

SPRING 2017 QUARTERLY NEWSLETTER
www.ageconcernwanganui.co.nz



Age Concern Wanganui

Serving the needs of older people



Bulls Steady As You Go group

Contact Information

Phone: (06) 345 1799 Fax: (06) 347 2334
 Email: info@ageconcernwanganui.co.nz
 Address: 164 St Hill Street, Wanganui 4500
 Postal Address: PO Box 703, Wanganui 4540

OFFICE HOURS

9.00am - 3.00pm Monday to Friday

Board Members

Chairperson:	Wendall Hart
Vice Chairperson:	Jan Bullen
Secretary:	Shirley Forward
Members:	Toots Mohi
	Graham Adams
	Jo Green
	Diana Doyle
	Peter Allison
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Manager:	Tracy Lynn
Administrator:	Noeleen Voice
Health Promotion/ Volunteer Coordination:	Janet Lewis & Clare Fearnley
Community Support/ Social Work:	Sue Evans Lorraine Peipi-TePou Kay Taylor
Steady As You Go Coordinator:	Janet Lewis



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



WE NEED YOU!!

Would you like to be a volunteer CarFit technician at Age Concern Wanganui?

In order to be able to ensure older people are using their cars with maximum safety and comfort Age Concern Wanganui offers CarFit (AA) as part of its senior driving program and we need your help.

You need to:

- be a licensed driver with empathy for older drivers;
- have a sound knowledge of driving terms and vehicle safety features;
- have good physical fitness;
- have good observational, communication and time management skills.

You will receive on-site training and a technician manual. Time commitment is half a day approximately four times per year.

For more information, call Janet on a Tuesday or Thursday on (06) 345 1799.

The expert in anything
was once a beginner.

Driving Miss Daisy – We are not just for seniors!

Over the years Driving Miss Daisy has built up a reputation for providing a high quality service to senior citizens who no longer drive. They are a regular at retirement villages and rest homes across the country and senior citizen clients form the largest proportion of their client base. But did you know that they also provide our services to younger people who don't drive?

Some clients have a disability or medical condition which means they can't drive, however this doesn't stop them from being very active in other areas of their life; they work in a professional capacity, run businesses, attend school or tertiary education and enjoy socialising with friends. Driving Miss Daisy drives these clients to their place of work or business meetings, assists them to their lectures and social occasions, ensuring they are where they need to be in plenty of time.

They treat every client as an individual, no matter what their personal circumstance. Every client has different needs, and they make sure they discuss this with their clients so that they fully understand them and provide them with the absolute best support and service.

For Driving Miss Daisy, it's imperative that all their clients are treated with dignity and respect. They are committed to helping their clients get out and about, so they can live life to the full and enjoy every moment.

If you have an activity you would like them to help with please call them today to discuss – they look forward to seeing you soon!

Whanganui - Clive Aim

(06) 347 9100 021 503 313

Driving Miss Daisy your companion and your driver!



Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and accompany you to:

- Medical and other appointments
- Family/social occasions
- Shopping trips
- Scenic drives
- Take your pets to the vet
- Airport drop-offs and pick ups

ACC approved provider.

Bookings are essential – call Clive today and make your next outing a pleasure!

Whanganui

Phone: (06) 347 9100

Mobile: 021 503 313



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

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 Response Service

Our social worker is available to confidentially discuss problems of suspected abuse, maltreatment or neglect and can assist in obtaining help. Resources are available for distribution.

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



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For more information please call
Maureen on 06 348 9564

49 Oakland Avenue, Whanganui



*Terms and conditions apply

New Service for Elder Abuse Response

A new Elder Abuse Response Service was launched on 1 July 2017 by the Hon Maggie Barry, Minister for the Office for Senior’s.

Stephanie Clare, Chief Executive Age Concern New Zealand says “We fully support the increased investment in a new Elder Abuse Response Service (EARS) to cover the whole of New Zealand.”

“It is critical that we help older New Zealanders live a life free from harm.”

Age Concern New Zealand is the leader in Elder Abuse and Neglect Prevention and knows the need will only increase as our older population grows and as we all age.

“It’s not acceptable to have our older population living in fear and Age Concerns are here to help in communities across New Zealand.”

It is estimated that in New Zealand 70,000 people over 65 are abused each year and that Age Concern New Zealand statistics show that 75% of alleged abusers are family members.

Stephanie says “All of our Age Concern members are pivotal in helping older people live safe lives. We are in communities among older people every day - we know how to spot signs of abuse or neglect and how to support people through such a difficult and shocking experience.”

The Office for Senior’s will take over the elder abuse prevention and education role and has launched a free and confidential 24/7 help-line, 0800 32 668 65 (0800 EA NOT OK).

Age Concern Wanganui successfully tendered to retain the contract in the Whanganui region, with contractual oversight in Taranaki and Manawatu and offers a confidential service for anyone that may suspect an older person is not being treated well, or wants to report abuse.

Please get in touch with Age Concern Wanganui – (06) 345 1799 or email: info@ageconcernwanganui.co.nz

A Problem with balance? Come and join a Steady As You Go class!

Steady As You Go, has been running in Whanganui since September 2015. 21 groups meet in venues around Whanganui as well as Marton, Hunterville, Raetihi, Ohakune and Bulls.

Steady As You Go (SAYGo) is unique. SAYGo was developed in Otago as a falls prevention programme using peer leaders and a central coordinator.

It has been evaluated by University of Otago researchers. They found the classes improved physical function, reduced the risk of falls, were fun and provided links with other people in the neighbourhood. The exercises are designed to improve balance, leg strength, general fitness and well-being. Participants begin with a warm up in a chair followed by standing exercises, walking exercises and end with a warm down in a chair. Ankle weights can be used for the strengthening exercises and all participants are encouraged to work at their own pace and stop if they feel dizzy or lightheaded.

Anne has been a member of St Luke’s class in Castlecliff since April 2016. When I spoke to her she had only ever missed one class. She had a stroke four years ago and subsequently had several falls after this. She has had two falls after starting classes, however was pleased that she was able to control the falls and not do any damage. She said “I was able to fall better”. After her stroke she started off in a motorised wheel chair, moving onto a walker and now uses a walking stick more frequently. She can now walk up a ramp, stand at the bench and help with meal preparation, a job that her husband had taken over. She is also able to dress herself standing up without support. Anne is back enjoying life, volunteering at the local Op Shop and meeting friends for coffee once a week. She also enjoys going along to Singing for the Brain every Monday and does the actions when she can.

Maria is a member of the Marton class. Maria says that she has been falling over her whole life because

she is pigeon toed. A hip operation has help alleviate some of this problem. After attending classes she says that she can now walk better. With the help of hiking sticks she can now do 10 laps around her home! Maria wants to keep going, walking and driving and going to classes is one way of helping Maria do this.

For more information about Steady As You Go contact Janet Lewis, Age Concern Wanganui Ph: 345 1799. Come along and have a go!!



23 Dublin St
Wanganui

06 348 7792

Complete Foot Care and Treatment

- Heel & Arch Pain
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- Orthotics/Insoles
- Biomechanical Evaluation
- Home Visits
- Childrens Shoes

THE FOOT CENTRE

CAROLYN GROVES
PODIATRY

Could you get a better deal from your power company?

There are more electricity retailers offering more deals than ever - but that can make things confusing.

Fortunately there’s one easy, two-minute check you can do to see if there might be a better deal out there.

A quick visit to **www.whatsmynumber.org.nz** will tell you if there’s savings to be had.

It’s a free, independent website that compares the electricity prices available in your area and lets you know what your potential savings are.

If you don’t have access to the internet Citizens Advice can help you run the check, or you could do it with your family - and get them to check too.

Even if you’re happy with your current company you might learn something to help you have a chat with them about improving their deal.

You could also ask them about different plans and payment options they offer.

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – free phone ENERGYWISE on 0800 749 782 or visit www.energywise.govt.nz for information about subsidies and funding options.

IN THE TIME IT TAKES

FOR THE KETTLE TO BOIL,

YOU COULD FIND YEARLY

POWER SAVINGS OF \$164

Don't forget to check.

WhatsMyNumber.org.nz

Free & Independent

consumer powerswitch ELECTRICITY AUTHORITY

Your security

In past stories we've talked about ways to keep yourself safe from internet and phone scams. This time I'd like to address something more important, and that's your physical safety. The daily news seems to constantly bring fresh stories of people being robbed or attacked. There's no doubt that things are not as safe as they were twenty or thirty years ago. You can't leave your door unlocked or windows open while you pop down the road to the shops, and leaving your car engine running while you duck into the dairy for milk is asking for trouble. Rest assured though, it's not all doom and gloom out there. Most of society is still filled with caring people.

However here are some tips to help keep you safe at home.

- Don't leave your valuables lying around. Specifically put your handbag or wallet away in a cupboard when you're at home. A common ploy for thieves is to come to the door and spin a

tale about a car breaking down, or losing their dog. They might then ask for a glass of water to gain access to the house, and while you're distracted they swipe your wallet. Often people don't realise it's happened until they next go out.

- If you don't already have one, you might consider investing in a security door. These are usually wire mesh, lockable doors, that sit on the outside of your front door. That way you can open up to see who is there while still being safe behind a locked door.
- If you are particularly nervous about opening a door, then don't do it. It's perfectly okay to talk to someone through a window, or even a closed door until you're confident of who they are. If you feel that might be too rude, then as a suggestion take your phone to the door with you. Have a neighbour or family member on speed dial, and if at any point you feel threatened then call them.
- Don't leave the front door open if you're going to be working in the back garden. Unless you have a direct view into your house at all times then it's easy for someone to slip into the front, take a few things, and slip out again.
- Get to know your neighbours. Not only does it give you someone else to chat to now and then, it provides another set of eyes that can help keep you and your home safe.

Some of these things also apply to when you're out and about. If you drive somewhere don't leave your bag or wallet or phone sitting in plain view when you park the car.

On the other hand, if you are confronted by someone who physically intimidates you and demands your belongings, give them whatever they ask for. It can be frightening being robbed, but it's better than being assaulted for the sake of something that is probably easily replaced.

Rodney Strong
Age Concern Wellington Feature Writer

Pedestrians on Wheels

This mobility scooter groups meets the third Wednesday of each month at The Brick House, 12.30pm for lunch and 1.30pm for our meeting.

We do trips to the Fielding, Palmerston North and Levin scooter groups. They also visit us.

We have a Xmas lunch every December. We all take a parcel worth no more than \$5.00 for Secret Santa to give out.

We have guest speakers at times.

In the summer, we do scooter rides the second Wednesday of each month. We meet for afternoon tea at 1.30pm.

Most of all, we are a fun loving group!!

Mobility scooter and wheel chair users are welcome. Husbands, wives, partners and supporters are welcome also.

Contact Noelene for more information 027 758 0471.



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email: info@simplyhearing.co.nz
web: simplyhearing.co.nz

* Conditions apply.

Pensioner housing units available

\$105.00/week
for one person

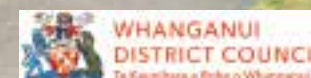
\$132.00/week
for couples

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



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

DENISE HAIR STUDIO

45 Dublin Street (opposite Harvey Round Motors)

Ph: (06) 347 8478

On presentation of this coupon you will get:

\$5.00 off a Haircut

(includes Shampoo and dry-off), or

\$10.00 off a Perm

(includes Haircut and Set or Blowave)

one coupon per client, once only

DENISE HAIR STUDIO WELCOMES A MATURE CLIENTELE

Denise Hair Studio's aim is to cater mainly for the ageing population of Whanganui. Their premises are kept warm for your comfort and has plenty of room for wheelchairs and walkers.

Denise and Judi both enjoy doing services no longer offered in some salons such as Bodywaves, Perms and Sets. With the assistance of the receptionist Alison, the caring and friendly team aims at functioning promptly and professionally.

This salon offers:

- Reasonable 60+ prices and quality products
- Perm deal for "first time" client (reg price \$85.)
- Mature and experienced hairdressers (no juniors)
- Soft background music, easy access and free parking

*** Our salon is age friendly ***

Come enjoy the experience and tell your friends

Life is too short,
hug a little longer,
love a little
stronger,
forgive a little
sooner and smile
a little sweeter.



BITS N PIECES

Meet & Greet Volunteers at Wanganui Hospital

We recently took a call from a lady who needed assistance once she had arrived, by taxi, at the hospital to get to her appointment. We made some enquiries and thought this information might be of some use.

Meet and Greet volunteers are available in the foyer at the entrance to the hospital and are there to assist if you need help. These volunteers are available from 9am - 11.30am.

Outside of these hours the orderlies may be approached if you require assistance. The orderly station is also at the front entrance, the telephonists can point you in the right direction.

Grumpy Old Men Enterprises (G.O.M.E)

Turning scrap metal into donations. Toasters, microwaves, appliances, televisions etc are stripped down and the steel, copper and other metal is sold and donated to local children's groups or charities in the community.

For more information contact:
Jim O'Neill - 344 4566

Whanganui District Library
Te Whare Pukapuka o Whanganui

Home Service
Mātāpuna ki to kāinga

Just had an operation?
Have limited mobility?
We can help bring the library to you.

The Home Library Service provides items from the library to your door, free.

Enquiries to Carol Tong
(06) 349 3203.
(Please leave a message)



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
Idea Services, Gonville 1.15pm - 2.15pm

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



Okere House welcome your enquiries...

As a Specialised Dementia Care Facility we offer Day Care, Respite and Residential Care for your loved ones in a warm and friendly environment.

OKERE HOUSE

35 Treadwell Street, Wanganui
Please Phone (06) 348 4857 for more information



Age Concern Wanganui Senior Driving Programs

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

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 on 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?

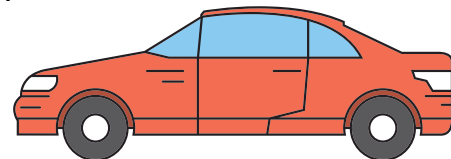
These days, cars have all sorts of gadgets. Older drivers can improve their safety by ensuring their cars are properly adjusted for them. A proper fit in your car can greatly increase your own safety and comfort and the safety of friends and family who may be your passengers. Take the opportunity of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

Age Concern Wanganui is continuing to offer its popular and practical free driving programmes for senior drivers:

- Hanging Up the Car Keys in Whanganui in September/October
- Keys to Safe Driving – interactive, classroom-based. Refresh and improve your driving knowledge and choices.
- CarFit – comfort and safety in your car

Keys to Safe Driving and CarFit will be in Whanganui, Ohakune and Rangitikei. If you'd like to know more or to register in advance, phone Janet on (06) 345 1799.



Hanging Up the Car Keys

A presentation for families, individuals and health professionals

- The **Medical** conversation
- Life **beyond** driving



Where: Venue to be advised

When: Wednesday 4 October 9.30am - 11.00am

For more information please call us:
Age Concern Wanganui 345 1799 or email:
janet@ageconcernwanganui.co.nz





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

Are you over 50 or have you retired?

If you wish to meet others and make new friends in a friendly supportive learning environment, consider joining U3A Whanganui. Members usually meet monthly in small groups such as:

- Local history • Travel • Arts • Gardens • Music
- Cinema • Science & Technology • Books
- Open discussions • Reincarnation • Writing
- Wordplay • Scrabble • Poetry
- Exploring ancient Egypt • Gallivanting

Contact Janice Dowdeswell for the latest newsletter:
(06) 345 7172 or email: janice@dowdeswells.com





WIN

Concert in Wanganui
26 October 2017, 11am
P: 0508 266 237 (toll free)
E: bookings@operatunity.co.nz
W: www.daytimeconcerts.co.nz

WIN a double pass to the Fabulous 50's show by simply filling in the details below and posting to Pukeko Print & Design, 927 Cameron Road, Gate Pa, Tauranga 3112, by the 17 October 2017 to go into the draw.

Name _____
Phone Number _____
Alternatively email your details to:
monique@pukekoprint.co.nz and quote ACWANG 3/17



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www.careoncall.co.nz



“You are only confined by the walls you build yourself”

Rules for Teachers - 1914

- 1. You will not marry during the term of your contract.
- 2. You are not to keep company with men.
- 3. You must be home between the hours of 8pm and 6am unless at a school function.
- 4. You may not loiter downtown in any of the ice cream stores.
- 5. You may not travel beyond the city limits unless you have permission of the chairman or the school board.
- 6. You may not ride in carriages or automobiles with any man except your father or brother.
- 7. You may not smoke cigarettes.
- 8. You may not dress in bright colours.
- 9. You may under no circumstances dye your hair.
- 10. You must wear at least 2 petticoats.
- 11. Your dresses may not be any shorter than 2 inches above the ankles.
- 12. To keep the classroom neat and tidy you must sweep the floor once a day, scrub the floor with hot soapy water once a week, clean the blackboards once a day and start the fire at 7am to have the school warm by 8am when the scholars arrive.



Fruit Crumble

The ideal winter pudding!
Use seasonal stewed fruit or canned fruit.
Serve hot with custard or ice cream.

Ingredients	1 Serve	2 Serves
Rolled oats	¼ cup	½ cup
Flour	2 T	¼ cup
Brown sugar	2 T	¼ cup
Cinnamon or mixed spice	¼ t	½ t
Margarine or butter, melted	1½ T	3 T
Fruit, canned or stewed	½ cup	1 cup

- Method
- 1. Preheat oven to 160° C.
 - 2. Combine rolled oats, flour, brown sugar and spice in a bowl. Add margarine and mix well to make a crumbly topping.
 - 3. Place fruit in a small oven proof dish.
 - 4. Sprinkle topping over fruit and cook for 20-25 minutes or until the topping is golden brown.

Serving Suggestion: Serve with custard, yoghurt or ice cream.

Recipe from Cooking for Older People - Easy Recipes for One or Two, Canterbury District Health Board.

Age
Concern

Wanganui

He Manaakitanga Kaumātua

MEMBERSHIP
FORM

AGE CONCERN WANGANUI Inc

PO Box 703, Wanganui 4540

Name:

Address:

Phone:

Email:

Ethnicity:

Age Group:

☐ NZ European

☐ NZ Maori

☐ Pasifika

☐ Other

☐ 60 - 69 yrs

☐ 70 - 79 yrs

☐ 80 - 89 yrs

☐ 90 - 99 yrs

☐ 100 + yrs

Individual Member:

Corporate Member:

Donation:

TOTAL:

New

Renew

\$20.00

\$100.00

\$

cash / cheque / internet

\$

Please tick if you require a receipt

Westpac account - 030791-0454649-00

If you are making an internet payment, please email your details to: info@ageconcernwanganui.co.nz or post this form to PO Box 703, Wanganui, 4540

OFFICE USE:

☐ Receipt issued

☐ Thank you letter

☐ Database updated

☐ Deposit date

Age
Concern

Wanganui

He Manaakitanga Kaumātua

Form of Bequest

Take or send to your Legal Advisor for incorporation in your Will.

"I give and bequeath the sum of \$ (or) % of my estate, (or) residue of my estate, (or) property or assets as follows:

free of all charges, to Age Concern Wanganui. The official receipt of the Chief Executive or other authorised officer of the Trustee shall be a sufficient discharge to my executors".



ST JOHNS HILL HEALTHCARE



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- 56 Beds
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- Situated on St Johns Hill overlooking Wanganui City
- Set in park like grounds
- Earthquake strengthened
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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

