

Official publication of Age Concern Wanganui

Office Phone: 06 - 345 1799 Fax: 06 - 347 2334

Email: info@ageconcernwanganui.co.nz

www.ageconcernwanganui.co.nz

PO Box 703, Wanganui. 4540

164 St Hill Street, Wanganui. 4500

OFFICE HOURS:

Wanganui - 9am - 3pm Mon - Fri

Autumn 2016

Age
Concern

Wanganui

He Manaakitanga
Kaumātua



Serving the needs of older people

Steady As You Go®

Falls Prevention



Strength & Balance Programme

A Pukeko Print & Design Ltd Publication. For advertising telephone Monique (07) 577 9092
or email monique@pukekoprint.co.nz | www.pukekoprint.co.nz | Please refer to website for disclaimer

Services

Support & Advocacy

Our Community Workers can provide support and assistance, advise on available services, liaise with other community agencies and are available to visit at home.

Total Mobility Scheme (Wanganui only)

(Horizons Regional Council) Assessments provided for people with disabilities to access half price taxi fares.

Elder Abuse and Neglect Prevention

Our Co-ordinator is available to confidentially discuss problems of suspected abuse, neglect or mistreatment and can assist in obtaining help.

Training for carers and professionals and a public awareness program is also available.

Accredited Visiting Service

Our Co-ordinator trains and supports volunteers who visit those living alone in the community. Both the older person and the visitor enjoy the friendship that develops from this regular contact.

Transport

Volunteer drivers help those who have no transport – taking them to medical and other essential appointments – for a donation towards petrol.

Supermarket Shopping

Volunteers take those who have no transport to the supermarket, assisting with shopping and taking them home – assessment required, donation to the driver.

Steady As You Go (SAYGo)

Strength and Balance exercise program for men and women.

Welfare Service to Tenants of Pensioner Flats (Wanganui) & Community Housing (Rangitikei)

Our Welfare Officers provide support to tenants of the Wanganui District Council Pensioner Flats and Rangitikei District Council Community Housing.

Health Promotion

Seminars and forums organised on a range of topics relevant and interesting to older people.

Senior Driving Program including CarFit

Drive with confidence, share experiences and learn how your car can 'fit' you. A refresher course designed especially for senior road users.

Information

Contact us for a wide variety of information on available services. Call in or phone to speak with our reception volunteers or staff.

Volunteer Opportunities

A number of volunteering opportunities are available:

- Meals on Wheels delivery
- Transport & Supermarket Service
- Visiting Service
- Reception
- CarFit

All volunteers are given training and support.

Membership and donations to Age Concern Wanganui are appreciated and accepted. Donations of \$5 or more are tax deductible.

Please contact us at:

164 St Hill Street, Wanganui 4500

Phone: (06) 345 1799

Fax: (06) 347 2334

Email: info@ageconcernwanganui.co.nz

www.ageconcernwanganui.co.nz



OUR THANKS TO:



Enjoy summer with Driving Miss Daisy

Welcome to Driving Miss Daisy's first Age Concern message for 2016. We hope you enjoyed the festive season and are prepared for a busy, interesting year ahead.

The weather has been all over the place this summer, across the country; Mother Nature is showing the attributes of the season to its full potential this year, from balmy blue sky days to tropical thunder storms. We can only hope that farmers prepare accordingly for the droughts forecast in the upcoming months.

One positive of the season is the late summer garden, which has a tranquillity like no other time of the year. It's heartening to see all the hard labour put into the garden over spring and early summer come to fruition, in the form of stunning floral displays and delicious home-grown crops. If you don't have your own garden there are many wonderful public gardens and parks to enjoy, most with easy walking paths and handy seats from which to rest and enjoy the surroundings.

At Driving Miss Daisy we can help with a lot more than simply driving you to appointments. We love to take our clients out on trips, such as to the park or a garden. Other quintessential summer activities might be enjoying an ice cream at the beach, a glass of wine and a platter to share at a winery, a picnic at a local beauty spot or a visit to the sculpture garden. Many of our clients gather together a friend or two to share the experience – there's always plenty of fun to be had!

Driving Miss Daisy is committed to helping our clients get out and about, so you can live life to the full and enjoy every moment. If you have an activity you'd like us to help with, please call us today to discuss – we look forward to seeing you soon!

Wanganui –
(06) 347 9100

Stephanie Bishop
021 503 313

Driving Miss Daisy your companion and your driver!



Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and even accompany you to:

- Medical and other appointments
- Family/social occasions
- Shopping trips
- Scenic drives
- Take your pets to the vet
- Airport drop-offs and pick ups

ACC approved provider.

Bookings essential – call Stephanie today and make your next outing a pleasure!

Wanganui

Phone: (06) 347 9100

Mobile: 021 503 313



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Age Concern Wanganui

Board Members

Chairperson: Panapana Pene
Vice Chairperson/Secretary: Wendall Hart
Members: Toots Mohi
 Graham Adams
 Jan Bullen
 Jo Green
 Witerina Cooper
 Peter Allison
 Keri-Anne Hawira



Staff

Manager: Tracy Lynn
Administrator: Noeleen Voice
Health Promotion/Volunteer Coordination: Janet Lewis & Pam Richardson
Sue Evans
Kay Taylor
Lorraine Peipi-TePou
Social Workers:
Steady As You Go Coordinator: Janet Lewis



Wedding bells for SAYGo!!

A Steady As You Go first in Dunedin this week. Two people who met in their Steady As You Go class have become engaged and will marry shortly after Easter. They are in their 80's and so happy, as are the families.

Gold Card - Senior Parking Scheme



This scheme gives SuperGold Card holders, who have applied to Council for a permit to display in their vehicle, free parking between 8.00am and 11.00am, Monday to Friday, in the Central Business District area.

The concession scheme applies to the area contained within St Hill Street, Taupo Quay, Drews Avenue, Watt Street, Wicksteed Street and Ingestre Street and includes all metered parking spaces.

Goldcard – Senior Parking card holders are reminded that the scheme allows free parking within the time frame of 8.00am to 11.00am, but that the time limits set for parking spaces still apply.

This means that in Victoria Avenue the senior parking concession applies for up to one hour of free parking in any single space, and up to two hours for metered spaces in Ridgway Street, Maria Place and Guyton Street.

Current concession card holders will be sent a new card. SuperGold Card holders who would like to apply for a Goldcard – Senior Parking permit can collect an application form from the Customer Services Counter, Wanganui District Council, 101 Guyton Street, Wanganui or download an application form.



The very best of dementia care

Our purpose-built dementia care unit provides a secure home in a beautiful, warm environment for people with dementia and wandering issues.

The care unit incorporates the latest design features to help residents find their way about, such as interesting wall decals and textural wall fittings.

The open plan dining and lounge area enhances freedom of movement for the residents, and allows them to wander to the secure outdoor courtyard.

Art, music, aromatherapy, exercise, reminiscence and therapy are part of the extensive diversional activity programme for residents.

The programme is tailored and supports all degrees of physical and mental dependence, and has a positive impact on their quality of life.

Our staff specialise in dementia care and care for residents in a positive and friendly manner.



For more information please call Wayne on 06 345 6783
 49 Oakland Avenue, Whanganui





23 Dublin St
Wanganui

06 348 7792

Complete Foot Care and Treatment

- Heel & Arch Pain
- Corns/Callus/Nails
- Orthotics/Insoles
- Biomechanical Evaluation
- Home Visits
- Childrens Shoes

THE FOOT CENTRE

CAROLYN GROVES
PODIATRY

Age Concern Wanganui calls for volunteer visitors

Age Concern Wanganui is calling for more home visit volunteers to help them reach out to elderly people feeling lonely or at worst, disconnected from the community they live in.

Funded by Whanganui District Health Board (WDHB), Age Concern Wanganui's Accredited Visiting Service provides companionship for the elderly and an opportunity for volunteers to really make a difference.

Age Concern Wanganui manager Tracy Lynn says following a short orientation programme, volunteers receive ongoing training and support in return for a minimum one-hour a week visit to an elderly person assigned to them.

Where possible, volunteers are matched with a person who it's felt would share similar interests to them.

Anyone who feels this is something they would like to do, is asked to please call Age Concern Wanganui's Accredited Visiting Service coordinator Kay Taylor on 345 1799. At present Age Concern Wanganui has around 50 volunteers. The organisation would welcome having many more.



Loneliness is now a known risk factor for health problems including cardiovascular disease,

depression, dementia and lowered resistance to infection.

Research shows that weak social relationships influence health as much as smoking and alcohol consumption, and more than obesity and physical inactivity.

Failing to address social isolation results in significant costs to the Government and the community through increased health costs and avoidable admissions to residential care. Recent New Zealand research indicates that eight percent of older New Zealanders are severely and chronically lonely. According to consensus predictions, this equated to more than 48,000 chronically lonely older people in 2012 – a number likely to increase as the population ages.

The Age Concern Accredited Visiting Service is an effective response to loneliness and isolation. Those who receive the service are healthier, happier, more independent and better able to connect with their communities. Volunteer visitors benefit from this valued interaction. The community is strengthened through increased participation of older people.





Warrant of Fitness - Save 10%

Collect your VTNZ/Age Concern card at
Age Concern Wanganui
164 St Hill Street, Wanganui

Every driver that purchases a Warrant of Fitness at VTNZ and mentions "Age Concern Wanganui" will be entitled to a 10 percent discount.

In addition to this, VTNZ will donate 10% of the purchase price to the customer's nominated Age Concern.





Lady Joy Rest Home

**Family & Friendly
Safe & Warm
Professional Care**

**64 Paterson Street,
Aramoho
Phone 06 343 2613**




| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|---|--|--|--|
| <ul style="list-style-type: none"> • Roast Beef & Gravy • Roast Chicken & Gravy • Braised Devilled Sausages • Beef Roulade with Tomato Gravy • Baked Fish with Cheese Sauce • Beef, Tomato & Pea Pie • Macaroni Cheese • Crumbed Pork Steak | <ul style="list-style-type: none"> • Roast Pork & Gravy • Braised Lamb Chops • Braised Beef & Onions • Crumbed Chicken & Herbed Gravy • Smoked Fish Pie • Spaghetti Bolognaise • Mince & Cheese Pie • Pork Sausages & Vegetables | <ul style="list-style-type: none"> • Corned Beef & Mustard Sauce • Roast Chicken & Gravy • Beef Sausages, & Onions • Baked Fish & Parsley Sauce • Beef Schnitzel • Bacon & Cheese Pasta • Oriental Pork Strips • Bacon & Egg Pie | <ul style="list-style-type: none"> • Roast Lamb & Gravy • Chicken Breast & Cream Herb Sauce • Potato Top Pie Curried Sausages & Rice • Braised Beef & Vegetables • Italian Meatballs • Wedges & Sloppy Joe • Crumbed Fish & Tartare Sauce |
| WEEK ONE 4 - 10 APRIL | WEEK TWO 11 - 17 APRIL | WEEK THREE 18 - 24 APRIL | WEEK FOUR 25 APRIL - 1 MAY |

ALL MEALS SERVED WITH SEASONAL VEGETABLES

Phone: (06) 327 4035 | Email: grazeoutcaterers@xtra.co.nz | www.grazeoutcaterers.co.nz

We are launching our chilled meals into Wanganui on the 4th of April 2016!

Delivering Mondays, Wednesday & Fridays.

For more information contact on the numbers below.

Graze Out Caterers started out as a hobby and has now grown into a full time operation, offering a range of services to all kind of clients.

We cover all functions from Weddings to Conferences and small gatherings to very large functions. We have done functions from Wellington to New Plymouth and even Taihape. From paddocks to town halls, to wool sheds, no venue is out of reach.

We are also catering and delivering chilled meals into the community in the Marton and the wider Rangitikei area.

We try to accommodate and meet client budgets and exceed there expectations.

History... I have been a chef for more than 40 years and involved in more than 15 years in the Army, and as Head Chef/Executive Chef positions in many areas of the hospitality industry.

Raylene is our front of house person for the business and also backup chef and has been involved in the hospitality trade for just about the same period of time. We can also call up on some very experienced chefs and front of house people as we require them, whom probably have even more experience than we do.

In summing up, we are a very competitive in what we do.

Phone: (06) 327 4035
Email: grazeoutcaterers@xtra.co.nz
www.grazeoutcaterers.co.nz
Mobile: Gavin (027) 2066699
Mobile: Raylene (027) 4621136

Steady As You Go® Falls Prevention



Strength & Balance Programme

About the Programme

Steady As You Go® is a unique Otago developed community based falls prevention programme using peer leaders and a central coordinator.

Sixty minute classes are held each week for 65+ year olds in a variety of venues in Wanganui, Marton & Bulls.

Steady As You Go® has been evaluated by University of Otago researchers. They found the classes improved physical function, reduced the risk of falls, were fun and provided links with other people in the neighbourhood.

Classes from January 2016

WANGANUI

Monday

Christ Church Community Centre
10am - 11am & 11.15am - 12.15pm

Masonic Court Rest Home
10.30am - 11.30am

Tuesday

St Peters Church Hall, Gonville
10am - 11am

Wednesday

Faith Academy
10am - 11am

Thursday

Churton School Hall, Aramoho
11am - 12noon

RSA, St Hill St
9.30am - 10.30am

MARTON

Tuesday

Marton Bowling Club
10am - 11am

BULLS

Wednesday

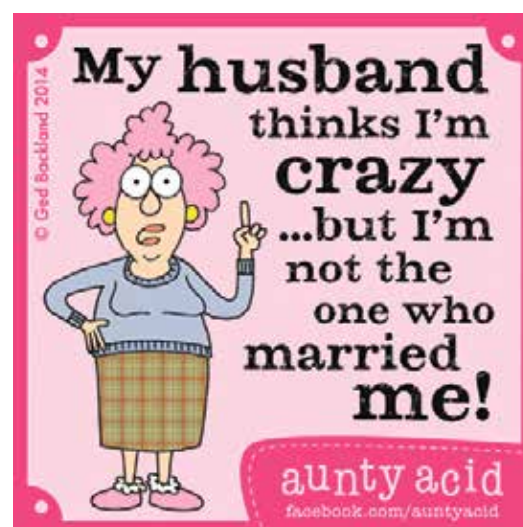
Bulls Friendship Hall
10am - 11am

Classes cost \$3 per session

For more information or to enrol in a class please contact the coordinator: Janet Lewis at Age Concern Wanganui. Phone (06) 345 1799

Some feedback from our SAYGo participants:

- Up and down out of chair easier. Don't use walking stick as much.
- Continuing after knee replacement. Brilliant! Well worth attending and I have improved!
- Has helped. Balance improved. Enjoys the classes. Makes me get out!
- Well organised, well-paced. Balance improved. Enjoys walking more. Sense of balance has improved.
- Averaged four falls a week. Now down to one a week. Walking better. Not stumbling on footpath. Enjoys going to classes and enjoys the group.



KITCHEN CORNER



Chocolate Coconut Wheaty Slice

170 grams butter
2 ½ tblsp golden syrup
5 weetbix, crushed
1 cup chocolate chips
1 ½ cups sugar
1 ¼ cups coconut
2 eggs, beaten
1 ½ cups flour
1 ½ tsp baking powder

Melt butter and golden syrup together. In a large bowl, mix together weetbix, chocolate chips, sugar, coconut, eggs, sifted flour and baking powder. Add butter and golden syrup mixture until well combined. Press into greased slice tine. Bake at 160 degrees Bake 35 mins. Allow to cool and set. Best cut while still warm. Drizzle with chocolate topping (recipe below).

Chocolate topping

1 tbsp butter
75 grams chocolate buttons
2-3 tbsp milk

Heat together in a small saucepan over low heat to form runny chocolate. Don't forget to lick your fingers and use any spare topping over ice cream...YUM!!!

Healthy Home Referral

The Whanganui Regional Health Network has an allocation of homes for insulation per year. When clients are referred they will go on to sit on a list and their homes will be insulated as soon as possible. They insulate rental accommodation with the agreement of the landlord making sure that the client can stay in the house for at least 3 years post insulation.

Eligibility Criteria

- Community Service Card held by house owner (living in house) or occupier
- A child living in the house less than 17 years
- A person living in the home is older than 65 years
- A child living permanently in the home, with a respiratory condition, asthma or eczema
- An adult with a long term health condition, living permanently in the home
- A client with a high risk pregnancy or an identified risk of SUDI, (Sudden Unexpected Death of an Infant), a premature baby or a low birth weight baby

Contact Details - Either send or fax to:

Sharon Duff - Community Developer,
Whanganui Regional Health Network,
Whanganui

Fax: (06) 348 8205




30 Bond Street,
Marton

COMING SOON
Coming soon one and two bedroom apartments, in our beautiful boutique village. Contact us now so you don't miss your chance to own one of these!

PHILOSOPHY OF SERVICE

- Enhancing our residents emotional and spiritual well being, embracing all cultural beliefs and needs.
- Daily living needs are met with individual care and assistance.
- Living and sharing in an environment that is acceptable to everyone.
- Encourage continued interest in the community, with family and friends.

Our facility also offers these services:
Dementia Care (Secure environment)
Retirement Housing (Purchase and Rental)
Rest Home Care

Jude Bartlett, Business Manager
Phone (06) 327 8562 | Email: edalerh@xtra.co.nz

55224564B

Sommerville Disability Support Service

Disability parking permit is a card that allows authorised holders to use:

- Accessible car parks
- Standard car parks and metered spaces for longer than stated times
- Time restricted zones, example – P30 for longer than stated as set out in Local by laws

How long may I have the Card?

- Short term – the applicant is expected to gain full or sufficient mobility within 12 months or less
- Long term – the applicant is expected to gain full or sufficient mobility between one and five years
- Permanent Disability – the applicant has a permanent disability which means they will always meet the requirements of the card.

Eligibility Criteria

- Unable to walk and is reliant on a wheelchair to be mobile
- Has to use a walking aid, example – crutches, walking stick, walking frames
- Is unable to walk 200 metres unassisted because of the nature and severity of their concerns.

Staff at Sommerville Disability Centre will process your application while you wait.

Contact details: 45 Campbell Street, Whanganui, (06) 345 0566.



Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



wellington@careoncall.co.nz
0800 336 636
www.careoncall.co.nz

Accredited Visiting Service (AVS)

There are many lonely people living in the Whanganui region. AVS is an effective response to loneliness and social isolation by providing friendship and companionship.

Do you have an hour or two to spare week to spend with someone. Age Concern Wanganui is looking for volunteers for their Visiting Service.

Call today - (06) 345 1799 and ask for Kay or Janet.

What’s on at the RSA

MARCH

| | | |
|-----------------------------------|----------------------|---------|
| Rate Payers Association | Monday 21st | 7.30pm |
| Osteoporosis Support Group | | |
| Group | Tuesday 29th | 1.00pm |
| Steady As You Go | every Thursday | 9.30am |
| U3A – Music | Thursday 10th & 24th | 10.30am |
| Indoor Bowls | every Wednesday | 6.30pm |
| Scrabble | Tuesday 22nd | 1.30pm |

APRIL

| | | |
|-----------------------------------|-----------------------|---------|
| Osteoporosis Support Group | | |
| | Tuesday 26th | 1.00pm |
| Steady As You Go | every Thursday | 9.30am |
| U3A – Music | Thursday 7th and 21st | 10.30am |

Scrabble

Rotary North meets every Wednesday at 5pm at the RSA

PETRE 60’S UP

Meets every third Wednesday at St Peters Church, Koromiko Road at 2.00pm
Varied programmes with a trading table and raffles.
Door charge of \$2.00.

March 19th Steam Train Ride. Fielding to Taihape with a 2 hours stop at Taihape. Cost \$109.
Contact Elaine on 344 6923

“The best way to predict the future is to create it”

Piki te Ora

Piki te Ora workshop is for adults with diabetes, arthritis, high blood pressure, heart disease, depression, chronic pain, anxiety, or any other ongoing health condition.
Whanganui Regional Health Network is running two self-management workshops.

What participants are saying:

“enjoys more energy to do the things that matter”
“feels calmer, and more confident about their life”

Living Well with Diabetes “Rapu te Oranga”

Workshop is for adults with diabetes’s or caregivers with Type 1 or 2 Diabetes. The workshop covers monitoring blood sugar, managing stress and negative emotions. Anyone living with diabetes will benefit from attending this workshop.

What participants are saying:

“I’ve learnt to manage my diabetes and not to be scared”



“I have learned to recognise early warning signs and I am able to put into action my action plan to prevent hypos”

Both workshops are taught by trained peer leaders and meet once each week for seven days.
All workshops are held at the Gonville Heath Centre.

If you are interested in attending one of these workshops contact by phoning (06) 348 0109 extension 729. Class size is limited to 15 people per workshop.

Health & Care

We reinvest back into the health of New Zealanders



Making a difference in health and care.

Providing care homes, retirement villages, medical alarms and rehabilitation services throughout New Zealand.
We have a range of choices to help you live the best life possible.

0800 60 80 99

bupa.co.nz





With over 27 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

Our services include:

- personal care
- nursing services
- home care services
- goal based services

Our services are fully certified and in some cases may be free for eligible residents. We also support privately paying clients.

For more information:

Freephone: 0800 532 000
www.healthcarenz.co.nz



Healthcare NZ Community Health is part of a national network of experienced and trained professionals. Our person centred approach means we work alongside people and their family each step of the way, with a personalised support plan that incorporates the individual's needs and goals.

We have a proven track-record of successful outcomes working with people who have either basic or very complex support needs. Our tailored services can typically include help with:

- Washing, dressing, grooming and toileting
- Preparing and managing meals
- Shopping and home management needs
- Taking medication safely
- Exercises to help increase mobility and strength
- Assistance to achieve mobility goals such as walking to the park
- Being part of a community group, club or activity programme.

Healthcare NZ Community Health is community-based and committed to supporting the people of Whanganui.

Chinese New Year

Chinese New Year starts on February 8th 2016 and ends on January 27th 2017.

According to the Chinese zodiac 2016 is the Year of the Monkey.



The Monkey is the ninth in the 12 year cycle of Chinese zodiac. The years of the Monkey include 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016, 2028...

Personality of the Monkey

The general image of people in this zodiac sign is of always being smart, clever and intelligent, especially in their career and wealth. They are lively, flexible, quick-witted and versatile. In addition, their gentleness and honesty bring them an everlasting love life. Although they were born with enviable skills, they still have several shortcomings, such as an impetuous temper and a tendency to look down upon others.

Strengths:

enthusiastic, self-assured, sociable, innovative

Weaknesses:

jealous, suspicious, cunning, selfish, arrogant

Handy Hints to be rid of pesky ants!!

One teaspoon of baking soda

One teaspoon of brown sugar

One table spoon of water

Mix all ingredients in saucer and place near ant trail. It kills the scout ants which can't go back to the nest.

1 cup hot water

6 teaspoons sugar

6 /8 teaspoons disinfectant borax

3 teaspoons honey

1 old spray bottle

Mix all together put into spray bottle and spray on ants.

Urgent Attention – look out for your neighbours!!

Age Concern was disturbed to hear that someone had fallen at home and was not found for a long time. This was a case of an elderly gentlemen whose cries for help had gone unheard for up to a week, after he fell and couldn't get up.

It was only the fact that his neighbours noticed his mail was piling up, that alerted them to the fact that something was not right and contacted the authorities.

If your neighbours are elderly or living on their own, please look out for them. Don't be afraid to speak up if you notice that their mail is piling up or gardens not being maintained and if you haven't seen them for a while.

Garden Tips

1. To prevent accumulating dirt under your fingernails while you work in the garden, draw your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt can't collect beneath them. Then, after you've finished in the garden, use a nailbrush to remove the soap and your nails will be sparkling clean.

2. To prevent the line on your string trimmer from jamming or breaking, treat with a spray vegetable oil before installing it in the trimmer.

3. Little clay pots make great cloches for protecting young plants from sudden, overnight frosts and freezes.

4. The next time you boil or steam vegetables, don't pour the water down the drain, use it to water potted patio plants, and you'll be amazed at how the plants respond to the "vegetable soup."

5. Use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add a spot of tea to the soil around the base of seedlings once a week or use it as a foliar spray.

6. The quickest way in the world to dry herbs: just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and close the doors. Your herbs will be quickly dried to perfection. What's more, your car will smell great.

Do you need your ears tested?



If your family have been suggesting that you need your hearing checked then it's time you call our hearing specialist, Heidi.

Don't miss out on life because of poor hearing, we have some great options to suit your lifestyle.

What we do:

- Hearing Test
- Hearing Aids
- WINZ Funding Applications
- Insurance Claims
- Hearing Aid and Recreation Moulds
- Repairs and Maintenance
- Batteries and Accessories
- Specialist Referrals

You have nothing to loose with our Free Hearing Aid Trials!*
Phone Heidi today on
(06) 345 9799.



Campbell House, 39 Campbell Street, Wanganui
email: info@simplyhearing.co.nz • web: simplyhearing.co.nz

Heidi is proud of the personal service provided at **Simply Hearing.**

If you are concerned about a loved one, you may have already noticed the embarrassment and loss of confidence that hearing loss can cause. Come and talk with me. You deserve to enjoy life.

My focus is on my clients and helping them to live life more confidently. I specialise in hearing aids and provide a full range of audiology services.

Simply Hearing is an independent Wanganui business. A small personal clinic with no cooperate chains. I value the ability to develop relationships and continuity of care for you and your hearing needs.

My clients are often surprised that hearing aids are more affordable than they thought. Financial assistance is available to most people.

I appreciate that hearing aids can be a big step, that's why I offer all of my clients a trial. This gives time to value the advantage of hearing aid use and provides comfort that their investment is beneficial.

Visit my website www.simplyhearing.co.nz for additional information and phone for an appointment to discuss your concerns. Phone 345 9799

*Terms and conditions apply.



Steady As You Go class in Marton



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 Wanganui. The official receipt of the Chief Executive or other authorised officer of the Trustee shall be a sufficient discharge to my executors".

Driving is a complicated task. Ability, not age, determines if you are a safe driver. Our programmes are designed to help senior drivers keep up-to-date with the road rules, be more comfortable and safe in their cars and make the decision when it would be safer to stop.

"Hanging up the Car Keys" Life Beyond Driving

A loss of independence and social contact, relying on others, are serious issues. The simple things like going to bowls, to the supermarket, to the hairdresser, can be affected.

The "Hanging up the Car Keys" forum is for families, individuals, health professionals and Senior Drivers.

Forums planned for March, April and May.

Call Age Concern Wanganui for more information
Phone (06) 345 1799

Don't forget the other Senior Driving Programmes

"Keys to Safe Driving" is a classroom based road code refresher course designed specifically for seniors.

"Carfit" helping older drivers find their safest fit and their car's safety features.



MEMBERSHIP FORM

AGE CONCERN WANGANUI Inc
PO Box 703, Wanganui 4540

Name: _____

Address: _____

Phone: _____

Email: _____

Ethnicity:

- ☐ NZ European
☐ NZ Maori
☐ Pasifika
☐ Other

Age Group:

- ☐ 60 - 69 yrs
☐ 70 - 79 yrs
☐ 80 - 89 yrs
☐ 90 - 99 yrs
☐ 100 + yrs

Individual Member: New ☐ Renew ☐ \$20.00

Corporate Member: \$100.00

Donation: \$ _____

TOTAL: cash / cheque / internet \$ _____

Please tick if you require a receipt ☐

Westpac account - 030791-0454649-00

If you are making an internet payment, please email your details to:
info@ageconcernwanganui.co.nz or post this form to PO Box 703, Wanganui, 4540

OFFICE USE:

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



Abingdon Retirement Village
22 Oakland Avenue, St Johns Hill



Villas available now

Visit www.enlivencentral.org.nz or phone 0508 36 54 83

ST JOHNS HILL HEALTHCARE

2 Virginia Road, St Johns Hill, Wanganui



We invite you to come and inspect our facility
Please feel free to call with any queries.

- 56 Beds
- Hospital Level Care / Resthome
- Situated on St Johns Hill overlooking Wanganui City
- Newly refurbished and earthquake strengthened
- Privately owned and operated
- Van for outings



Sue Walker
Facility Manager

Jo Green
Clinical Team Leader

To Contact Sue Walker:
Direct Dial: 06 - 348 1501
Mobile: 021 166 1468
sue.walker@stjohnshillhealthcare.co.nz
or Reception: 06 - 348 1500