

Official publication of Age Concern Wanganui

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Age
Concern

Wanganui

He Manaakitanga
Kaumātua



OFFICE HOURS:
9am to 3pm Monday - Friday

Autumn 2017

Serving the needs of older people



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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:

164 St Hill Street, Wanganui 4500

Phone: (06) 345 1799

Fax: (06) 347 2334

Email: info@ageconcernwanganui.co.nz

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Simply Hearing

* Conditions apply.

Accredited Visiting Service

Would you like someone to visit you once a week, someone who may be able to sit with you and talk for a while or someone who would play a game of scrabble, play cards, or do puzzles, we have a visiting service with wonderful volunteers who will do those things with you.

If this sounds like something you would like please phone Kay Taylor at Age Concern (06) 345 1799.

Are you interested in volunteer work? Would you like to become a visitor for Age Concern Wanganui?

We are seeking friendly, compassionate people, who can commit to a minimum of 1 hour a week to visit the elderly in their own homes or even in rest homes. We can offer training and support to enable you to do this important job, many a friendship has been made in this setting.

If you are interested please phone Janet Lewis at Age Concern (06) 345 1799.

In Memoriam

Dusty (Harold) Miller

It was with sadness we said goodbye to Dusty (Harold Miller) in January. Dusty was a huge supporter of Age Concern Wanganui, contributing to the Age Concern Wanganui newsletter almost as much as he did Letters to the Editor! Dusty was very well known in Marton and was one of our volunteers at the office there.



George Malcolm 1921 - 2016

We also farewellled George Malcolm in January. Mr Malcolm was a great supporter of Age Concern Wanganui and was involved with this organisation for many years. Going back through minutes when Age Concern Wanganui was The Wanganui Regional Council for the Ageing, I first noticed Mr Malcolm as present at a meeting in 1988!! Mr Malcolm remained a staunch supporter, member and donor to Age Concern Wanganui and will be missed at the AGM!

Meals on Wheels

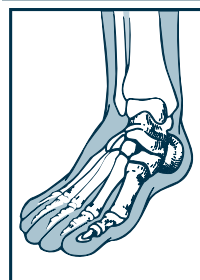
Would you like a hot meal delivered to your doorstep? Try our Meals on Wheels!

Our Meals on Wheels are nutritionally balanced, low cost and home-delivered. Our meals are designed by our team of clinical dietitians to be appropriate for your needs and meals can be individualised to suit individual dietary requirements. These meals can help retain independence to elderly living at home or meals to those recovering from hospital treatment/illness. For some people, the benefits are the reduced worry of cooking and the regular social contact from the delightful group of drivers who are much appreciated by our recipients.

If you, or anyone you know would like to receive Meals on Wheels - call us on (06) 350 8895

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein



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49 Oakland Avenue, Whanganui

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The latest IRD Scam

"Hello my name is Thomas and I'm calling from Inland Revenue, my employee ID is 12345678. I'm calling about your debt, we require your solicitors name as Inland Revenue is taking you to court."

I'm going to stop there because there is a lot wrong with those words, things that point to it being a scam.

First off they give you an employee ID number. This is meant to show it's an official call, but Inland Revenue staff **do not** give out employee ID numbers. Employee numbers for most organisations are for payroll purposes only.

Next they tell you they're calling about your debt. Their wording is quite deliberate: *"your debt"*, suddenly you're worried. Then they quickly follow up by asking for your solicitors name as they're taking you to court. Now you're probably really worried.

However this is really important: If you owe a debt to Inland Revenue, you will receive a letter from them, most likely more than one. The first contact that you have a debt should **never** be over the phone.

So what are the scammers hoping to get? They'll ask you to confirm your IRD number, possibly they'll tell you that you can settle the matter before it goes to court if you provide them with a bank account or credit card number. Inland Revenue will **never** ring

you and ask for those details.

It can be unsettling having someone on the phone telling you that you're in trouble. However here are some things you can do to protect yourself:

1. Inland Revenue has a Voice ID system. Basically you ring Inland Revenue and register your voice on their system. So if someone rings up saying they are from Inland Revenue and asking you to confirm your IRD number, just ask to be put through to the Voice ID system. If they won't then it's likely this is a scam.
2. Ask to ring them back. They will give you a phone number to call them back on. Ignore it. Instead look up the number on the IRD website, or in the phone book.
3. Say that your son/daughter/friend has financial power of attorney and all matters should go through them. If it is a genuine phone call they will happily follow up with the appropriate people, but it's more likely they will hang up.
4. The longer you are on the phone the harder it is to get rid of them. They will be persistent, going over the same thing again and again, "we are taking you to court", "you owe a debt". Never attempt to engage them in conversation, especially if you feel pressured or uncertain about anything.
5. Which brings us to the most important weapon you have. They are on the phone, so you have the power. If at any point you feel uncomfortable, then hang up. That may sound rude, but remember they're trying to steal your money. They may try and ring back, if they do then my suggestion is say that you've contacted Inland Revenue in the meantime and everything is under control.

Next time we'll talk about email scams and how to spot them.

The first of a 3 part report on scams with thanks to Rodney Strong - Age Concern Wellington Feature Writer



EASIE Living Mobile Coming Soon to Whanganui

The EASIE Living & Demonstration Centre is set up to assist people to identify how they can live the most productive and fulfilling lives that they can. The Centre recognises that people with age related impairments or people with disabilities and their families are looking for more information and advice about activities, services and products to make more of each day. The Centre is pleased to announce that EASIE Living mobile service will soon be available throughout the Whanganui Region.

The EASIE Living Centre is built around five foundation pillars - Equipment, Advice, Services, Information and Education (EASIE). Located at 585 Main St, Palmerston North, this flagship centre offers an exciting and innovative accessible home with smart features alongside a learning and demonstration centre and brings together a range of possibilities and opportunities in a "one stop shop". The accessible demonstration home, comprising of a kitchen, bathroom, study and bedrooms set up with the latest innovations, provides a kinaesthetic and tactile experience where you can try the latest low and hi-tech living options. The Centre also coordinates a variety of education and training programmes and workshops for groups including allied health professionals and other professional organisations.

EASIE Living has a retail space with a large selection of mobility equipment and aids for daily living to support you in your everyday life. Staff are available to assist you with the many choices available without the need to make an appointment.

The mobile service will begin operating throughout the Whanganui Region at the beginning of May and will soon be seen at local events, presentations and expos. We will provide information on services and issues and offer free advice

on the wide range of equipment and aids for daily living that we have available for purchase. There is no obligation to buy. Who can benefit? Any group or organisation can book this free service including clubs such as Probus, Lions and Rotary; retirement villages and residential care facilities; disability support groups; church groups etc.

**For further information phone (06) 353 2743 or Email: marian.dean@easieliving.co.nz
EASIE Living & Demonstration Centre, 585 Main Street, Palmerston North**

Take our Virtual Tour at www.easieliving.co.nz or visit us on Facebook at easielivingcentre

The EASIE Living & Demonstration Centre is a service of Enable New Zealand.



Enabling independence, the EASIE way.

Visit our EASIE Living Retail Centre today and discover a huge range of high quality products for the ageing and disabled.



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Make sure it has St John on it

St John is New Zealand's leading medical alarm provider and is the medical alarm doctors prefer to recommend*. The St John Medical Alarm is the only medical alarm that connects you directly to St John, meaning you can continue to enjoy your independence knowing help is at hand any time of the day or night.

Also, by choosing a St John Medical Alarm you are helping to support our ambulance and other community services.

Call **0800 50 23 23** or visit www.stjohnmedicalalarms.org.nz

*IMS GP Omnibus survey, 2015

Defibrillators (AED's) Save Lives

What is a defibrillator and how does it work?

A Defibrillator is an emergency resuscitation tool that provides a shock to the heart in the instance of cardiac arrest. Access to rapid defibrillation is a proven tool in the survival of heart attack victims.

And what the defibrillator does, it provides shock that basically shocks the heart to stop so that it can start rhythmically contracting again.



Below is a list of locations in and around Wanganui where AED's may be found.

Please be advised this isn't a detailed list. There is an app that can be downloaded to your smart phone and a comprehensive list is available on the website www.aedlocations.co.nz

- Wanganui District Council - Ground Floor
- Downer - Wanganui
- Wanganui Volunteer Coastguard
- Wanganui Cosmopolitan Club
- Horizons Regional House Wanganui
- Te Puni Kokiri - Wall Mounted in Reception

- Red Cross Wanganui
- Work and Income Wanganui
- Davis Central Library, Queenspark.
- Wanganui i-SITE Visitor Information Centre
- AFFCO New Zealand - Imlay Plant
- UCOL - Atrium - Between Kitchen 1 E1.11 & stairwell entry
- UCOL - Student Health Centre - Block A
- Wanganui Accident & Medical
- Wanganui RSA
- Wanganui Police Station
- Axiam Plastics Ltd
- Wanganui Fire Station
- Wanganui War Memorial Hall
- Māori Land Court Aotea - Wanganui - Ground Floor
- Ingestre Chambers
- Wanganui East Club
- Wanganui District Court
- ACC - Accident Compensation Corporation
- Opus International Consultants
- St John OpShop
- ASB Wanganui
- New World Wanganui - Customer Service Desk
- Rebel Sport Wanganui
- Briscoes Wanganui
- Craigs Investment Partners - Wanganui
- GasNet Ltd
- McDonald's Wanganui - 24/7
- Private Address - B & B Price
- McDonald's - Liffiton St - 24/7
- Mount St Joseph - Josephite Retreat Centre
- Z London St
- Wanganui Collegiate School - Admin Mailroom
- Wanganui PAK'nSAVE - Customer Service Desk
- Aramaho Shopping Centre - Four Square - Check Out
- Z Dublin St - 24/7
- Mitre 10 Mega Wanganui
- Active Physio Wanganui
- The Dentists
- Amtech
- Wanganui Ambulance Station
- Ministry of Health - Level 1 - Reception

Do not go where the path may lead, go instead where there is no path and leave a trail.

Ralph Waldo Emerson

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.



To register (essential) and for further information contact: Age Concern Wanganui 345 1799.

Hanging Up the Car Keys

Where: The Wanganui Masonic Centre, 36 Dublin Street, Wanganui

When: Wednesday 22 March 1.30pm - 3.00pm

Keys to Safe Driving

Where: Brechin Lounge, St Paul's, Cnr Guyton & Cooks Streets

When: Thursday 20 April 10.00am - 2.30pm

CarFit

Where: Memorial Hall Forecourt, Watt Street, Wanganui.

When: Thursday 4 May 10.00am - 12pm & Thursday 18th May 10.00am - 12pm

To register for all events please phone Clare or Janet at 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. Phone Age Concern Wanganui on 345 1799.

Hanging up the Car Keys - life after driving

Jan has had her driver licence, like many in her age group, since she was 15 – that is over 60 years of driving. I asked her what her first thoughts were, if there came a time where she would need to give up driving. She said she “would shudder to think.” “My whole life would change if I couldn't drive. I may become more reclusive. Many of my friends would be in the same boat. Being able to drive means I can do, what I want, when I want to do it!”

“Hanging up the Car Keys” is a forum for families, individuals, health professionals, and especially senior drivers.

Don't forget that this is a situation most of us will face in the future!

For more information or to register, contact Age Concern Wanganui. Ph 345 1799



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

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Please call us or visit our website for more information.



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0800 336 636
www.careoncall.co.nz

New Staff member

We welcomed Clare Fearnley to the team at Age Concern Wanganui. Clare's role is Volunteer and Health Promotion Support and she has hit the ground running with her first Keys to Safe Driving workshop in Marton under her belt to be followed by CarFit, also in Marton. To book for courses advertised, call Clare on (06) 345 1799.

Clare will also be assisting with volunteer support, particularly with meals on wheels and new volunteers to Age Concern Wanganui.

Clare replaces Pam Richardson, who left in January to pursue other adventures in the Hawkes Bay. Pam was a wonderful contributor to Age Concern Wanganui and we wish her and John well.

Grandparent's Answering Machine

Good morning. . . At present we are not at home but, please leave your message after you hear the beep... beeeeeppp...

If you are one of our children, dial 1 and then select the option from 1 to 5 in order of "arrival" so we know who it is.

If you need us to stay with the children, press 2

If you want to borrow the car, press 3

If you want us to wash your clothes and ironing, press 4

If you want the grandchildren to sleep here tonight, press 5

If you want us to pick up the kids at school, press 6

If you want us to prepare a meal for Sunday or to have it delivered to your home, press 7

If you want to come to eat here, press 8

If you need money, dial 9

If you are going to invite us to dinner, or, taking us to the theatre start talking we are listening!"

When you're stressed,
You eat ice cream,
cake, chocolate
and sweets.

Why?

because
stressed
spelled
backwards is desserts.



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SAVE THE DATE !!

THURSDAY 23RD MARCH 2017 at 6.30pm

Memorial Hall

Whanganui War Memorial Centre

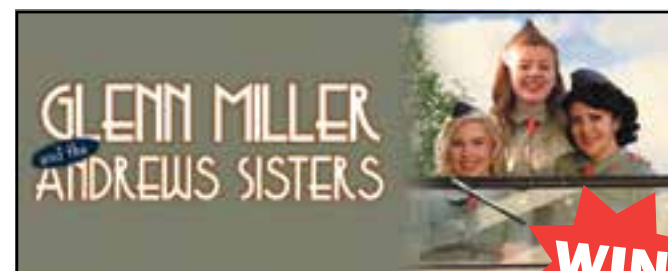
‘Wot to Wear & Not to Wear’

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

Tickets are available at: Victoria's Treasures, Posh Comfort, Elizabeth Palmer Beauty Salon and Age Concern Wanganui.

Door sales will not be available.



Concert in Wanganui

11th April 2017, 11am

P: 0508 266 237 (toll free)

E: bookings@operatunity.co.nz

W: www.daytimeconcerts.co.nz

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Deputy Daughters provide services to those people who, in their elder years, either elect to continue to live in the comfort and familiarity of their own home or, through choice or necessity reside in an assisted care facility.

Often these people wish to retain some of the independence they had prior to losing their driving licences.

In many instances their sons and/or daughters live away from Wanganui and are therefore unable to "be there" for their parents as much as they would like to be. At other times, the recipients of our services do not have family to meet their needs. We accept that we cannot replace the support and love of a family member, nor do we endeavour to. We are a professional organisation and this is a business arrangement.

We are happy to provide our services on either a 'one off' basis or on a regular basis e.g. daily or weekly visiting.

Sometimes it is the small requests that bring the most pleasure.

Phone: (06) 344 6209 or 027 240 6209

Falls Prevention

A fall at any age can be dangerous, but falls become increasingly common and far more likely to cause injury after the age of 55.

Approximately 1 in 3 people over the age of 65 will fall in any one year. Of these, 4% end up in hospital and 1% suffer a hip fracture.

Falls can have devastating consequences for older adults, particularly those living alone. Along with serious injury or fractures, people face a possible loss of independence and a knock to their confidence too. Falls are also the leading cause of death from unintentional injury for both males and females aged over 75 years.

Some people, especially those who have had a fall, restrict what they do because of a fear of falling. While this sounds sensible, reduced activity actually puts you at a greater risk of falling. This is because it causes you to lose muscle strength and coordination. So, it is important to keep up activities you enjoy, as safely as possible - 'the more you do, the more you can do'.

Why are falls more common with age?

Health conditions that can increase your risk of falling may be hard to notice by yourself. Regular check-ups with your doctor are a good way to spot them.

Factors involved in why falls occur include:

- poor leg strength and impaired balance
- side effects from your medications
- other medical conditions
- eyesight problems
- nutritional deficiencies
- hazards around the home environment.

Tips to prevent falls

Each year about one-third of all New Zealanders over age 65 will fall. Many of these falls result in broken bones. You can play a role in preventing falls. Look after yourself by:

1. Exercising regularly

- Lack of exercise can lead to weak legs, which increases the chances of falling.
- Any increased exercise is helpful. Start with 5 minutes a day and build up.

- Exercise programmes that increase strength and improve balance, such as Steady As You Go are very good.
- Check with your doctor first before starting a strenuous exercise programme.

2. Being mindful of medications

- Medications, or combinations of medications, may have side effects, which can increase the risk of falls.
- Have your doctor or pharmacist review all your medications for any side effects such as dizziness or drowsiness.
- Ask if there are any that can be reduced or stopped.
- As we get older and need more medications, taking them correctly gets harder.
- Work out a system to make sure you take the right tablets at the right time.

3. Keeping your vision sharp

- Poor vision can make it harder to get around safely.
- Have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.

4. Removing hazards at home

- About half of all falls happen at home.
- Make your home safer by reducing tripping hazards and clutter, adding hand-rails and improving lighting.

Personal medical alarms

People at risk of falls, or those who have had a fall in the past, may find it useful to have a medical alarm. These can make it easier to remain independent and continue living in your own home, especially if you live alone.

Medical alarms are usually worn as a pendant or wristband, which can be activated to call for assistance if you have a fall and require medical help but are unable to get to the phone. This is a safeguard for people wanting to continue with everyday life around the home and garden. It can also offer peace of mind for family members about your ongoing safety.

What to do if you have a fall

If you have a fall at home:

- Stay calm and decide whether to try to get up.

If you can get up:

- Bend your knees up, roll onto your side, then push up onto all-fours.
- Crawl towards a sturdy chair.
- Use this support to help get yourself seated.
- Rest at any time, if necessary, and then try again.

Medical alarms, keeping the phone near ground level and giving friends a spare key are useful precautions you can make in case one day you cannot get up from a fall.

Exercises to prevent falls

- Regular exercise is important in preventing falls. Benefits include: improved balance, muscle strength and flexibility; stronger bones; more energy; better sleep; and better control of blood pressure, blood sugar and weight. General fitness can be improved by walking for 30 minutes most days of the week (or three 10-minute walks). It should make you breathe harder, but you should still be able to speak easily.
- Programmes designed specifically for balance and muscle strength have been shown to reduce the number of falls and injuries resulting from falls by between 30% and 50%.

Steady As You Go® Falls Prevention



Strength & Balance Programme

Contact Janet at Age Concern Wanganui for a list of Steady As You Go classes in your area.

Here's a tip as you get older:
Never wear a hearing aid,
because if you do,
people expect you
to listen to them.



vtnz

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VTNZ and receive a 10%
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Nazareth

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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



*Established by the
Sisters of St Joseph
in 1982*

Top 10 tips for a healthier home

A dry home is a much healthier home. These are our top tips for a healthy home, including what to do about a damp house and how to get rid of condensation.

- 1) **Ventilate.** Open all your windows and doors for 10 minutes during the warmest part of the day. This will exchange the warm damp air inside for dry air. The air from outside may be colder, but cold dry air is easier to heat than warm damp air.
- 2) **Position your furniture.** Make sure your furniture isn't pressed up hard against any external walls; you want air to be able to circulate to avoid mould growth.
- 3) **Remove condensation.** Get rid of condensation from your windows every morning. Use an old towel or a scoopy to remove the moisture or it will evaporate into the air making it harder to heat.
- 4) **Dry clothes outside.** Dry your clothes outside, not inside!
- 5) **Let the sun in.** Cut vegetation back from north-facing windows to make the most of the free heat you receive from the sun.

- 6) **Use your curtains.** Draw your curtains to let in the (free!) warmth of the sun and close them late afternoon to trap the heat inside.
- 7) **Curtain tracks.** Enclosed curtain tracks or pelmets improve the effectiveness of curtains and stop cold air flow from the window. If you can't afford to change your tracks you can make your own 'pelmet' out of cardboard or rolled up blankets, and put it over the gap between the curtain track and the wall.
- 8) **Reduce dampness.** To reduce condensation and dampness in your home, keep the doors to the kitchen and bathroom closed when you are bathing or cooking. If you do not have extractor fans then open the windows to let out the steam.
- 9) **Remove mould.** Mould on your windows or walls? Remove it with a spray solution of 70% white vinegar 30% and hot water. Wipe off after a minute.
- 10) **Reduce humidity.** Keep lids on your pots and pans when you cook to reduce humidity inside.

(Source: Canterbury Asthma Society Inc. Autumn 2015)



BAKED ORANGE CHICKEN (Serves 2)

Ingredients
2 Chicken pieces
4 tbsp orange juice
2 tsp orange rind, grated
¼ cup dry breadcrumbs
½ tsp chicken stock powder
¼ cup hot water
1 tbsp honey
1 tsp prepared mustard
1 tsp cornflour
Salt and pepper to season

Method
1. Pre-heat oven to 180 degrees.
2. Lightly grease an ovenproof dish with a pastry brush and oil or oil spray.
3. Place orange juice and rind in one bowl and the breadcrumbs in another bowl.
4. Dip each piece of chicken in the juice and then the crumbs.
5. Place in ovenproof dish and bake for 30 minutes.
6. While the chicken is cooking make the sauce. Add chicken stock powder, hot water, honey, mustard, cornflour, salt and pepper to leftover orange juice. Mix well. Pour over chicken and return to oven for a further 10 minutes.

Serving Suggestion: Serve with mashed potato and cooked vegetables.

MEMBERSHIP FORM

AGE CONCERN WANGANUI Inc
PO Box 703, Wanganui 4540

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| | |
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| 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 |
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Individual Member: New ☐ Renew ☐ \$20.00

Corporate Member: \$100.00

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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".



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