

Official publication of Age Concern Wanganui

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[www.ageconcernwanganui.co.nz](http://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

*Spring 2016*

## ***Serving the needs of older people***



*A cultural afternoon for  
members entertained by  
Born and Raised Pacifika*



# 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](mailto:info@ageconcernwanganui.co.nz)

[www.ageconcernwanganui.co.nz](http://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



## 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




**Notice is hereby given of the:  
AGE CONCERN WANGANUI INC.  
ANNUAL GENERAL MEETING**

**Wednesday 31st August 2016 2.00pm  
at Age Concern Wanganui  
164 St Hill Street, Wanganui  
RSVP**



Age Concern Wanganui has our very first car! A huge thank you to Scott and the team at Wanganui Car Centre for their generous support. If you are in the market for a new or replacement vehicle, mention Age Concern Wanganui and the guys will take care of you!!



**SAVE MONEY ON  
YOUR WOF**

**Mention Age Concern  
Wanganui when paying  
for your Warrant of  
Fitness inspection at  
VTNZ and receive a 10%  
discount! VTNZ will also  
donate a further 10% to  
Age Concern!**

## 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](mailto:info@simplyhearing.co.nz) • web: [simplyhearing.co.nz](http://simplyhearing.co.nz)



\* Conditions apply.





## THE COLOURING GROUP

Thursdays from 9.30 till 12 noon

Central Baptist Church,

Wicksteed Street

Held in the Wharenui Room

near the main entrance

(Not held during School Holidays)

FREE Tea/Coffee/Biscuits

\$2 cover charge

Bring Books and Pencils/Pens etc.

Enquiries: Rosemary Christison

Ph: 343 8116

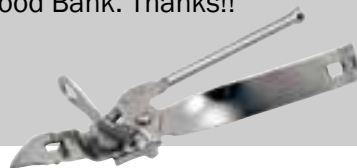


## Wanted – Can Openers

You might ask why we are asking for donated can openers.....it appears not everyone has one!! The Food Bank very generously provides food to those that need it however much of the food is canned which may pose a problem if the can can't be opened.

We take it for granted perhaps that everyone has a can opener in their kitchen but...maybe not.

So, if you have a spare or are able to donate a can opener, please pop it in to Age Concern Wanganui at 164 St Hill Street and we will pass them on to the Food Bank. Thanks!!



## Advance Care Planning

our voice  
to tatou reo

Advance  
Care  
Planning



Advance Care Planning (or ACP) is the process of thinking about, talking about and planning for future health care and end of life care.

Advance care planning gives everyone a chance to say what's important to them. It helps people understand what the future might hold and to say what treatment they would and would not want. It helps people, their families and their healthcare teams plan for future and end of life care.

If you have had a chance to think about the care you want towards the end of your life, you may want to write your thoughts down. This makes it much easier for families and healthcare providers to know what you would want - particularly if you can no longer speak for yourself.

'My Advance Care Plan' forms are available on line at [www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz) or you can contact Age Concern Wanganui on (06) 345 1799, the Whanganui Regional Health Network on (06) 3448 0109 or your GP.



Serving the needs of older people

## Upcoming Events

### Save the Date!

AGM	31 Aug 2016
Members Mystery Matinee	20 Sept 2016
Volunteer Celebration	13 Oct 2016
Senior Driving Programmes	from November
ScamSavvy	Date TBC
Enduring Power of Attorney Info Sessions	Dates TBC



Find out why Jane Winstone ticks all the boxes...

- ✓ Fixed weekly fees for life - guaranteed!\*
- ✓ Beautiful townhouses and apartments
- ✓ Resthome, hospital and dementia care
- ✓ Bowling green, pool and spa, and even a hair and beauty salon!



For more information please call  
Maureen on 06 348 9564  
49 Oakland Avenue, Whanganui

Jane Winstone  
RETIREMENT VILLAGE

RYMAN  
HEALTHCARE

\*Terms and conditions apply



## The Rates Rebate Scheme - District Council

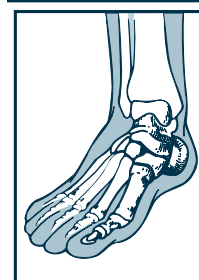
Age Concern Wanganui is encouraging older people in Wanganui/Rangitikei to check to see if they qualify for a rates rebate under the Rates Rebate Scheme. The Rates Rebate Scheme provides a rebate of up to \$610 for low income earners who were paying rates for the home in which they were living on 1 July 2016. Your rebate will be calculated based on your income, rates and the number of dependants living with you. The income eligibility for a rebate is \$24,470. However, if your income exceeds this amount you could still be entitled to a rebate depending on the total cost of your rates and the number of dependants.

You need to provide accurate information about your income (and that of any spouse/partner and/or joint home owner who lives with you) for the tax year ended 31 March 2016. You also need to provide your regional council rates bill if received separately.

Please refer to the application form or the local council for more information.

Application forms are available from the local council or can be downloaded from the internet on [www.dia.govt.nz/ratesrebates](http://www.dia.govt.nz/ratesrebates)

District council contact:  
Rangitikei (06) 327 0099  
Ruapehu (07) 895 8188  
Whanganui (06) 349 0001



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

## Fun Facts

1. People say "Bless you" when you sneeze because when you sneeze, your heart stops for a millisecond.
2. It is physically impossible for pigs to look up into the sky.
3. More than 50% of the people in the world have never made or received a telephone call.
4. If you sneeze too hard, you can fracture a rib.
5. Rats multiply so quickly that in 18 months, two rats could have over a million descendants.
6. The cigarette lighter was invented before the match.
7. Most lipstick contains fish scales.
8. Elephants are the only mammals that can't jump.
9. Honey is the only food that doesn't spoil.
10. Pearls melt in vinegar.

## Fire Safety Advice

### Kitchen

#### 25% of ALL house fires start in the kitchen

- If you must leave the room, TURN OFF the stove.
- Clean your stove grill after each use to prevent the build-up of spilled fats and burnt foods.
- Clean rangehood filters regularly.
- Curtains, tea towels, oven mitts and any flammable items should be kept well away from the cooking area.
- Have a fire extinguisher and/or fire blanket correctly located in your kitchen and make sure you know how to use them.
- Never throw water on to a frypan that's on fire.
- Never, ever attempt to carry a burning frypan outside.
- If your frypan is on fire, wet a teatowel and place it over the pan or use a large flat object (like a chopping board) to starve the fire of oxygen.
- If you do have a fire on your stove, try (if you can) to turn the power or gas off either at the stove or at the mains.

- Alcohol is involved in 50% of all fatal fires. So don't drink and fry, get takeaways delivered instead or use the microwave

### Bedroom

#### ***Worn and old electric blankets can cause an electric shock, fire and possibly even death.***

- At the first sign of wear have your electric blanket checked by a qualified electrician.
- Replace your electric blanket every five years with newer heat protected models, which are safer.
- Don't place heavy objects on the bed while the blanket is on.
- Make sure the blanket is always flat on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.
- Roll your blanket when you store it for the summer. Don't fold it.

[www.fire.org.nz/Fire-Safety/Fire-Safety-Advice/Pages/Inside-your-home.html](http://www.fire.org.nz/Fire-Safety/Fire-Safety-Advice/Pages/Inside-your-home.html)

## 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](http://bupa.co.nz)

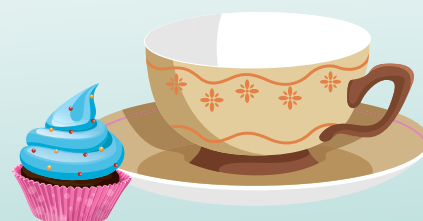


## Members' Mystery Matinee

**Tuesday 20th September 2pm - 4pm  
in the Age Concern Wanganui Board Room  
164 St Hill Street, Wanganui.**

We plan entertainment & afternoon tea especially for you!  
Come along, make new friends,  
have fun...the more the merrier.

**RSVP 16 September 2016 to Tracy - 345 1799**



# Music Word Search

See how many musical words you can find.

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

- |               |              |              |
|---------------|--------------|--------------|
| • QUARTERNOTE | • HALFNOTE   | • WHOLENOTE  |
| • TREBLECLEF  | • BASSCLEF   | • STAFF      |
| • EGBDF       | • FACE       | • ACEG       |
| • GBDFA       | • TEMPO      | • DYNAMICS   |
| • PITCH       | • RHYTHM     | • GRANDSTAFF |
| • FLUTE       | • HARP       | • VIOLIN     |
| • VIOLA       | • CELLO      | • BASS       |
| • PICCOLO     | • BRASS      | • WOODWINDS  |
| • STRING      | • PERCUSSION | • METRONOME  |
| • FORTE       | • MEZZOFORTE | • MEZZOPIANO |
| • ORCHESTRA   | • PHRASE     | • STACCATO   |
| • SHARP       | • FLAT       | • NATURAL    |

## Enduring Powers of Attorney put you in control

Do you feel confident that someone else will know how to look after you and your property if you ever become unable to do so?

There might come a time, perhaps because of illness or an accident, when you will need someone you trust to make decisions on your behalf or to manage your affairs. You can be more in control of your future by using enduring powers of attorney (EPOA).

An EPOA is a legal document that enables you to state who you want to look after your affairs if you lose the ability to make decisions. If you become unable to manage your affairs and you don't have an EPOA in place, the law gives the Family Court the power to appoint someone to be your welfare guardian and your property manager. This could mean that the person appointed may not be someone you would have chosen. Setting up enduring powers of attorney before you need them makes sense and puts **you** in control.

Please contact Age Concern Wanganui for more information and brochures -

**'What happens if I can no longer make decisions'** (also available in Te Reo, Hindi and Chinese (traditional)).

**'Planning Your Future' - The role of enduring powers of attorney.**

The Office of Senior Citizens' website at [www.osc.govt.nz](http://www.osc.govt.nz) has Frequently Asked Questions and a worksheet that can help you.

*It's Not Whether  
You Win or  
Lose that  
**MATTERS**  
It's how you  
play the Game*

**There are five key recommendations in regard to physical activity to help older people live longer, healthier lives.**

### How many can you tick off:

- ✓ Be as physically active as possible and limit sedentary behaviour
- ✓ Consult an appropriate health practitioner before starting or increasing physical activity
- ✓ Start off slowly and build up to the recommended daily physical activity levels
- ✓ Aim to increase physical activity on five days per week for at least 30 minutes if the activity is of moderate-intensity; 15 minutes if it is of vigorous-intensity; or a mixture of moderate- and vigorous-intensity aerobic activity
- ✓ Aim to do three sessions of flexibility and balance activities, and two sessions of muscle-strengthening activities per week.

## Pensioner housing units available

**\$103.50/week**  
for one person

**\$130.00/week**  
for couples

For information or to download an application form visit our website

[www.whanganui.govt.nz](http://www.whanganui.govt.nz)  
Our District > Facilities >  
Pensioner Housing

Or contact Carly Barton,  
Whanganui District Council  
Property Group, phone  
(06) 349 3183 or email  
[carly.barton@whanganui.govt.nz](mailto:carly.barton@whanganui.govt.nz)





## Falls prevention and treatment efforts get a leg up from ACC

ACC has announced an investment of \$30.5 million over four years to support new and existing initiatives aimed at preventing falls and resulting injuries.

Age Concern NZ is extremely pleased to hear this news.

“This significant investment shows commitment to strengthening health and quality of life outcomes for older people through strong ties between departments like the Ministry of Health, DHB’s, Office for Seniors and NGO’s. It is the responsibility of all these departments to work together in achieving the best results for older people,” says Age Concern NZ CEO Stephanie Clare.

The investment will be used partly for in-home and community-based strength and balance programmes. An example of one of these programmes is the Steady as You Go (SAYGo) programme which started in Otago, through the dedicated efforts of Margaret Dando, and has spread all over the country.

It is a community, peer lead programme teaching people to manage the risk of falling:

- Simple activities, seated in a chair, standing and walking.

- Proven to improve balance, flexibility and strength.
- Participants feel physically better and more able.
- Class members enjoy being with a social and friendly group of like minded people.

“I’m sure everyone knows an older person - family or friend - who has had a fall, causing them a whole lot of grief. I’m sure everyone knows someone that could be at risk of falling,” says Stephanie.

“It’s extremely important that programmes like SAYGo get the support they need. Falls are the most common form of injury in older people. One third of people aged over 65 fall each year. Half of people over 80 fall each year.”

The \$30.5m investment will be used to fund these categories:

- In-home and community-based strength and balance programmes
- Fracture liaison services, to identify and treat those at risk of osteoporosis and further fractures
- Assessment and management of visual acuity and environmental hazards in the home
- Medication review for people taking multiple medicines
- Vitamin D prescribing in Aged Residential Care
- Integrated services across primary and secondary care (including supported hospital discharge) to provide seamless pathways in the falls and fracture system.

**Age Concern Wanganui is pleased to announce that a further 6 SAYGo classes will be added to the current 13 classes currently available. We hope to begin classes in Raetihi and Taihape plus 4 new classes in Wanganui.**



central@careoncall.co.nz  
**0800 336 636**  
**www.careoncall.co.nz**



## 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

Putiki, Parish Hall. 10.00am - 11.00am

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

**Classes cost \$3 per session.**

**For more information or to enrol in a class, please contact the Steady As You Go (SAYGo) Coordinator: Janet Lewis at Age Concern Wanganui. Phone: (06) 345 1799**

## Kitchen Corner



## BEEF PATTY

### Ingredients

200g lean minced beef  
Salt & pepper to season  
¼ tsp ground cumin  
½ tsp ground coriander  
¼ - ½ tsp minced garlic  
1 tbsp tomato sauce  
1 tbsp water  
1 tsp sweet chilli sauce  
1 tbsp red or green pepper - chopped and deseeded (optional)

### Method

1. Mix all ingredients together thoroughly.
2. With wet hands shape into a large, flat patties (or smaller ones if preferred)
3. Grill under high heat for approx. 5 minutes each side.

**Serving Suggestion:** Cut into slices or wedges and serve with chutney or relish, salad and a fresh bread roll. Alternatively, serve in a bun with salad. Bon appetit!!

**Care On Call**  
Quality Care In Your Home

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.



## Age Concern Wanganui's Accredited Visiting Service

The Accredited Visiting Service is a proven and effective intervention aimed at improving the health and independence of the loneliest older people in our communities. Among our clients are older people who are so isolated that they count brief visits by delivery people as the most significant social interaction they have.

Each client is matched with a trained accredited visitor who provides regular caring contact. The visitor is also able to identify and act upon the early signs of illness or increasing frailty.

Our visitors are well-trained, resourceful and can effect real change. Many of them also give much more, of their own accord, than the one hour a week they have signed up for - further increasing the value for money of the Service.

How you can help:

- Keep in contact with the older people in your family.
- Look out for the older members of your neighbourhood and community. Make an effort to get to know them.
- Volunteer with Age Concern Wanganui to be an Accredited Visitor.
- Businesses can help by providing a welcoming and accessible environment for older clients and customers.
- Health professionals can help when assessing an older patient. Consider whether loneliness and social isolation are contributing to health problems and offer support as required.

**Call Kay Taylor at Age Concern Wanganui  
(06) 345 1799**

**WIN**

**When Irish  
eyes are  
smiling**

**WIN** a double pass to When Irish Eyes are Smiling show by simply filling in the details below and posting to Pukeko Print & Design, 927 Cameron Road, Gate Pa, Tauranga 3112, by the 7th September 2016 to go into the draw

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Alternatively email your details to:

monique@pukekoprint.co.nz and quote ACWAN 3/16



**Concert in Wanganui  
15th September 2016, 11am  
P: 0508 266 237 (toll free)  
E: bookings@operatunity.co.nz  
W: www.daytimeconcerts.co.nz**

We bring sunshine into your heart and set your feet a dancing in a sizzling celebration of all that is Irish. St Patrick's Day has come a bit late this year but we all have a little Irish in us. With mad Marian Burns fiddling, Irish dancing, Irish jokes, some great singalongs with great Irish music that is full of heart and joy - it is all so infectious you know you just can't help but join in!

## Senior Driving Programmes

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.

### 'Keys to Safe Driving'

*A road code refresher course designed specifically for seniors. Includes lunch.*

### 'Carfit'

*Our trained technicians help Older Drivers find their safest fit and identify their car's safety features.*

### 'Hanging Up the Car Keys'

*Planning for a Life Beyond Driving.  
A forum for families, individuals, health professionals and Senior Drivers.*



These programmes are always popular. Register now for our next programme.

Call Age Concern Wanganui for more information or to reserve your place.

**Phone (06) 345 1799**



### Kowhainui Home A rest home with spark

- Rest home care
- Hospital level care
- Respite
- Health recovery care
- Ensuite rooms
- Day programme

Kowhainui Home is special; it's more than just a rest home. As well as providing daily living support we ensure residents have choice and control in their lives. We take every opportunity to bring companionship, fun and meaningful activity into the lives of elders. Call us to find out more, or to arrange a tour.

88 Virginia Road, Whanganui

Visit: [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz) | Freephone: 0508 36 54 83

### Kowhainui Home first in Whanganui

Enliven's Kowhainui Home in St John's Hill has become the first fully registered Eden Alternative home in Whanganui.

The home, operated by Presbyterian Support Central's Enliven aged care arm, has successfully achieved all the ten principles needed to become a fully accredited Eden Alternative (Eden) home. It is one of just a handful of aged care facilities nationwide to hold the accreditation.

Kowhainui Home manager Des McGrath explains the Eden Alternative is a unique elder-directed model of care that follows ten principles that work against the plagues of loneliness, helplessness and boredom, which are recognised as major concerns for elders nationwide.

"Eden is a model of care that recognises the three main problems faced by elders and aims to alleviate these issues by changing the culture of the home to create a more homely, lively and spontaneous environment," says Des.

**For more information free phone Enliven on 0508 ENLIVEN or visit [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)**



**WANT an EASIER LIFE?  
CHOOSE  
SUPPORTED  
ACCOMODATION  
with ALL the  
BENEFITS of HOME**

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

**Single and double rooms available**  
*A new service, very affordable, enquire NOW*



**Lady Joy Rest Home**  
64 Paterson Street, Wanganui  
Contact Helen (06) 343 7444

**Keep your eyes on the stars,  
and your feet on the ground.**



*ScamSavvy*

Those nasty callers intent on illegally separating you from your money have been in the news again. To raise more awareness of the problem and to hopefully give every-one more confidence in dealing with these tricksters we plan running a ScamSavvy session in November.

Register your interest  
Phone 345 1799



Age Concern Wanganui 'Members Mystery Matinee' get together on Tuesday. Members were 'lei'd' by Born & Raised Pacifika who came and shared some of their culture with us ....fa'afetai,vinaka,meitaki ma'ata and thank you!!



**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](mailto: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:

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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".



Whatever your property needs,  
a world of possibilities are out there.

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Residential / Lifestyle Sales Consultant  
Ph: 027 267 5813 | (06) 348 0573





# 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](mailto:admin@stjohnshillhealthcare.co.nz)



Sue Walker - Facility Manager  
Jo Green - Clinical Team Leader

