



Official publication of Age Concern Wanganui

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164 St Hill Street, Wanganui 4500

OFFICE HOURS:

9am to 3pm Monday - Friday

Winter 2017



Serving the needs of older people

**World Elder Abuse
Awareness Week
15 - 22 June 2017**



Kindness is not an act. It is a lifestyle.

~ Anthony Douglas ~

Age Concern Wanganui

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Driving Miss Daisy's evening at the Opera

A trip to the opera may conjure up images of stuffiness, exclusivity and big city theatres, attended regularly by the same 'opera' crowd. But times are changing and opera is starting to enjoy a renaissance in the big cities and regions alike.

Driving Miss Daisy was proud to support the production of Carmen held during the popular Napier Art Deco festival this February. They promoted the opera to their client base, and organised a fleet of vehicles to transport people to and from the event free of charge, as well as providing a light supper. In total, eleven Driving Miss Daisy vehicles transported 100 theatre-goers.

Many people who enjoyed the Driving Miss Daisy hospitality were already clients, however a number had never used the service before as they still drive. Those who were new to Driving Miss Daisy commented that they were pleased they had tried the service as they don't like to drive at night, they worried about parking, they could not see at night, or they often didn't have a friend to go out with. Using Driving Miss Daisy on this occasion was a wonderful way for them to experience the excellent service and enjoy a night out with a group of likeminded people.

Feedback from this was extremely positive. Many were grateful for the thoughtful Daisy Drivers who dropped them right outside the theatre. Others commented that they would never normally choose to go to the opera, but it was a wonderful experience. Some people who were collected in the same car had never met before; Driving Miss Daisy was excited to hear that since the evening they had become firm friends and were meeting for lunch or coffee. And everyone commented on the high quality service that Driving Miss Daisy and their drivers provided.

If you'd like to organise an outing for a group of friends, whether it's during the day or evening, please call your local Driving Miss Daisy to discuss.

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Go to www.facebook.com/ageconcernwanganui/ to follow us on Facebook.



Hope you enjoy our Winter newsletter edition



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

www.ageconcernwanganui.co.nz



Please
SUPPORT
OUR ADVERTISERS

A couple of new dancing opportunities in Marton and Wanganui!!

New England Line Dance

A partnerless form of dance incorporating forward, backward and sideways movement. Mostly done to old-time popular music, it is choreographed in patterns using many simple ballroom and country dance steps.

A keen group of learners is having fun on Wednesday afternoons between 1pm and 2pm at the Scottish Hall in Lower Beaven Street, Marton.

Cost \$3.00 per session.

All are welcome to come and join in or sit and watch.

For more information contact Jean on (06) 327 6460.

Sylvia's Tappers - for ladies and men 40+

Sylvia has been teaching seniors to tap for around 10 years. The aim is to give seniors a chance to try a new way of exercising while learning to dance. The classes are easy and achievable, no-one gets left behind, and it is about having fun so a sense of humour is required.

The first lesson is complimentary, with beginners \$5.00 per ½ hour, or intermediate \$10.00 per 1 hour session after that if you decide to continue.

Held in Springvale, Whanganui.

Call (06) 262 7100 for more information.



Matariki

Matariki is the Māori name for the cluster of stars also known as the Pleiades. It rises in mid-winter to late May or early June. For many Māori, it heralds the start of a new year. Matariki literally means the 'eyes of god' (mata ariki) or 'little eyes' (mata riki).

Matariki is a time to gather with family and friends to reflect on the past, celebrate the present, and plan for the future.

In 2017 Matariki is due to begin on 25 June.





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our voice to tatou reo
Advance Care Planning



Advance Care Planning asks “What matters to you?”

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 or you can contact Age Concern Wanganui on (06) 345 1799, the Whanganui Regional Health Network on (06) 3448 0109 or your GP.



VOLUNTEERS NEEDED

Meals on Wheels drivers wanted!!

Can you share one 1 ½ hours?

We have a team of over 160 Meals on Wheels Volunteers who deliver a two course meal to clients in Whanganui. We are always on the lookout for new volunteers to join us to maintain our pool of helpers. We’re often asked if groups can volunteer and the answer is “Yes!” We welcome groups from clubs, churches, schools and businesses. Often a group will “adopt” a particular route on a specific day each week. Can you spare 1 ½ hours one day a week, one day a month? Or would you prefer to be a relief driver?

Contact Janet or Clare at Age Concern Wanganui (06) 345 1799.

Accredited Visiting Service

Would you like to become a visitor for Age Concern Wanganui?

We are seeking friendly, compassionate people, who can commit to a minimum of one 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.



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ELDER ABUSE HITS CLOSE TO HOME



ELDER ABUSE AWARENESS 15 - 22 JUNE

Older people are a valuable part of our society and should be treated with dignity and respect - yet every year, thousands of older New Zealanders are being abused by in many cases by family members. It’s our collective responsibility as a community to ensure that older people are always respected, never abused.

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.¹

About Elder Abuse Awareness Week 15-22 June 2017

- Elder Abuse Awareness Week runs from 15-22 June 2017. The week starts on World Elder Abuse Awareness Day on 15 June 2017. The campaign message Elder Abuse Hits Close to Home.
- Visit www.ageconcern.org.nz to find out about the key issues, what’s happening in local areas and to donate.

How you can help to prevent Elder Abuse

- Love and cherish your older relatives/whānau
- Speak respectfully to older people/kaumātua
- Include older people/kaumātua in your social activities
- Phone or visit your older relatives/whānau
- Support older people/kaumātua to spend their money how they wish
- Encourage and support older people/kaumātua to make their own decisions
- Honour older people’s/kaumātua’s wisdom
- Enable older people/kaumātua to set their own pace
- Respect older people’s/kaumātua’s stories
- Seek advice from an Elder Abuse and Neglect Prevention Service when you think an older person/kaumātua is being abused or neglected

About Elder Abuse

- Each year, Age Concern’s Elder Abuse and Neglect Prevention services receive more than 2,100 referrals for older people who may be facing elder abuse or neglect. That’s eight referrals every working day.
- We all need to take a more active role in supporting the well-being of older people - and to treat them with respect.
- Commonly, there are several types of elder abuse that may occur, such as; financial, psychological, physical, and neglect.
- Startling research from the referrals Age Concern receives shows that more than three quarters of elder abuse occurs at the hands of people’s own family members.
- There is a fear with older people that if they speak-out they will lose the only social support network they have, especially if the abuser is a relative - yet our services can work with the older people to retain that relationship if that’s what they want.

¹ Definition adopted from WHO Toronto Declaration on the Global Prevention of Elder Abuse, 2002

www.ageconcern.org.nz



More than three quarters of alleged abusers are family members



More than half of the alleged abusers are adult children and grandchildren



Alleged abusers are as likely to be female as male

ELDER ABUSE HITS CLOSE TO HOME



ELDER ABUSE AWARENESS 15 - 22 JUNE

What does Age Concern do to prevent elder abuse and neglect?

Age Concern offers free, confidential, specialist Elder Abuse and Neglect Prevention Services in 23 centres throughout New Zealand. They also provide education about elder abuse for those working with older people/kaumātua and other interested groups.

There are 7 other providers of Elder Abuse and Neglect Prevention Services which are supported by Age Concern.

Contact details for all these services are available at www.ageconcern.org.nz

Age Concern works with other agencies such as health services, needs assessment services, the police, and banks to ensure the best possible outcome for the older person/kaumātua.

“Confronting and reducing elder abuse requires a multisectoral and multidisciplinary approach”
Active Ageing, A Policy Framework, WHO, 2002

What does it look like when an older person is treated with dignity and respect?

Older people/kaumātua...

- Are valued for who they are and treated fairly
- Live safely, free of exploitation and abuse
- Receive the care and support they need
- Make their own decisions
- Have their physical, spiritual, cultural and emotional needs met
- Are included in conversations
- Are part of their community

What does elder abuse look like?

It is common for several types of abuse to 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

How prevalent is elder abuse?

Elder abuse is a global problem. It is difficult to know exactly how common elder abuse is, as most goes unreported. An analysis of data from the New Zealand Longitudinal Study of Ageing concluded that 10% of the population aged over 65 years who are living in the community experience abuse. International studies report that 3% - 10% of older people experience abuse or neglect each year. It happens to men and women of every religious, cultural, ethnic and socio-economic group.

However, much abuse goes unreported. It has been estimated that only 1 in 14 of all abuse incidents come to the attention of a service agency that can intervene to help stop the abuse.

What are the effects of elder abuse?

The personal losses associated with abuse can be devastating and include the loss of independence, homes, life savings, health, dignity, and security.

Abuse can reduce a person's independence by undermining their self-esteem and confidence. It also damages family/whānau relationships, financial security, and mental and physical health, increasing dependency on health and support agencies which may result in the need for residential care.

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).

If you or an older person/kaumātua you know is being abused contact your nearest Elder Abuse and Neglect Prevention Service.

Contact details for all services are available at: www.ageconcern.org.nz

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Dealing with scammers - Part 2. Email Scams or the Suckers' Call List

Following on from the Autumn 2017 Age Concern Wanganui newsletter regarding phone scammers and some of the ways you can spot them. This time the focus is on email scams.

Email scams have been around for as long as emails themselves. And like everything else in the world they have become more sophisticated over time.

There are actually two types of email scams. For this article, we'll call them passive and aggressive.

Passive email scams are those that try to entice you into a conversation. They will tell you a story, and try and draw you into replying. Once you're engaged they will ask you to send them money, perhaps through something like Western Union. The most well-known of these was the Nigerian Prince email, where someone claiming to be a prince needed help getting access to their money, but could only get it if you helped them pay some sort of fee. They may ask for money straight away, or build up a relationship over several emails before asking.

I call these passive scams because if you don't reply then nothing happens. Even if you do get lured in and send money, at the most you've only lost the money you've sent. However the best thing to do is delete the email straight away.

The **aggressive emails scams** are generally more sophisticated, and their aim is to steal all your money. They might claim to be from your bank, or contain an attachment with an unpaid invoice that you must pay immediately to avoid penalties. They might have a link in the body of the email which will take you to the bank's website.

The scammers' main aim with these types of emails is to get your online banking password. They are either trying to download a virus to your computer, or they're going to be more direct. The purpose of the virus is to record your key strokes, basically a spy on your computer that will let the scammers know what buttons you're pressing, and from this they can work out your passwords. They might also send out emails,

purportedly from you, to everyone on your contact list. This is their way of spreading the virus, and that's also why you will sometimes get emails from friends that look a little strange.

The good news is protecting yourself is pretty easy. Make sure you have good computer security. Most computers come with virus protection, but you need to make sure it stays up to date. If you're not sure then ask for help from family or friends. There are also mobile computer experts that will come to your house and check it out for you, although there is a cost. My father thought his virus protection was up to date, but it had lapsed, and he downloaded a virus which resulted in a sum of money being taken from his bank account, so never assume you're protected.

Sometimes you'll get an email from your bank saying you need to log into your online banking. The link they send you might take you to a page that looks like your bank, but it isn't. The best way to avoid problems is never follow the link. Instead go to your bank's website as you would normally do. Another way to spot this scam is if you do click on the link, then look at the address of the page. The one that should say www.anz.co.nz for example. Chances are it'll say something different from what it should.

An important thing to remember is that scammers are not out to get you personally. They don't know who you are, where you live, or any details about you, other than your email address. Scammers send out tens of thousands of emails each day to random people whom they call suckers. You're safe as long as you take steps to protect yourself.

Rodney Strong
Age Concern Wellington Feature Writer



Steady As You Go® Falls Prevention



Strength & Balance Programme

WANGANUI

MONDAY

Christ Church Community Centre

10am - 11am and 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

Stroke Group, St Andrews Hall, Glasgow St

11am - 12pm

Rapanui Mowhanau Community Hall

2.30pm - 3.30pm

TUESDAY

St Peters Church Hall, Gonville 10am - 11am

St Joseph's Hall, Campbell St 9.30am - 10.30am

WEDNESDAY

Faith Academy 10am - 11am

THURSDAY

Churton School Hall, Aramoho 11am - 12noon

RSA, St Hill Street 9.30am - 10.30am

St Lukes, Castlecliff 10.00am - 11.00am

Putiki Parish Hall 10.00am - 11.00am

MARTON - TUESDAY

Marton 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 enroll in a class, please contact the Steady As You Go (SAYGo) Coordinator: Janet Lewis at Age Concern Wanganui. Phone: (06) 345 1799

Use your SuperGold card as photo ID

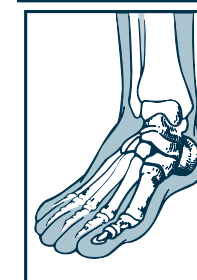


SuperGold Card carriers may choose to add a photo to their SuperGold Card. This could be useful if they don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus, evidence of your address. It's a **free** service for all SuperGold card holders.

Did you know...

- An average person will spend 25 years asleep
- An elephants ears are used to regulate body temperature
- Everyday is a holiday somewhere in the world
- The oldest word in the English language is 'town'
- Venetian blinds were invented in Japan
- Cats can't move their jaw sideways



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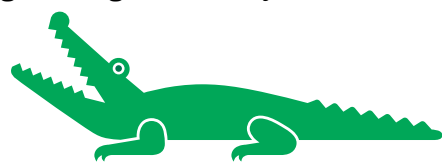
CAROLYN GROVES
PODIATRY

Handy hints that Grandma forgot to tell you...

- Charcoal was used to darken eyebrows!!
- Remove rust from garden tools by using wire wool dipped in turpentine
- Boiling an egg with a wooden toothpick in the pot will stop the egg from cracking
- Instead of using cheese in your mousetrap, try chocolate!! (or peanut butter and eat the chocolate!)
- Cold tea - cut flowers last longer when arranged in it!!
- Vinegar is a good weed killer
- A piece of soap under the bed sheet prevents cramp
- Healthy toes - soak your toes in Listerine, this powerful antiseptic leaves your toenails looking healthy
- Make socks white again by boiling in water with a slice of lemon!

If you are travelling to foreign climes or just in case...

- Best run in a zig zag pattern if running from a crocodile - it takes them a while to turn! Great advice!!
- Next time you are caught in quicksand, raise your legs slowly and lay on your back...you won't sink... apparently.



VTNZ discount relationship with Age Concern to end

VTNZ has decided to discontinue the relationship in its current format however discussions will continue with a view to more beneficial partnership or investment opportunities.

VTNZ will honour discounts until the 30th of June 2017.

Age Concern Wanganui would like to thank everyone who mentioned our organisation or used the discount card, we have been the best performing Age Concern across the country thanks to you and to our local VTNZ.



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Is it time to declutter your home?

Clutter: 'Cover of fill (something) with an untidy collection of things' - Oxford English Dictionary

Extreme clutter can cause unwanted anxiety and stress and if not kept under control can lead to irrational behaviour such as hoarding. Hoarding is not uncommon and is quite prevalent in the western world affecting an estimated 2.5% of the population in the UK and probably a similar number in NZ.

Having emotional ties to possessions is normal and is a way of keeping memories close. It is important though, not to treasure everything. Keep the things you love and use and those that have the most value.

Spaces may become dangerous when there is clutter and the risk of tripping and falling is increased.

Sometimes it takes two or three goes at sorting through bits and pieces before you are happy with the reduced clutter and can feel satisfied with your progress.

If you declutter there is less to clean, tidy and organise and more space for you to move around with less chance of tripping or falling. It will also be easier if the time comes to downsize or move house.

Decluttering can be physically and emotionally demanding so make a list of what you want to achieve by decluttering, get help and set reasonable time frames or goals for areas to declutter. You could start with a table or a corner of a room and...take your time!!

Perhaps you need to return items to family who have stored things in your home or ask family to help you list saleable items on line. Donating to local charities makes you feel good and they are happy to take almost anything.

Before buying new things perhaps ask yourself some questions:

1. Do I already have one?
2. Do I have space for it?
3. How much space will it take up and is there

something smaller?

4. Is it necessary or can I live without it? (A good question if a salesperson is encouraging you to buy something you may not need)

Consider getting rid of one thing for every new purchase you make eg: shoes!!

'Sorting out that muddle - Tips on decluttering' brochure is available at Age Concern Wanganui.



WIN

Concert in Wanganui 13th July 2017, 11am

P: 0508 266 237 (toll free)

E: bookings@operatunity.co.nz

W: www.daytimeconcerts.co.nz

WIN a double pass to the It's Rainin' Men show by simply filling in the details below and posting to Pukeko Print & Design, 927 Cameron Road, Tauranga 3112, by the 4th July to go into the draw.

Name _____

Phone Number _____

Alternatively email your details to:

monique@pukekoprint.co.nz and quote ACWang 2/17



Enliven creates elder-centred communities that recognise the individual and support people in a way that's right for them.

Kowhainui Home & Village
88 Virginia Road
Phone: 06 349 1400

Abingdon Village
22 Oakland Avenue
Phone: 06 349 1494

www.enlivencentral.org.nz



Serving the needs of older people



A huge thank you to the following businesses that supported the Age Concern Wanganui Fundraiser in March this year.

250 tickets were sold and \$3739 raised.

Thanks to Board, Staff and families that assisted with ticket sales, setting up the Memorial Hall, managing the door, serving drinks and to friends that made the sandwiches.

- Elizabeth Palmer Beauty Therapy
- Victoria's Treasure's
- Posh Comfort
- The Grand Hotel

- Victoria Dental
- Rummage
- MYOB
- New World Supermarket
- Philp Wright
- Wanganui Sewing Centre
- Sport Whanganui
- RSA
- Bridgestone Select
- Cohen's Business Centre
- Par Excellence
- Bamboo on the Quay
- Wendy's
- Whanganui Rugby
- Waimarie Centre
- Wanganui Camera Centre
- Protégé Hairdressing
- Thistle Sweet Shop
- Mud Ducks Cafe
- St Johns Hill Pharmacy
- Young St Hairdresser
- Top Drawer Lingerie
- Bates Watchmakers
- Kaierau Rugby
- Whittakers Chocolates
- Splash Centre
- Liquor Land
- Wanganui Car Centre
- Pac N Save
- Paiges Book Gallery




Chocolate Fudge Slice

Ingredients

- 1 packet wine biscuits made into crumbs
- ¼ cup raisins
- 1 cup coconut
- ½ cup condensed milk
- 2 tablespoons cocoa
- 100g margarine or butter
- 1 teaspoon vanilla essence
- Chocolate icing (optional)

Method

1. Lightly grease a shallow slice tin (17cm x 27cm) with a pastry brush and oil or oil spray.
2. To make crumbs, place biscuits in a food processor or place in a plastic bag and crush with a rolling pin.
3. Combine biscuit crumbs, raisins and coconut in a large bowl.
4. Mix condensed milk and cocoa in a small saucepan. Add margarine or butter and heat to boiling point, stirring constantly. Remove from the heat and stir in vanilla.
5. Pour condensed milk mixture into dry ingredients. Mix well.
6. Press into slice tin.
7. If desired, cover with chocolate icing
8. Cut into small squares when firm.
9. Enjoy!!




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".



MEMBERSHIP FORM

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

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:

<input type="checkbox"/> Receipt issued	<input type="checkbox"/> Database updated
<input type="checkbox"/> Thank you letter	<input type="checkbox"/> Deposit date



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- 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

