supermarkets offer vouchers for your next purchase if you've hit minimum spending for your current purchase. In addition, some stores have a 'Senior's Day' where older adults aged 65 and above can get discount on their total grocery bill if you show your identification card as proof.

Make Use of Delivery Services

Adding on to online grocery shopping, you may want to consider having your groceries delivered.

Furthermore, if you've made huge purchases and there are simply too many bags to carry, it would be a hassle especially for seniors who are physically not as strong anymore.

Choose the Store Wisely

Although every supermarket may look and sound the same, a larger grocery store is more likely to have greater perks as compared to the smaller ones – be it discounts, vouchers, or coupons. Plan your travel time and journey wisely so you can avoid going to the store during peak hours!

Slow-cooker pea and ham soup

Ingredients

- 1 tablespoon extra-virgin olive oil, plus a little extra to drizzle
- 1 brown onion, coarsely chopped
- 2tsp ground cumin
- 1kg smoked ham hock
- 4 parsnips, peeled and chopped
- 2 green apples, peeled, cored, coarsely chopped
- 2 ½ green split peas
- 1 large lemon, rind finely grated, plus extra zest to serve
- Crème fraiche to serve
- Fresh mint to serve



Step 1: Heat the oil in a small frying pan over high heat. Add the onion and cook, stirring, for 5 minutes or until soft. Stir in the cumin and cook for 30 seconds or until aromatic. Transfer the mixture to a 6L slow cooker

Step 2: Add the ham hock, parsnip, apple, split peas and 2L (8 cups) water to the slow cooker. Stir well. Cover. Cook on High for 6-8 hours or until ham is very tender.

Step 3: Use tongs or a slotted spoon to transfer the ham hock to a chopping board. Use a stick blender to blend the soup until smooth (add up to 250ml/1 cup extra water if the mixture is too thick). Stir in the lemon rind.

Step 4: Remove the ham from the hock, discarding the bone, skin and fat. Divide the soup among serving bowls. Top with crème fraîche, ham, mint and lemon zest. Drizzle with extra oil and season with pepper.

The Retirement Villages Association (RVA) has recently completed a national programme of meetings with retirement village residents to share its *Blueprint for the Future*.

The blueprint, which was launched last year, includes providing residents with a stronger voice, strengthening the complaints process and working with the Te Ara Ahunga Ora – Retirement Commission (formerly the Commission for Financial Capability) to monitor re-licensing times so best practice standards can be developed.



The forums in Tauranga, Wellington, Christchurch and Auckland were chaired by former Seniors Minister and MP the Hon Tracey Martin, who has recently stepped down as an independent member of the RVA's Executive Committee.

RVA Executive Director John Collins said the meetings were extremely positive and excellent progress was being made with the industry collaborative approach aimed at addressing residents' concerns and issues. "We understand that a review of any legislation as proposed by the Retirement Commission is appropriate at some time but we have always felt that more pressing issues currently exist for government," said Mr Collins.

"The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates we have struck the right balance between robust regulatory oversight and effective self-governance.

"However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. The blueprint sets out the tangible and definitive steps we will be taking to achieve that goal."

The Blueprint for Change addresses weekly fees (fixed or a predictable increase, ceasing when a unit is vacated), commits to making sure operators re-licence vacant units as quickly as possible, pledges to ensure the terms around transfers to care are transparent, and addresses and perceived or real "unfair" clauses in Occupation Right Agreements (ORAs).

Mr Collins and RVA president Graham Wilkinson attended all forums to give presentations and answer questions.

A frequent question was around the role of Statutory Supervisors – who monitor the financial position of a

village and the security of residents' interests. "There appears to be a lack of clear understanding over the legislative role of the Supervisor and the RVA will explore how we can improve awareness and understanding of this," said Mr Collins.

Other points included the use of 're-licensing gains', transparency around the business income and outgoings and greater ability to negotiate terms of ORAs. Mr Collins and Mr Wilkinson addressed all points, providing details wherever possible on where residents could access the information they required. "We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Collins.

Ms Martin said the RVA has committed to exploring what more could be done to support a more streamlined transfer to care both inside the sector and where they could with the Ministry of Health and Ministry of Social Development. "The retirement villages sector agrees that the move to care should be transparent. The RVA is identifying where improvements can be made, and will work with operators and regulators to ensure the process around the move is as transparent as possible.

"It was also acknowledged by both the RVA and residents at the meeting that there could be some more clarity on wording in the ORAs around "intentions" to provide care facilities."

Ms Martin said that following each forum she enjoyed informal discussions with residents. "There were very few who were not happy with their village and none who wished to leave their village. "At the Auckland forum, a member of the residents spontaneously asked all those residents who felt that their village had kept them safe during Covid to raise their hands. Almost the entire room raised their hands. Residents attending again and again verbalised how happy they were in their villages."

The RVA recently commissioned research into retirement village residents' degree of vulnerability. "The research covered almost 1,700 residents across 105 member villages. It showed that there was a very small minority of residents who might be considered vulnerable," said Ms Martin. "Nevertheless, the RVA is launching a trial with Fairway Resolution across 11 Auckland villages with a confidential service to allow residents to discuss any problems no matter how small, with a skilled person."

Due to other commitments, Ms Martin is stepping down from her RVA role with former MP and former Senior Citizens Minister Hon Jo Goodhew taking on the position.

editorial supplied by The Retirement Villages Assn.

Regular and Monthly Events June - August

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

JUNE 2022

15th June - Elder Abuse Awareness Day
15th June - Age Concern and Pride Whanganui Rainbow afternoon tea Community House 3pm
18th June - Lourelle Mcnaughton Royal Whanganui Opera House – *postponed to November*
25th June - World of musicals Royal Whanganui Opera House 7.30-10 pm – *postponed to December*

JULY 2022

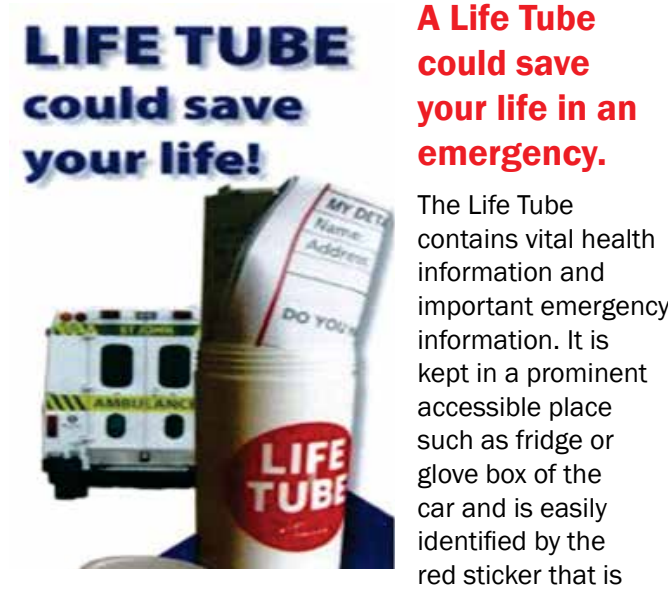
5th July – Gold Walking Club lunch at the Yellow House
12th July – Matariki Glow Show Royal Opera House 11am – general admission \$13.50
1pm – general admission – \$15.50
13th July - Age Concern and Pride Whanganui Rainbow afternoon tea Community House 3pm

AUGUST 2022

2nd August - Club Gold Walking Club Lunch at Parnell's 11:30am
3rd August - Presentation from Dewhirst Law – Wills, Trusts and Power of Attorney at 10am at Age Concern Office
13th & 14th August – Whanganui home and Lifestyle Show at Jubilee Stadium at 10am
17th August - Age Concern and Pride Whanganui Rainbow afternoon tea Community House 3pm
27th August – The Rocky Horror Picture Show at the Royal Whanganui Opera House at 8pm

*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 1st June 2022 but due to Covid events may be postponed or cancelled. Please ring Becky Stanley Community Connector at Age Concern Whanganui for further details and if you would like an event added.



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 pick up your Life Tube.

Whanganui Welfare Guardian Trust is looking for volunteers.

We are a charitable trust with the purpose of recruiting, training and supporting those appointed by the Family Court to be welfare guardians for people who have lost capacity. Time commitment will vary. Compassion, listening skills, tact and good sense are needed for the role. Please see our website: <https://welfareguardians.nz/?whanganui> for more information and make contact if being a welfare guardian interests you.

If you are wanting to learn more about what is an Advance Care Plan

Age Concern will be holding 3 – 1-hour classes over the next three months. Call the office to register 06 345 1799



29th June 10 am to 11
20th July 10 am to 11am
17th August 10 am to 11am

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.



If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

It could save lives!

Like us on **facebook** 

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

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

Our Thanks to:




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

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

Name:

Address:

.....

Phone:

Email:

Ethnicity:	Age Group:
<input type="checkbox"/> NZ European	<input type="checkbox"/> 49 & below
<input type="checkbox"/> NZ Maori	<input type="checkbox"/> 50 - 59 yrs
<input type="checkbox"/> Pasifika	<input type="checkbox"/> 60 - 69 yrs
<input type="checkbox"/> Other	<input type="checkbox"/> 70 - 79 yrs
	<input type="checkbox"/> 80 - 89 yrs
	<input type="checkbox"/> 90 - 99 yrs
	<input type="checkbox"/> 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: ☐

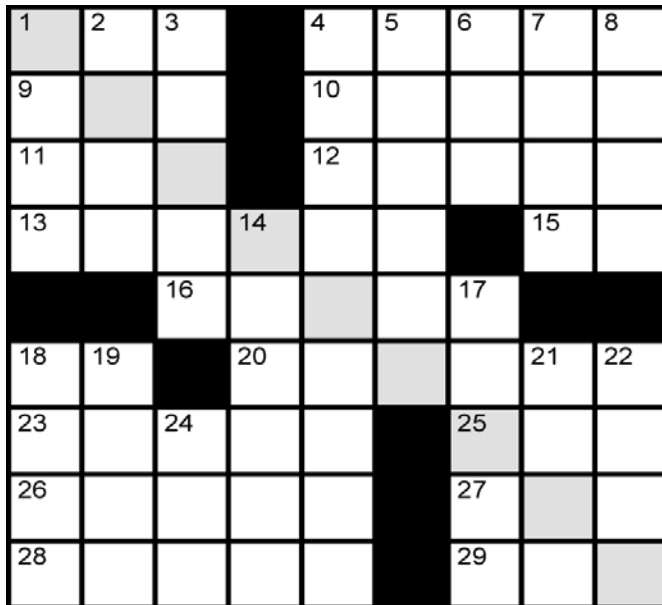
Westpac account - 03 - 0791 - 0454649 - 00
If you are making an internet payment please email your details to: info@acwhanganui.org.nz or post this form to:
PO Box 703, Whanganui, 4540
Your Membership fee is for a financial year - 1st April - 31st March.

OFFICE USE:

☐ Receipt issued ☐ Database updated

☐ Deposit date

Investors Delight



Across

1. Netflix rental
4. More artful
9. "Rocky ____"
10. Minor

11. Gun, as an engine

12. It's debatable
13. Mark and Shania
15. Exists
16. Bumps

18. Atop

20. Imagined

23. Arm bones

25. "____ what?"

26. Backgammon piece

27. Old name for Tokyo

28. ____ and aahed

29. ____ publica

Down

1. Gossip

2. Penthouse feature

3. Couch

4. Like clothes in a washer

5. Rent payer

6. "____ alive!"

7. Needle case

8. Bakery selections

14. First-aid item

17. More rational

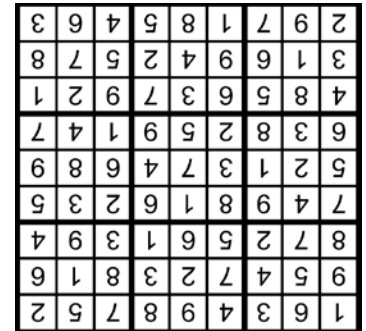
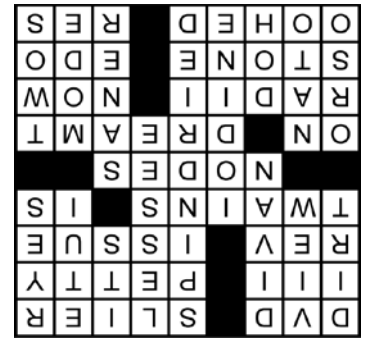
18. Approximately

19. Alliance acronym

21. Fashion

22. Deuces

24. Play-____

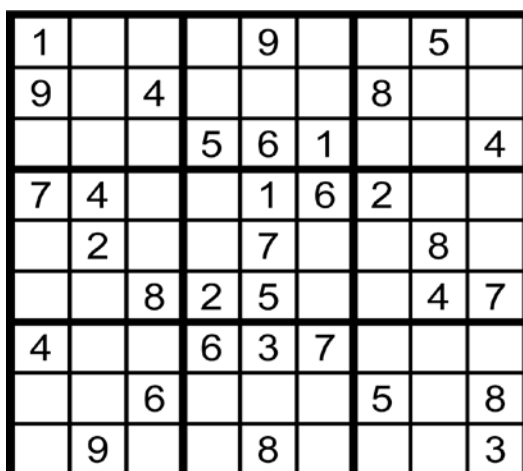


The title is a clue to the word in the shaded diagonal.

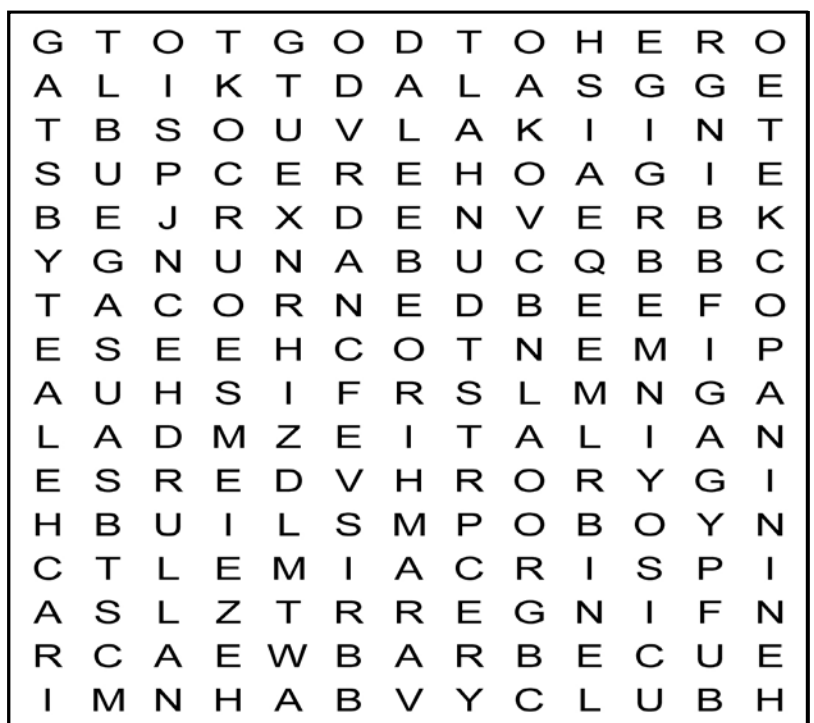
BAHN MI
BARBECUE
BLT
CLUB
CORNED BEEF
CRISP
CUBAN
DELI
DENVER
EGG SALAD
ELVIS
FINGER

FISH
GATSBY
GYRO
HERO
HOAGIE
HOT DOG
ITALIAN
MARMITE
MELT
PANINI
PIMENTO
CHEESE

PO BOY
POCKET
RACHEL
REUBEN
SAUSAGE
SLIDER
SOUVLAKI
SUB
TAVERN
TEA
WRAP



SANDWICHES



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.*