

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

Age
Concern

Wanganui

He Manaakitanga
Kaumātua



OFFICE HOURS:

Wanganui - 9am - 3pm Mon - Fri

Winter 2016

Serving the needs of older people

**World Elder Abuse
Awareness Day
15 June 2016**



**Always respected
Never abused**

*Hiding in
plain sight*

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 subsidised 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:



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



MEMBERS' MYSTERY MATINEE

Each month we will be having a special afternoon for members. This is to show our appreciation of your support for Age Concern Wanganui.

Our plan is to have a fun afternoon on the 3rd Tuesday of every month.

**The first of these will be -
Tuesday 21 June, 2pm - 4pm
in the Age Concern Wanganui
Board Room
164 St Hill Street, Wanganui.**

We plan entertainment and afternoon tea especially for you!

Come along, make new friends, have fun...the more the merrier.

**RSVP: 17 June 2016 to Tracy
on (06) 345 1799**

Staff

Manager:

Tracy Lynn

Administrator:

Noeleen Voice

Health Promotion/

Volunteer Coordination:

Janet Lewis &
Pam Richardson

Social Workers:

Sue Evans
Kay Taylor
Lorraine Peipi-TePou

Steady As You Go

Coordinator:

Janet Lewis



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.



central@careoncall.co.nz

0800 336 636
www.careoncall.co.nz



It is time to stop elder abuse

Age Concern Wanganui needs help stopping elder abuse in our community.

Although Age Concern's across New Zealand receive 2,000 referrals of elder abuse every year, including financial, psychological, physical abuse, there is still hope that we can all make a difference and improve the lives of older New Zealanders.

Age Concern's elder abuse and neglect prevention (EANP) teams work closely with older people and their families to resolve issues of abuse and ensure it does not reoccur.

Age Concern also works in communities to educate people about the signs and effects of abuse to help prevent it from happening and how to challenge disrespectful attitudes towards older people.

We can challenge disrespectful attitudes towards older people, by promoting respect.

Cherish your older relatives, respect and honour their wisdom, include them in your plans and social activities, encourage them to make their own decisions and let them set their own pace.

We all need to keep an eye out for elder abuse in our communities.

Age Concern Wanganui's message - "If you see something...say something. It is time to stop elder

abuse in our community and we need your help."

Age Concern is raising awareness of elder abuse during Elder Abuse Awareness Week June 15-22 which begins on World Elder Abuse Awareness Day June 15.

Raising awareness around this issue is imperative. EANP services receive an average of eight calls per day about older people suspected of being abused or neglected. Age Concern Wanganui averages twelve referrals per month. In three quarters of these cases, abuse or neglect is confirmed. Across New Zealand the most commonly reported types are financial abuse and psychological abuse.

Just because someone is old it doesn't mean that it doesn't matter what happens to them anymore or they don't need money to spend. They probably don't have the ability to recoup money taken and getting a job to support themselves is probably unlikely.

Decisions are often made for the older person without even asking them what it is they want. Or, they ridicule them about the decisions they do make. Sometimes, older people are pressured into doing things they don't really want to do - like giving a loan, selling their house or letting a family member move in with them for free. Attitudes like these show a lack of respect for the older person, for their quality of life and for their needs.

We need to recognise that older people have a lot to contribute and are very valuable members of families and the community.

More than three quarters of elder abuse and neglect in New Zealand occurs at the hands of family members. About half of abusers are adult children and about half of the abused elders are over 80-years-old. Many older people feel ashamed their own flesh and blood is treating them badly, so they won't talk about it.

At Age Concern Wanganui we say elder abuse is hiding in plain sight and it's not OK.

If you are concerned about a family member, neighbour, friend or yourself...contact Age Concern Wanganui (06) 345 1799 or info@ageconcernwanganui.co.nz



What is elder abuse and neglect?

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Elder abuse is a violation of Human Rights and a significant cause of injury, illness, lost productivity, isolation and despair.

What does elder abuse look like?

It is common for several types of abuse occur together. The types of abuse include:

Psychological Abuse

Actions and words that cause misery, anxiety or fear. For example:

- ridicule and humiliation
- threats, coercion and bullying
- control, social isolation and prevention of choice
- hostility and lack of affection

Financial Abuse

Illegal or improper use of money, property or other assets. For example:

- unauthorised taking of money or possessions
- misuse of power of attorney
- failure to repay loans
- use of home and assets without contributing to costs.
- scams that rely on establishing a relationship with the older person with the intention of exploiting their savings and/or assets, e.g. romance scams

Physical Abuse

Infliction of pain, injury or use of force. For example:

- hitting, pushing, rough handling
- over-medication
- inappropriate use of restraints or confinement.

Neglect

Not providing for physical, emotional or social needs. For example:

- inadequate food, clothing, shelter
- lack of social contact, support
- health needs not attended to.

Sexual Abuse

Non-consensual sexual acts or exploitive behaviours. For example:

- inappropriate touching
- sexual acts which are not wanted

Institutional Abuse

A policy or accepted practice within an organisation that does not respect a person's rights or causes them harm or distress. For example:

- rigid routines that disregard a person's culture or customs
- rationing of continence products

Why don't older people seek help when they are abused?

Some of the reasons why an older person/kaumātua does not tell anyone about the abuse are:

- They depend on the abuser for support
- They have low self-confidence and self-esteem
- They don't want to make a fuss
- They are afraid that if they complain the abuse will get worse
- They are isolated, so that it is difficult for them to tell anyone
- They do not know who to tell or how to get help
- They have dementia or an illness prevents them from telling anyone
- They blame themselves for the abuse
- They are ashamed that the abuser is a family/whānau member

How can I tell if someone is being abused or neglected?

The following signs MAY indicate an older person/kaumātua is being abused:

- unexplained behaviour, sleeping or eating habits
- fearfulness and edginess
- confusion
- unexplained injuries
- drowsiness (due to over-medication)
- recoiling from touch
- unusual withdrawals from bank accounts
- unpaid bills, lack of money for necessities

"Ultimately the challenge for us all is not only to listen to what has been said, but to believe and act upon it" (Missing Voices, INPEA and WHO, 2002).

Who pays for your retirement?

What if, at the end of a working life, having contributed to the KiwiSaver Scheme over many years and amassing, let's say \$100,000+, you become incapacitated and have to go into permanent care? This scenario will probably happen to many people. It seems unfair we will have made the effort to save through our working lives only to have it frittered away to subsidise our care until all is gone and the residential care subsidy kicks in. Perhaps there is an underlying objective to the scheme? When are your savings not yours to do with as you wish?

This is the dilemma faced by everyone in this country who saves a dollar now for their needs in the future. Acquiring assets and savings enables us to lift ourselves out of a hand to mouth existence and away from reliance on social welfare.

WINZ administers all social welfare benefits including the residential care subsidy. This subsidy pays for the

long-term residential care of a qualifying person who is no longer able to live independently. The Ministry of Health first assesses whether a person requires residential care and then WINZ reviews the person's assets and income to find out if they are eligible.

The eligibility criteria are set out in a Work and Income booklet dated December 2015. A single person over 65 living alone may qualify for the subsidy if their combined total assets do not exceed \$218,973. Assets include property, car, boat or caravan, loans to others and savings - this will include KiwiSaver. It does not include household furniture and personal belongings.

It becomes more complicated for someone with a partner living in the family home. Your limit is \$119,915 in assets and savings, with the family home and car not included (or \$218,973 with home and car included). Refer to the WINZ booklet for other options and scenarios.

What about a family trust? Work and Income will want to know if you are a beneficiary, trustee or

settlor of a trust. Can you give your assets away to relatives? Under current rules you can gift up to \$6000 within a 12-month period, in each of the five years before you apply.

You may think that many people will end up needing rest home care, but they are in fact the minority. The trend is to keep people in their own homes for as long as possible, with outside help as required.

One advantage of KiwiSaver is that this is our money to spend as we wish at age 65. If we believe we are going to end up gaga in a nursing home, we can blow our savings on cars and cruises first, and let the Government pick up the tab for our rest home care. How many of us would do this? Once we have secured some financial independence through saving or accumulating assets, it is difficult to return to penury. And is it morally distasteful to manoeuvre ourselves into a situation where we benefit financially from tax dollars that could be better spent elsewhere?

As you probably know, the Government is having to deal with the demographic bulge as the 'baby boomers' retire. The public purse will be under increasing pressure to pay for our health needs.

Our KiwiSaver savings will help towards paying for our expenses as we get older, not just rest home care, but other costs such as hip and knee replacements, cataracts and varicose veins.

While KiwiSaver is primarily designed to top up our retirement income from NZ Super, it is also helping many Kiwis buy their first home and develop a savings habit.

Shelley Hanna is an authorised financial adviser (FSP12241). Her disclosure statement is available on request, free of charge, by calling (06) 870 3838, or see peak.net.nz. The information contained in this article is of a general nature and is not personalised.

Reproduced with permission from Shelley Hanna and NZME.

Fire Safety

Do you have smoke alarms in your home and test them regularly?
Is your chimney checked and cleaned yearly?

This is a good time to check your smoke alarm and change the batteries.

The New Zealand Fire Service recommends regular maintenance of smoke alarms. Dust and spider webs can affect smoke alarms. Clean with the vacuum cleaner once a month, and while doing so, test the alarm by pushing the test button.

Batteries must be changed once a year. All smoke alarms will sound a short 'beep' every so often indicating that the battery is going flat.

Do not put a smoke alarm in the kitchen as cooking heat, steam or the toaster can set the alarm off unnecessarily.

If you are elderly, disabled or the holder of a Community Services Card you may qualify for a free home fire safety check that may include a free 10 year smoke alarm.

Please contact Age Concern Wanganui - 345 1799

Health & Care



Making a difference in health & care.

At Bupa we provide quality health and care throughout New Zealand.

We provide personalised advice and services at our care homes, retirement villages, medical alarms, rehabilitation and dental sites.

0800 60 80 99

bupa.co.nz



Do you need hearing aids?

You can afford quality Digital Hearing Aid's From \$799.00*



Call or email Heidi today for your FREE 8 week trial.

Full Hearing Assessment + 3 Year Manufacturers Warranty included. Bookings are essential.

Simply Hearing is a locally owned and operated clinic.

Campbell House, 39 Campbell Street, Wanganui 4500
phone: (06) 345 9799 • mobile: 027 44 777 22
email: info@simplyhearing.co.nz • web: simplyhearing.co.nz

Simply Hearing

* Conditions apply.

Get the tissues ready !!

The Black Telephone

(Those of us old enough to remember when the phone was wired to the wall, usually in the kitchen, can relate to this story).

When I was a young boy, my father had one of the first telephones in our neighbourhood. I remember the polished, old case fastened to the wall. The shiny receiver hung on the side of the box. I was too little to reach the telephone, but used to listen with fascination when my mother talked to it.

Then I discovered that somewhere inside the wonderful device lived an amazing person. Her name was “Information Please” and there was nothing she did not know. Information Please could supply anyone’s number and the correct time.

My personal experience with the genie-in-a-bottle came one day while my mother was visiting a neighbour. Amusing myself at the tool bench in the basement, I whacked my finger with a hammer, the pain was terrible, but there seemed no point in crying because there was no one home to give sympathy.

I walked around the house sucking my throbbing finger, finally arriving at the stairway. The telephone! Quickly, I ran for the footstool in the parlour and dragged it to the landing.

Climbing up, I unhooked the receiver in the parlour and held it to my ear.

“Information, please,” I said into the mouthpiece just above my head.

A click or two and a small clear voice spoke into my ear.

“Information.”

“I hurt my finger...” I wailed into the phone, the tears came readily enough now that I had an audience.

“Isn’t your mother home?” came the question.

“Nobody’s home but me,” I blubbered.

“Are you bleeding?” the voice asked.

“No,” I replied. “I hit my finger with the hammer and it hurts.”

“Can you open the icebox?” she asked.

I said I could.

“Then chip off a little bit of ice and hold it to your finger,” said the voice.

After that, I called “Information Please” for everything. I asked her for help with my geography, and she told me where Philadelphia was.

She helped me with my maths. She told me my pet chipmunk that I had caught in the park just the day before, would eat fruit and nuts.

Then, there was the time Petey, our pet canary, died.

I called, “Information Please,” and told her the sad story. She listened, and then said things grown-ups say to soothe a child. But I was not consoled. I asked her, “Why is it that birds should sing so beautifully and bring joy to all families, only to end up as a heap of feathers on the bottom of a cage?”

She must have sensed my deep concern, for she said quietly, “Wayne, always remember that there are other worlds to sing in.”

Somehow I felt better.

Another day I was on the telephone, “Information Please.”

“Information,” said in the now familiar voice.

“How do I spell fix?” I asked.

All this took place in a small town in the Pacific Northwest. When I was nine years old, we moved across the country to Boston. I missed my friend very much.

“Information Please” belonged in that old wooden box back home and I somehow never thought of

trying the shiny new phone that sat on the table in the hall. As I grew into my teens, the memories of those childhood conversations never really left me. Often, in moments of doubt and perplexity I would recall the serene sense of security I had then. I appreciated now how patient, understanding and kind she was to have spent her time on a little boy.

A few years later, on my way west to college, my plane put down in Seattle. I had about a half-hour or so between planes. I spent 15 minutes or so on the phone with my sister, who lived there now. Then without thinking what I was doing, I dialed my hometown operator and said, “Information Please.” Miraculously, I heard the small, clear voice I knew so well.

“Information.”

I hadn’t planned this, but I heard myself saying,

“Could you please tell me how to spell fix?”

There was a long pause. Then came the soft spoken answer, “I guess your finger must have healed by now.”

I laughed, “So it’s really you,” I said. “I wonder if you have any idea how much you meant to me during that time?”

“I wonder,” she said, “if you know how much your calls meant to me. I never had any children and I used to look forward to your calls.”

I told her how often I had thought of her over the years and I asked if I could call her again when I came back to visit my sister.

“Please do,” she said. “Just ask for Sally.”

Three months later I was back in Seattle.

A different voice answered, “Information.”

I asked for Sally.

“Are you a friend?” she said.

“Yes, a very old friend,” I answered.

“I’m sorry to have to tell you this,” She said. “Sally had been working part time the last few years because she was sick. She died five weeks ago.”

Before I could hang up, she said, “Wait a minute, did you say your name was Wayne ?”

“Yes.” I answered.

“Well, Sally left a message for you. She wrote it down in case you called. Let me read it to you.”

The note said, “Tell him there are other worlds to sing in. He’ll know what I mean.”

I thanked her and hung up. I knew what Sally meant.

Never underestimate the impression you may make on others. **Whose life have you touched today?**

Life is short; drink the good wine first.



Tracy (Age Concern Wanganui Manager) baked this loaf...Very yummy!!

APRICOT LOAF

Ingredients

- 1 x 410g can apricots in juice
- 1 cup dried apricots, chopped
- 1 cup sugar
- 2 tbsp margarine or butter
- 1 tsp baking soda
- 1 cup wholemeal flour
- 1 cup plain flour
- 1 tsp baking powder

Method

- 1.** Pre-heat oven to 180 °C.
- 2.** Lightly grease a 22 cm loaf tin using a pastry brush with oil or oil spray.
- 3.** Puree apricots and juice together using a stick blender or a food processor.
- 4.** Place the first four ingredients in a large saucepan and bring to the boil.
- 5.** Leave to cool and then add baking soda.
- 6.** Add flours and baking powder to apricot mixture and mix until just combined.
- 7.** Pour mixture into the loaf tin and bake for 1 hour or until a skewer inserted in the middle of the loaf tin comes out clean.
- 8.** Leave in tin for 10 minutes before turning out.

WANT an EASIER LIFE?

CHOOSE RENTAL LIVING with ALL the BENEFITS of HOME

- Includes:**
- All Home Cooked Meals
 - Power
 - Weekly Clean & Linen Change
 - Bus stop at the door
 - 24 hour onsite Trained Care Givers
 - Friendly company and safe

Single and double rooms available

A new service, very affordable, enquire NOW



Lady Joy Rest Home

64 Paterson Street, Wanganui
Contact Helen 027 251 9291

Diabetes



Diabetes is the result of the body not creating enough insulin to keep blood glucose (sugar) levels in the normal range. Everyone needs some glucose in their blood, but if it's too high it can damage your body over time.

Type 1 Diabetes

Type 1 diabetes is an 'auto-immune' condition. Basically the body sets up an attack against the cells within it that make insulin. The result is that the body does not produce any insulin (or very little). Type 1 diabetes most often occurs in childhood, often in children aged 7 - 12 years. However, it can occur at any age – from tiny babies to very old people. Symptoms of type 1 diabetes include:

- Thirst
- Passing more urine
- Weight loss
- Very tired
- Mood changes

Diagnosis and treatment

Diabetes is diagnosed by blood tests. If you have type 1 diabetes, you will need to manage your blood glucose levels with insulin. Healthy eating and physical activity will also help you stay well.

About Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body doesn't produce enough insulin, or the cells in the body don't recognise the insulin that is present. The end result is the same: high levels of glucose in your blood. For many people (but not all) type 2 diabetes can

be prevented by making healthy food choices and staying active.

When does type 2 diabetes normally occur?

Type 2 diabetes most often occurs in adulthood usually after the ages of 30 - 40 years. However, increasing numbers of teenagers and children are developing type 2 diabetes. Some groups of people are more likely to develop type 2 diabetes:

- European 40 years of age or older
- Diabetes in your family (grandparents, parents, brothers or sisters)
- Maori, Asian, Middle Eastern or Pacific Island descent aged 30 years or older
- High blood pressure
- Overweight (especially if you carry most of your weight around your waist)
- Diagnosed as having pre-diabetes (also known as impaired glucose tolerance)

Symptoms of type 2 diabetes

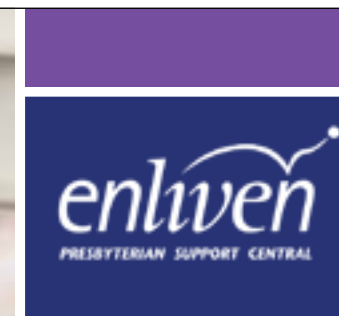
You may have had type 2 diabetes for many years without realising it. Symptoms may include:

- Feeling tired and lacking energy
- Feeling thirsty
- Going to the toilet often
- Getting infections frequently
- Getting infections which are hard to heal
- Poor eyesight or blurred vision
- Often feeling hungry

Diagnosis, treatment and managing my type 2 diabetes?

Diabetes is diagnosed by blood test. Your doctor will advise you on what treatment is best for you, but whatever this may be, healthy food choices and staying active is important. The focus of your food choices and regular exercise is to achieve and maintain healthy blood glucose levels. Losing weight helps your body use insulin better. You may also have to take medication. Type 2 diabetes is a progressive condition. This means that over time you will gradually produce less and less insulin.

MISTAKES
are proof that you are
TRYING



Enjoy life with Enliven

Some things make for happier, healthier living, no matter what your age or ability.

At Enliven we work with you to achieve the things that are important to you.

In Whanganui, Enliven offers a full range of positive ageing services.

As your needs change so too can the support we provide.

Enliven Whanganui offers:

- **Abingdon Retirement Village** - country charm in the heart of Whanganui.
- **Kowhainui Retirement Village** - modern townhouses and cozy villas.
- **Enliven's in-home support** - supporting you to maintain your independence.
- **Kowhainui Home** - a warm, welcoming elder-centred community offering both rest home and hospital level care.

Visit: www.enlivencentral.org.nz | Freephone: 0508 36 54 83

Kowhainui Home's day programme alleviates loneliness

The day programme at Enliven's Kowhainui Home is helping to alleviate loneliness, helplessness and boredom among Whanganui elders.

Whanganui retiree Elizabeth Butler is a testament to this. She was experiencing loneliness when her doctor suggested she attend the day programme at Kowhainui Home.

"I was feeling very lonely four years ago and my doctor told me about the programme. I've been coming once a week ever since and I haven't felt like that again. It's got me feeling like my true self again," says Elizabeth.

"Instead of sitting at home, it's one day a week that I really look forward to."

Kowhainui Home recreation team leader Sandra Martin says the programme creates opportunities for elders to socialise, to become better connected to their community and to keep their mind and body active.

"The programme is guided by our Eden Alternative philosophy of care which focuses on providing daily activities that assist residents and day guests to participate in activities and hobbies that they enjoy or to take up new ones."

Kowhainui Home is encouraging elders and their families to consider the day programme as a way of adding variety to their lives.

"People attend the day programme for various reasons and it's here for anyone who needs it. We can arrange transport to and from the day programme and we provide morning tea, a hot midday meal and afternoon tea."

The day programme at Kowhainui Home runs Tuesday, Wednesday and Thursday each week from 10am to 3pm, at 88 Virginia Road, St Johns Hill in Whanganui. For more information call (06) 349 1400 or visit www.enlivencentral.org.nz



Whanganui retiree Elizabeth Butler says she has become a happier person thanks to the day programme at Kowhainui Home.

Age old deficiency

(Apparently this was penned in reply to a remark made by a senior police officer who said" People over 70 should not be allowed to drive on the road).

It's about time the authorities did something about older drivers on our roads. For far too long older drivers have caused havoc as they hog the left lane, stock to the speed limits (even the road work limits) and stop at stop signs, causing great inconvenience and often preventing others from doing whatever they like. Another major concern is that by avoiding fines and demerit points, they are not doing their bit for the revenue of our state, and are therefore placing a further burden on younger drivers. Until older drivers are proficient art weaving in and out of traffic, driving while texting, tailgating, using drugs or doing burnouts, they must be banned from holding a licence.

Doug Money, Oak Park
(Letter to editor - Sydney Morning Herald)

Your driver licence is due for renewal...

Do you shudder when you get this in the mail? Have you updated your address if you have moved since your last licence renewal?

If you have received notification that your licence will expire, take the time to read the document and start to prepare all of the things you need to take with you.

Ensure you make an appointment with your doctor to get a Medical Certificate for your driver licence.

You may need to sit an on-road safety test with a testing officer - your GP will discuss this with you.

You should receive notification approximately 2 months prior to expiry of your licence.

For more information you can go to www.nzta.govt.nz or call in to Age Concern Wanganui for a Fact Sheet - Older Drivers.

Severe Weather

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

CUMULONIMBUS
DERECHO
DOWNBURST
DOWNDRAFT
EXTREMEHEAT
FLASHFLOOD
GUSTFRONT
HAIL
LIGHTNING
MICROBURST
RAIN
RAINFOOT
SHELF CLOUD
SHELTER
SPOTTER
SQUALL LINE
SUPERCCELL
TORNADO
UPDRAFT
VIRGA
WALLCLOUD
WARNING
WATCH



WIN a double pass to Tribute to the Rat Pack show by simply filling in the details below and posting to Pukeko Print & Design, 927 Cameron Road, Gate Pa, Tauranga 3112, by the 18th July 2016 to go into the draw

Name: _____
Phone Number: _____
Alternatively email your details to: monique@pukekoprint.co.nz and quote ACWAN 2/16

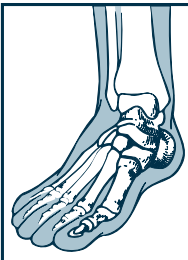


Concert in Wanganui
28th July 2016, 11am
P: 0508 266 237 (toll free)
E: bookings@operatunity.co.nz
W: www.daytimeconcerts.co.nz

Complete with our brass ensemble, we present to you our tribute to the Rat Pack. Maybe we should be calling ours the Brat Pack as Bonaventure Allan-Moetaua, Rutene Spooner and Robert Enari croon and clown their way through songs made famous by Frank Sinatra, Dean Martin and Sammy Davis Jnr, complete with the famous trio's antics - plus a few of their own!



Elder Abuse Awareness Week June 15 - 22 starts on World Elder Abuse Awareness Day June 15



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
- Biomechanical Evaluation
- Home Visits
- Childrens Shoes

Mass Deportation

To help save the economy, the Government will announce next month that the Visas and Immigration Department will start deporting senior citizens (instead of illegals) in order to lower pensions and healthcare costs (flu jabs, walkers, wheelchairs, free prescriptions, bus passes, etc.). The Government has established that older people are easier to catch and, in most cases, will not remember how to get back home. I started to cry when I thought of you - that maybe I'd never see you again....Then it dawned on me.....I'll see you on the bus!

Contribution from Dusty Miller (Marton)...he missed the bus!!



Total Mobility Scheme

The Total Mobility Scheme is funded by Horizons Regional Council in partnership with Central Government and is an alternative transport service available to those who suffer from some form of disability and may be unable to use public transport.

The scheme requires applicants to be assessed for eligibility.

Age Concern Wanganui is one of thirteen agencies in the Whanganui region that provide Total Mobility Vouchers to clients. We are able to undertake the assessment at the client's home if they are unable to come into the office. There is a \$25 fee payable at the time of the assessment.

Please call Kay or Lorraine at Age Concern Wanganui (06) 345 1799



SAYGo Peer Leaders attend support meeting with Janet

Steady As You Go® Falls Prevention



Strength & Balance Programme

WANGANUI MONDAY

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

Masonic Court Rest Home. 10.30am - 11.30am

Laird Park Bowling Club. 10.00am - 11.00am

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

St Lukes, Castlecliff. 10.00am - 11.00am

MARTON - TUESDAY

Marton Bowling Club. 10am - 11am

BULLS - WEDNESDAY

Bulls Friendship Hall. 10am - 11am

OHAKUNE - TUESDAY

St James Anglican Church. 10am - 11am

HUNTERVILLE - WEDNESDAY

Scots Hall. 1.15pm - 2.15pm

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

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



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".



ST JOHNS HILL HEALTHCARE



Our facility offers the very best of hospital care



- 56 Beds
- Hospital / Resthome Level Care
- Van for outings
- Extensive diversional activity programmes for residents
- Situated on St Johns Hill overlooking Wanganui City
- Set in park like grounds
- Earthquake strengthened
- Privately owned and operated

2 Virginia Road, St Johns Hill, Wanganui

Please feel free to call with any queries

Phone: (06) 348 1500

Email: admin@stjohnshillhealthcare.co.nz



Sue Walker - Facility Manager
Jo Green - Clinical Team Leader

