

Official publication of Age Concern Wanganui

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www.ageconcernwanganui.co.nz

PO Box 703, Wanganui. 4540

164 St Hill Street, Wanganui. 4500

OFFICE HOURS:

Wanganui - 9am - 3pm Mon - Fri

Summer 2016

Age
Concern

Wanganui

He Manaakitanga
Kaumātua



Serving the needs of older people



*Merry Christmas &
Happy New Year!*



**Our wonderful team of
volunteers from Marton**

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

Horizons Regional Council Assessments undertaken for people with disabilities to access subsidised taxi fares. Assessment fee applies.

Elder Abuse and Neglect Prevention

Our co-ordinator is available to confidentially discuss problems of suspected abuse, mistreatment or neglect and can assist in obtaining help. Education is provided for carers and professionals. A public awareness programme 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.

Supermarket Shopping (Wanganui Only)

Volunteers take those who have no transport to the supermarket, assist with shopping and return them home. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

Transport (Wanganui Only)

Volunteer drivers help those who have no transport by taking them to medical and other essential appointments. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

Steady as You Go (SAYGo) Falls Prevention

A unique community based strength and balance exercise programme for men and women. Classes in Whanganui, Rangitikei and the Waimarino.

Tenants Pensioner Flats (Wanganui) & Community Housing (Rangitikei)

Our welfare officers provide support to tenants of the Whanganui District Council Pensioner Flats and the Rangitikei District Council Community Housing.

Senior Driving Programme

Drive with confidence and share experiences.

• Keys to Safe Driving

Improve safe driving practices and increase your knowledge of the current Road Code. Classroom based.

• CarFit

Our trained technicians highlight your car's safety features and check the 'fit' of your vehicle to maximise comfort and safety

• Hanging Up the Car Keys

Planning for life after driving. Learn about the options available in Wanganui for those no longer able to drive themselves.

Health Promotion

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

Information

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

Volunteer Opportunities

A number of volunteering opportunities are available:

- Meals on Wheels delivery
- Transport & Supermarket Service
- Accredited 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:

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Fax: (06) 347 2334

Email: info@ageconcernwanganui.co.nz

www.ageconcernwanganui.co.nz



OUR THANKS TO:



Age Concern Wanganui

Board Members

Chairperson:	Wendall Hart
Vice Chairperson:	Jan Bullen
Secretary:	Shirley Forward
Members:	Toots Mohi Graham Adams Jo Green Diana Doyle 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

'There's only one way to think of retirement and that's re-tirement: putting on a new set of tyres, going on the road and heading off in a whole different direction!'

Thank you – Can Openers

Our request for can openers in the last Age Concern Wanganui newsletter resulted in a handful being donated and which will be delivered to the Food Bank that very generously provides food to those that need it.



Kowhainui Home and Village has it all.

Enliven's Kowhainui Home and Village is perfect for retirees planning for the future and couples looking for different levels of support.

Kowhainui Village
Kowhainui Drive and
Edith Collier Drive, Otamatea

Enliven's popular Kowhainui Village offers carefree retirement living in a vibrant and welcoming community. Kowhainui Village offers peace of mind, security and help on hand when you need it.

Call us on 06 349 1494 to find out more or to arrange a visit.

Kowhainui Home
88 Virginia Road,
Otamatea

At Kowhainui Home we get to know each elder so we can tailor our support and ensure they have companionship, fun, spontaneity and meaningful activity in their lives.

We'd love for you to visit. Call us on 06 349 1400 to arrange a time.

Independent living | Rest home | Hospital | Respite

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



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

For free Market appraisal or advice in making your next big move...

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

THANK YOU!!!

A huge thank you to all of our volunteers - Over 300 individual invitations were sent for the celebration on the 13th October to say thanks to all of Age Concern Wanganui's wonderful volunteers.

Some volunteer for more than one role at ACW and that is hugely appreciated. Volunteers are - individuals - both working and retired, young and older - and several businesses that also allocate staff who to do meals on wheels (MOW) in particular.

The volunteer roles include - Reception (at the office), MOW, Visiting Service, Shopping and Transport, CarFit technicians, a new group of SAYGO peer leader volunteers.

A FEW STATS

In all, volunteers contribute over 15,000 volunteer hours in a year assisting Age Concern Wanganui staff and clients.

- 20,386 meals were delivered for the year end 31 March 2016.
- Over 1800 visits and phone calls made by the volunteer visitors for the Accredited Visiting Service
- CarFit technicians have contributed to the safety and comfort of around 70 senior drivers this year

Our newest group of volunteers are the Steady As You Go peer leaders. In September last year we started the strength and balance classes (SAYGO) across the region in Ohakune, Raetihi, Hunterville, Bulls and Marton, plus 13 classes in Wanganui. In order to ensure they continue, volunteer peer leaders have stepped up from each of 18 classes to ensure its success continues.

The transport and supermarket shopping drivers do a fabulous job with many regular weekly trips for some clients especially to the supermarket!!

A special group from Marton who worked as volunteer receptionists for 5 years, this celebration for them has been long overdue. Thank you so much for your service!

To Molly who single handily delivers newsletters to the residential care facilities in Wanganui and has done for many years...thank you very much!!

Our great team of receptionists at the office...a special bunch and much appreciated. Some have been with the organisation a very long time - Jan, Joy, Jo, Jackie, Shirley and Chris...were there long before most of the staff started working at ACW... and then there is Win...who actually resigned in July at age 95 years and who has been volunteering at ACW on a Friday morning for about 16 years. Every Friday without fail Win brought in morning tea - cheese toasted sandwiches that she made herself... sometimes a savoury and then the sponges started arriving. We took this opportunity to thank Win and to embarrass her in front of everyone with a bouquet of flowers.

And then there is The Board - people often forget that Board members are volunteers too. Without a Board there is no Age Concern Wanganui. Our thanks for stepping up and supporting us all.

Special thanks to the following:

Mike Street - MC

Entertainers: John Scudder and Rick Baum, David Richardson, Alyssa Hartley and Lynn Whiteside.

Prize Sponsors: Operatunity, Studio 31, Friends of the Opera House.

Jo Power and staff from Essence Catering

Wanganui Garden Centre

Wanganui Floral Art Group

John Richardson and the Royal Wanganui Opera House

Staff of the Whanganui War Memorial Centre



Some Christmas traditions explained

MISTLETOE

Celtic legend says mistletoe can bring good luck, heal wounds, increase fertility and ward off evil spirits. In ancient midwinter festivals, people draped holly, ivy and evergreen boughs around their houses, believing it would bring back the sun. Mistletoe was particularly special because of its clusters of little

orb-like berries.

In fact, mistletoe leaves are toxic, and eating the berries is less likely to induce love than a laxative effect.

The tradition of kissing underneath mistletoe began in the Victorian era and was once believed to lead to marriage and promote fertility.

Native Americans used the muscle-contracting medicinal properties of the plant to induce abortions instead.

All considered, the mistletoe pucker-up is a tradition best avoided.

CHRISTMAS CAKE

Does anybody actually like fruitcake? Television host Johnny Carson famously joked: "The worst gift is a fruitcake.

There is only one fruitcake in the entire world, and people keep sending it to each other."

Recipes date to the 16th century, when it was discovered fruit could be preserved by soaking it in large solutions of sugar. Since sugar was cheap, it was an effective and affordable way for the colonies to ensure their native plums and cherries would make the journey to Europe without spoiling.

By the 19th Century, people were combining all sorts of candied fruits - pineapples, plums, dates, pears, cherries, orange peels and cheap nuts - into a cake-like form.

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CHRISTMAS TREES

Undoubtedly the most popular symbol of Christmas in the Western world, but did you know artificial trees were invented in a toilet-brush factory?

An evergreen tree such as a spruce, fir or pine symbolises eternal life, and its Christmas connections date back to the Middle Ages.

Nazareth
REST HOME & HOSPITAL
"Providing continuity of care of our current and future residents"

Situated on St John's Hill with panoramic views over the Whanganui River and city. Providing nursing excellence, warmth, kindness and encouraging each to live life to the full.
Visits are most welcome.

- Rest Home
- Hospital
- Short stay
- Intermediate
- Respite
- Day Care

Established by the Sisters of St Joseph in 1982

"Fullness of life for the earth and it's people"
Ki tonu te ao me te orokohanga te tangata

14 Hillside Terrace, St Johns Hill, Whanganui 4541 • Phone 06 345 8548
Email: manager.nazareth@ssj.org.nz • Website: www.marymackillopcare.co.nz

Fullness of Life for the Earth and its Peoples Ki Tonu Te Ao Me Te Orokohanga Te Tangata

"In the spirit of Jesus and Mary MacKillop, we are committed to respect the dignity of all Residents as being valued, unique and individuals. We provide holistic quality care, with emphasis on a safe, homelike, peaceful environment, where Staff, Residents and Family/Whanau are involved in a team approach to care."

Nazareth is a 46 bed Rest Home and Hospital situated on St John's Hill. Offering a peaceful atmosphere Nazareth is surrounded by well-established grounds, farmland, patches of native bush and beautiful views of the Whanganui River and suburbs. Providing Rest Home, Hospital, Intermediate, Short Stay, Respite and Day Care.

Respect of ethnicity, culture and religious belief systems, privacy, promoting the wellbeing and dignity of each individual and empowering residents to participate in all aspects of decision-making around care, underpin the holistic care provided by staff.



Looking for a Christmas gift idea?

FUNDRAISER - AGE CONCERN WANGANUI

SAVE THE DATE !!
THURSDAY 23rd MARCH 2017
at 6.30pm

'Wot to Wear & Not to Wear'

A funny, raw look at the lighter side of fashion and personal development.

Presented by Suzie Johnson, 'Wot to Wear' is a politically incorrect comedy/motivational performance aimed at lifting the self esteem of NZ women or in this case Whanganui women of ALL ages.

TICKETS - \$30 AND INCLUDE REFRESHMENTS

To pre book tickets please contact Tracy at Age Concern Wanganui
tracy@ageconcernwanganui.co.nz
or (06) 345 1799



Tickets go on sale December 2016 and will be available at selected retailers and Age Concern Wanganui



JOE LETT LTD Mobility

- walkers
- manual wheelchairs
- electric wheelchairs
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- toilet seat risers
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- ponchos
- jar openers
- reachers
- walking sticks
- crutches
- plus much much more

11-13 Churton Street, Wanganui
Ph: (06) 345 8599



SCAMSAVVY



PROTECT YOURSELF AGAINST FRAUD AND SCAMS

Age Concern Wanganui invites you to attend this important event!
Tuesday 29th November 2016
 (1st session) 10:00am – 11:30am (2nd session) 1:00pm – 2:30pm
Wanganui Racecourse

Presented by staff from BNZ Whanganui Branch

LEARN ABOUT WHAT'S HAPPENING IN OUR COMMUNITIES:

- Charity Scams
- Internet Scams
- Phone Scams
- Credit Card Scams
- Lottery Scams
- Card skimming . . . and more!

THIS IS FOR EVERYONE **Gold coin donation**

Register by Friday, 25 November (06) 345 1799
 or janet@ageconcernwanganui.co.nz

For more information call:
Age Concern Wanganui
 (06) 345 1799




Get ready for summer holidays and bbqs - Care with gas!!

- Motorhomes and caravans**
- Regularly check that your gas bottle connections are secure.
 - Make sure everything is turned off before you leave your van or motorhome. Risk increases if there are gas leaks and could cause an explosion.
 - Poor ventilation can cause an LPG appliance to burn inefficiently and produce carbon monoxide.

- Gas bottles**
- Store gas bottles outside and upright in a well ventilated space.
 - Gas bottles should not be stored inside.
 - When not in use, turn gas bottle off firmly and preferably detach the gas bottle from the bbq or patio heater.
 - Do not leave gas bottles in an enclosed vehicle.
 - Cracked or damaged hoses and/or regulators should be replaced and checked for blockages e.g. spiders that may have nested in them over the winter
 - Never tamper with the safety valve or other gas bottle fittings
- Have a great summer!

Steady As You Go

Steady As You Go has been up and running in Whanganui and around the region for over a year. 250 participants are improving their balance, leg strength, general fitness and well-being. They also enjoy the camaraderie and the support the classes provide. The classes are held in community halls and church halls with most participants aged 65 or over.

13 peer-led classes are led by 39 enthusiastic leaders. You may wonder why there are so many leaders. Some classes have 4 leaders who share the load looking after the CD player, the roll, the money and setting up the room.

Pam, a peer-leader, whose group has been going over a year says "They talk a lot. They now know each other and mix very well. At the end of each term they go out for coffee. The class gives great support. They look out for each other and are concerned if someone is missing."

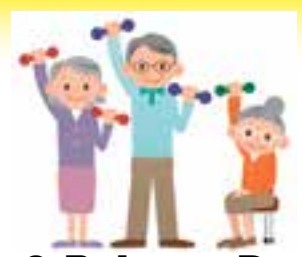
The groups also give back to the community with extra funds donated to the Whanganui DHB Acute Stroke Unit, St John, City Mission Foodbank, Birthright Wanganui and recently pyjamas were purchased for the Whanganui Hospital Childrens ward. Some groups meet for coffee or lunch with one group recently having a belated mid-year social afternoon with entertainment. 5 co-ordinated classes are due to finish soon and they will be peer-led from the end of November.

Mary was referred by the hospital. She had 4 falls in the last year and she still had a sore shoulder from her latest fall when she attended her first class nervously with her daughter. To begin with she managed some of the exercises and has been adding to them as the weeks have gone on. The class gave her applause when she completed 20 sit-to-stand exercises.

If you would like to attend a Steady As You Go class check out the list of classes to the right and give Janet a ring at Age Concern Wanganui on 345 1799. I look forward to hearing from you.

Stars can't shine without darkness

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
Special Olympics Hall, Peat St. 10.00am - 11.00am
The Holy Family, Tawhero. 10am - 11.00am
Broadview Retirement Village. 1.30pm - 2.30pm
- 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
- FRIDAY**
St Andrew's Church Hall, Glasgow St. 10.30am - 11.30am
- MARTON - TUESDAY**
Marion Bowling Club. 10am - 11am
- HUNTERVILLE - TUESDAY**
Scots Hall. 1.15pm - 2.15pm
- RAETIHI - TUESDAY**
Elder & Care Village. 10am - 11am
- BULLS - WEDNESDAY**
Bulls Friendship Hall. 10am - 11am
- OHAKUNE - TUESDAY**
St James Anglican Church Hall. 10am - 11am
- 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

Pensioner housing units available


\$103.50/week
for one person

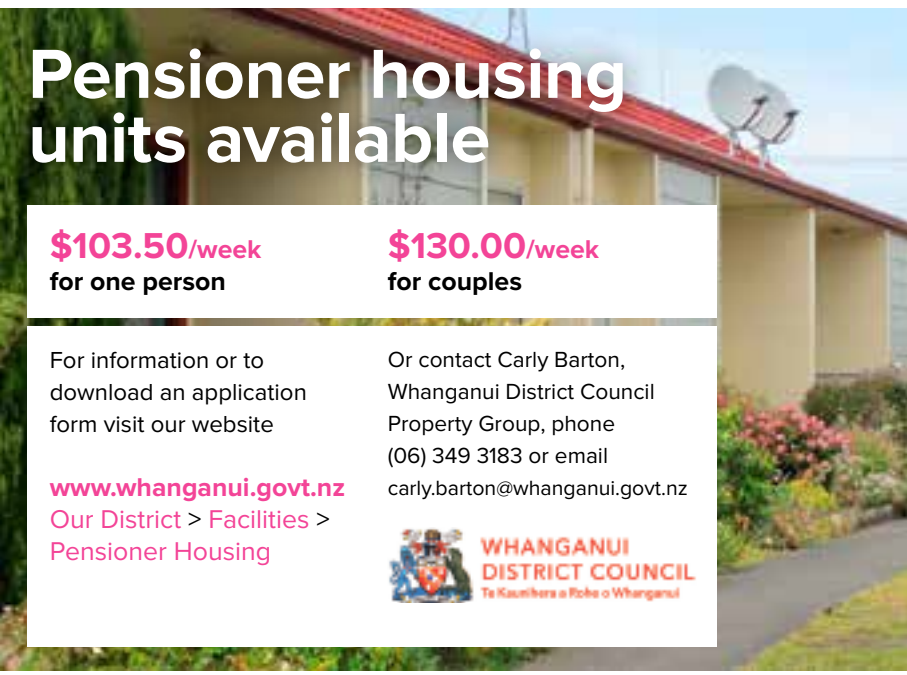
\$130.00/week
for couples

For information or to download an application form visit our website

www.whanganui.govt.nz
 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





vtnz

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!

Protect Yourself Against Fraud and Scams

Age Concern Wanganui is bringing Scam Savvy back to Whanganui presented by staff from our local Bank of NZ branch. Open to everyone, you will hear how to be alert to phone scams, credit card and lottery scams...and more.

Have you ever had an email asking you for bank account passwords, or an offer to claim some money you've won, or inherited? Perhaps you feel as though you're being put under pressure by someone to hand over your money, or sign something you're not sure about.

Financial abuse is the most prevalent form of abuse against the elderly in New Zealand...and it's on the rise.

At Age Concern Wanganui we've dealt with many cases where people have been scammed into handing over money - sometimes substantial amounts.

Financial abuse comes in many forms, including taking money or property, forging a signature, getting an older person to sign a will or power of attorney (POA) through deception or undue influence.

Many individuals and companies particularly target the elderly to exploit them of their money...and it's on the increase.

The BNZ has developed a toolkit to use to educate the community on the different types of financial scams and how to avoid them with Wanganui branch staff very keen to educate people on how to recognise and avoid scammers and fraudsters.

2 sessions will be held and they are open to everyone. Register now!

When: Tuesday 29th November 2016

Where: Veandercross Room, Wanganui Racecourse, Purnell Street

Time: 1st session 10.00am - 11.30am
2nd session 1.00 - 2.30pm

Entry fee: Gold coin

To register call (06) 345 1799, or email: hp@ageconcernwanganui.co.nz



CORNY FISH PIE

From one of the Steady As You Go participants.

(Serves 4)

Ingredients

- 4 medium white fish fillets, skinned
- 2 tbsp flour
- 410 can creamed sweet corn
- 1 cup frozen peas
- 1 cup fresh wholemeal breadcrumbs
- 1/3 cup grated tasty cheese
- Pinch salt and pepper to taste
- 1 medium size red onion

Method

1. Preheat oven to 190 degrees.
2. Cut fish into bite size pieces and toss in flour to coat evenly.
3. Place the fish and the peas in a non-stick or lightly greased ovenproof dish.
4. Mix together the creamed corn, salt & pepper, then pour into the dish.
5. Thinly slice the red onion into rings and arrange on top of the dish.
6. Mix together breadcrumbs and grated cheese then sprinkle evenly over the top of the onions.
7. Bake for 30-40 mins or until golden brown. Serve hot with a fresh salad or vegetables.

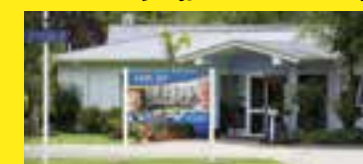
Tracy (Manager) has made this and it is very easy and tasty!

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

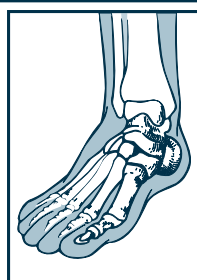
64 Paterson Street, Wanganui
Contact Helen (06) 343 2613

Lady Joy - Not Just an Excellent Rest Home Now with Assisted Living Accommodation

Brand New Service: As well as full rest home care, Lady Joy has recently been offering a NEW VERY AFFORDABLE service called ASSISTED LIVING. This has been very popular and is filling fast. People can use it for long or short term stays. You get a great room, all meals, power, weekly room clean and linen change, all rooms have call bells. We have even made a new separate lounge / dining room. Should you need assistance there are trained careers onsite 24 hours a day. Helping with piece of mind, especially at night times. Our clinical Nurse Manage will put together an individualized care package, just for you.

Lady Joy is like a normal home, all daily baking and meals cooked in the kitchen, log fire, plenty of room around the home to walk or just sit and enjoy and be surrounded bring your own furniture and comforts if you wish, regular in home entertainment and the option of going out in the 12 seater Transit Van for comfort when going on one of the regular outings.

If you are looking to be pampered and looked after with love and care, we have a lovely sunny room available, please give Manager Helen a call on 343 2613 and come and take a look.



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

Summer is coming...

Cracked Heels - often a summer problem due to slip on shoes. Apart from aesthetics, the heels can become painful and even split open. To control this problem talk to us. We can treat the heels and advise.

Tired Feet and Legs - Slip on or unsupportive summer sandals or shoes can cause excessive stress on your feet particularly if there is an existing imbalance in the foot foundation which you may have been unaware of. Again we can help and advise.

At **THE FOOT CENTRE**, not only do we treat people palliatively for troublesome nails, corns, calluses and cracked heels, we can assess the way your individual feet work and look at options specifically to help you, your comfort and long term mobility.

The first step to your foot comfort is to ring us....
348 7792.

Keys to Safe Driving

Where did that car come from?

Driving can be a dangerous business. You share the road with others with nothing but a painted line between you. A moment's lapse may result in expensive repairs, a court case and maybe even loss of life.



How often have you said to yourself... 'Where did that car come from?' or you missed seeing traffic lights or a give way sign or found people "honking" at you in traffic? Maybe it is time to brush up on the road rules and sign up for Keys to Safe Driving, a free classroom based course for Senior's. You will have the opportunity to share experiences and reflect on your own driving, maintain and improve safe driving practices and discuss local intersections that may cause difficulty. The course is FREE and lunch is provided.

The next Keys to Safe Driving is to be held during the week of 21 - 25 November 2016. To register (essential) and for further information contact: Age Concern Wanganui 345 1799.

CarFit - Older Driver? Improve Your Safety!

Are you wearing your seat belt correctly? Is it comfortable? Is your head restraint well-adjusted to suit you? Are your mirrors in the right position for you? Does your car have ABS brakes? Do you know how to use them? Do you know about the safety features of your car?

These days, cars have all sorts of gadgets. Older drivers can improve their safety by ensuring their cars are properly adjusted for them. A proper fit in your car can greatly increase your own safety and comfort and the safety of friends and family who may be your passengers.

Take the opportunity of a CarFit Check-Up! It is FREE! A CarFit check-Up takes about 15 - 20 minutes. An occupational therapist is on hand to recommend devices, like a swivel seat for a person who has trouble turning his or her body or a "handybar" that allows you to get in and out of the car with ease.

Register for our next CarFit event - Monday 5th December. For further information give us a call! Phone Age Concern Wanganui on 345 1799.

La Fiesta events for your diary in 2017

OLD FASHIONED FAIR DAY

19 February 2017 at 10am - 3pm. If you have any things that you no longer require and would like to donate them to the YMCA for the Fair then please either drop them in to the YMCA in Grey Street or telephone them for collection on 349 0197 or Janet on 345 9755. If you would like to have a car boot spot or a stall then contact Janet 345 9755.

UKELELE CONCERT

25 February at 7pm at the YMCA. Tickets are \$15 and this includes a cup of tea/coffee or fruit juice and a slice. Tickets can be purchased from Community House, the YMCA, or contact Janet 345 9755.

WOMEN'S PANEL

3 March 7pm, St Pauls Church Hall, Guyton Street. A panel of four successful women will talk about how they have balanced their private and public lives. The four women are; The Hon Annette King, Councillor Jenny Duncan, Paula Wade Business women and successful fundraiser, and Frana Chase CEO of Te Oranganui. Tickets are \$20 including supper and can be bought from Tracy at Age Concern Wanganui, The Edge, YMCA or Janet 345 9755.

CHURCH SERVICE CELEBRATING WOMEN

5 March at Trinity Church at 10am. Collection will be for the YMCA.

All money raised will assist in providing a wide variety of programmes for children.

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.

“Tough times never last, but tough people do”

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



A Safe and Merry Christmas



“Rub your eyes,
Get out of bed,
Santa’s been!”
My brother said.



“Wake up Dad,
Wake up Mum,
There’s gifts for you,
Quick, quick - come!”

And he was right,
That brother of mine,
The tree was full,
It’s surely a sign.

The end of year is here again,
And not to be outdone,
We’ll wish you a great Christmas,
A safe and merry one!!

**A very merry Christmas from us all at
Age Concern Wanganui**



**Sometimes
all you need
is a hug
from the
right person
and all your
stress will
melt away.**



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”.



AGE CONCERN WANGANUI Inc PO Box 703, Wanganui 4540

Name: _____

Address: _____

Phone: _____

Email: _____

- | | |
|--------------------------------------|--------------------------------------|
| Ethnicity: | Age Group: |
| <input type="checkbox"/> NZ European | <input type="checkbox"/> 60 - 69 yrs |
| <input type="checkbox"/> NZ Maori | <input type="checkbox"/> 70 - 79 yrs |
| <input type="checkbox"/> Pasifika | <input type="checkbox"/> 80 - 89 yrs |
| <input type="checkbox"/> Other | <input type="checkbox"/> 90 - 99 yrs |
| | <input type="checkbox"/> 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

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Sue Walker - Facility Manager
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