

SUMMER 2017 QUARTERLY NEWSLETTER
www.ageconcernwanganui.co.nz



Age Concern Wanganui

Serving the needs of older people



For advertising phone Monique (07) 577 9092 or email monique@pukekoprint.co.nz

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Contact Information

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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
	Keri-Anne Hawira



Staff

Manager:	Tracy Lynn
Administrator:	Noeleen Voice
Volunteer Coordination:	Janet Lewis
Steady As You Go:	Janet Lewis
Community Support/ Social Work:	Sue Evans Lorraine Peipi-TePou Deidre Boyd
Welfare Officer - Council Flats Whanganui & Rangitikei:	Lorraine Peipi-TePou
Elder Abuse Response Service:	Sue Evans (Senior Social Worker) Deidre Boyd
Accredited Visiting Service:	Clare Fearnley
Health Promotion:	Clare Fearnley

**Dreams and dedication
are a powerful
combination.**

Staff changes at Age Concern Wanganui

We said cheerio to Kay Taylor in September. Kay's role was as the Accredited Visiting Coordinator and Community Social Worker. Her contribution to Age Concern Wanganui over the past 9 years, the way she connected with volunteer visitors and clients and assisted people in communities in Whanganui and the Rangitikei was very special and we wish her well.

We welcomed Clare Fearnley and Deidre Boyd to Age Concern Wanganui in October.

Clare takes on the role as Social Connections Coordinator that includes the Accredited Visiting Service. Clare also coordinates health promotion including seniors driving programs - Hanging up the Car Keys, Keys to Safe Driving and CarFit.

Deidre is working with the Elder Abuse Response Service and is available for community social work and support.

Clare and Deidre may be contacted at Age Concern Wanganui on (06) 345 1799.



Christmas Hours

**Our office will be closed
from 3pm on Thursday 21st
December 2017 and will
reopen on Monday
8th January 2018 at 9am.**

Enjoy the festive season with Driving Miss Daisy

Believe it or not we're heading into the tail end of 2017 already. The days are getting longer and the sun's warmth has sparked the beginning of a new growth cycle. The abundance of blossoms, daffodils and new vegetable shoots indicate that Winter is well and truly over for another year. It won't be long and the memorable smell of Christmas pine will be filling the air.

At this time of year Driving Miss Daisy is thinking not only about how we can help our clients to complete their Christmas tasks, but also how they can enjoy the festive season.

Receiving a card in the post with a thoughtful hand-written message is always much appreciated, but due to email it's becoming a thing of the past. We think it's a tradition worth keeping due to the joy it brings the recipient, so our Daisies can help you to purchase, write and post greeting cards to your friends and family across the world.

Gift shopping for family and friends can often be a challenge. But we're often called upon to assist our clients with this task and to be honest, our Daisies love to help. We'll share ideas, help you get to the shops, assist you with the purchase and can even help with gift wrapping and postage.

The shopping needn't just be for others - if you'd like to purchase a new season item for your own wardrobe, or perhaps treat yourself to a gift, we'd be pleased to help.

You might be asked to bring a plate to a pre-Christmas function, or contribute a dish to a Christmas Day meal. We can help plan this dish and shop for grocery items.

Finally, we can assist you to get wherever you need to go for end of year events. You'll arrive on time, looking fabulous and ready to enjoy the day.

Driving Miss Daisy is committed to helping our clients get out and about, so you can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, if you have a walker or wheelchair. No matter what your requirements please call us today to discuss - we 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 officer provides 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

Steady As You Go (SAYGo)

Steady As You Go is an Age Concern Otago program that Age Concern Wanganui has adopted with classes throughout the Whanganui region.



In 2015 we were approached by ACC to participate in a pilot program focusing on strength and balance with a view to reducing harm from falls. Janet Lewis was appointed to coordinate the program and she and our manager (Tracy Lynn) attended training for SAYGo.

12 classes were established initially beginning with a 10 week program whereby participants were tested in week one and again in week ten. The test comprises three simple exercises that are measured with a view to determining the progress of individuals and their increased strength and balance.

During the 10 weeks, peer leaders are chosen (up to 3 for each group) so that after 10 weeks, the Age Concern Wanganui Coordinator steps aside and the classes continue with the peer leaders taking over. The peer leaders may undertake certain tasks such as setting out the chairs, looking after the CD player (provided by Age Concern Wanganui), keeping the roll and collecting the money. \$3 is paid each week with the money collected used to pay for the venue. Monies left over are kept by the group who decide collectively how it is to be spent.

The peer led classes are closely supported by the SAYGo Coordinator who connects with all new participants and undertakes their individual pre and post testing. Support meetings for the peer leaders are held and at least one peer leader per class is required to attend a first aid course provided by Age Concern Wanganui.

In addition to the benefits in regard to strength and balance, the classes provide an opportunity for social and community connection with a number of the groups making donations to charity or using the money for other purposes, for example, one group

holds a coffee morning in addition to the exercise class.

Firm friendships have developed and the members look out for each other. If someone is unwell or unable to get to class, there is always another person to assist.

By mid - 2017 24 SAYGo classes had been established and are currently held in Whanganui, Bulls, Marton, Hunterville, Ohakune and Raetihi.

Contact Janet Lewis Age Concern Wanganui

Phone: (06) 345 1799

Email: janet@ageconcernwanganui.co.nz

Our Thanks to:



St Laurences Social Services Trust



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

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



central@careoncall.co.nz

0800 336 636
www.careoncall.co.nz

Nazareth is a 46 bed Rest Home and Hospital situated on St John’s Hill. Nazareth is surrounded by well-established grounds, beautiful views of the Whanganui River, patches of native bush and farmlands and suburbs, offering a peaceful atmosphere.

Nazareth provide Rest Home, Hospital, Palliative, Short Stay, Respite and Day Care.

Nazareth is based on Christian principles which recognise and respect the value of each person and acknowledge their wealth of life experience, in the spirit of the Sisters of St Joseph of the Sacred Heart.

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

The Nurse Manager Helen Ivory and Clinical Coordinator Julie Jones welcomes you to contact us or visit at any time.



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

Age Concern Wanganui Senior’s Driving Programs

‘Hanging up the Car Keys’
Do you realise just how much has changed since you first started driving?
Are you sure that you have kept up with all the changes to the road code?
Is your driving as safe as it could be?

Register for the ‘Keys to Safe Driving’ course to be held in Ohakune on Monday December 4th at Ruapehu Council Chambers, 37 Ayr St, Ohakune

‘CarFit’
A vehicle that doesn’t fit you can make driving uncomfortable and unsafe. CarFit can help address these issues and it can help open a dialogue with drivers about safety issues as they age.

Register for ‘CarFit’ to be held in Ohakune on Tuesday December 12th at the Ohakune Club, 71 Goldfinch St, Ohakune

To register for the Ohakune programs please contact: Marlene Castle (06) 385 8955 or Clare at Age Concern Wanganui (06) 345 1799 or email: hp@ageconcernwanganui.co.nz

‘Keys to Safe Driving’ and ‘CarFit’ will also be held in Whanganui and Bulls in 2018

Register now!!
Call Clare at Age Concern Wanganui
Phone: (06) 345 1799 or
Email: hp@ageconcernwanganui.co.nz



Top 10 Safest Colours for Cars

Does the colour make a difference? According to statistics, black cars are 47 per cent more likely to be involved in crashes than other colours. Here are the top 10 safest colours for cars.

- 1. Yellow** is famously painted onto every New York taxi, and some taxis in other parts of the world including Melbourne. And there’s a reason for it. Yellow is bright and it stands out in rainy conditions, fog, at dusk and dawn and other low-light situations, and it’s great at night
- 2. White** might seem like it should be the safest colour, however, studies have shown that white cars are very common and the fact they are common can affect the way they stand out. White is regarded as a very safe option as it can be seen more clearly in low-light conditions although it can be difficult to see in pouring rain or fog during the day.
- 3. Orange** is one of the top safest colours you can go for. Some statistics suggest it is the safest of all although not all vehicle manufacturers will offer an orange colour making it harder to obtain.
- 4. Gold** is bright and shiny, which means it stands out during the day. It’s also good at reflecting light during the night and provides good contrast with the black road. It can be difficult to see in really heavy rain, with some headlights giving off a gold-ish tinge against the water spray.
- 5. Cream** is quite safe. It provides good contrast against the road and it’s relatively bright during the night. During rainy conditions it can be easily clouded over.
- 6. Pink** is a very safe colour for obvious reasons; it stands out. Not many motorists or pedestrians will mistake a pink vehicle as invisible or as something else. Since not many objects on and around roads are pink, it is an excellent colour.
- 7. Silver** is a safe colour as it is bright and stands out in low-light conditions. However, in rainy conditions the colour can blend in very well, making it hard to see.
- 8. Green** is a bit like red. There are lots of surrounding objects that are green; the green traffic lights, bus stops and some street lights, and fences are fairly common in green. This means contrast isn’t as high as it is with the brighter colour options as mentioned below.

9. Red might be regarded as the fastest colour around but it’s not necessarily the safest. Red can become tangled in the surrounding colours on the street, with traffic lights, brake lights, and various road signs incorporating various shades of red. It does stand out, even in rainy or foggy conditions, however, at night it’s not bright enough to light up. It is considered a safe colour, just not as safe as the other options.

10. Blue is the next safest colour after Grey, which means it’s not all that safe. Blue tends to blend in with the sky during the day, and it doesn’t provide much contrast against the black tarmac. At night it can come across as black if it’s a mid-range (or darker) shade of blue.

DENISE HAIR STUDIO WELCOMES A MATURE CLIENTELE

At Denise Hair Studio we cater for the aging population of Whanganui. Our hairdressers enjoy doing traditional services no longer offered in some salons, such as Perms, Bodywaves and Sets. Our caring and friendly team aims at servicing clients promptly and professionally. The premises are kept warm for your comfort and has plenty of room for wheelchairs and walkers. The salon is well located in central Whanganui and offers:

- Reasonable prices and quality products
- 60+ deals on all services
- Perm deal, incl Cut + Set or BW (short hair) \$85.00
- Mature and experienced hairdressers (no juniors)
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*** Our salon is age friendly ***
Come enjoy the experience and tell your friends

DENISE HAIR STUDIO

45 Dublin Street (opposite Harvey Round Motors)
Ph: (06) 34 78 4 78

60+ PRICES
Shampoo + Set or Blowwave \$25.00
Shampoo + Haircut \$34.00
Shampoo + Cut & Set or Blowwave \$44.00
(keep this coupon for future references)

Gannet Pie for Christmas

Abel Tasman’s New Zealand Christmas

The Christian origins of Christmas meant that before European contact, the celebration had no place in the calendar of Aotearoa. The first celebration of Christmas in New Zealand coincided with Abel Tasman’s voyage to New Zealand in 1642. Unfortunately, things did not get off to a good start. On 19 December 1642 the Dutch ships Heemskerck and Zeehaen were anchored in Golden Bay, home of the Ngati Tumatakokiri people. Clearly the locals felt threatened by these strange vessels and people. One of Tasman’s small boats was passing between the two vessels when it was rammed by a waka (Maori canoe). Four of Tasman’s party were killed. Several Ngati Tumatakokiri were killed when the Dutch opened fire from both ships. Tasman saw no reason to hang around. After naming the place Moordenaers Baij (Murderers’ Bay) he immediately set sail. On 20 December his expedition reached the Manawatu coast of the

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





Gannets roost at Cape Kidnappers in 2005. Now protected, gannets were used by James Cook for his Christmas ‘Goose Pye’ in 1769.

North Island before crossing the entrance of Cook Strait and anchoring east of Stephens and D’Urville islands. Here the crew encountered what many Wellingtonians have become used to at Christmas time - poor weather. While sheltering from a storm, the Dutch enjoyed the first Christmas dinner in New Zealand - freshly killed pork from the ship’s menagerie washed down with extra rations of wine.

Cook’s ‘Goose’

The next celebration of Christmas in New Zealand occurred during James Cook’s first expedition in 1769. The crew of the Endeavour marked the occasion by feasting on ‘Goose pye’ for their Christmas dinner while battling heavy seas off the tip of the North Island. There were no geese, so the crew had to improvise - with the magnificent gannet that had been shot in preparation for the feast by the ship’s noted botanist, Joseph Banks. Apparently the Endeavour’s crew spent Boxing Day ‘nursing hangovers’. The Boxing Day tradition of suffering from Christmas excess clearly has a long history in New Zealand.

Yorkshire Goose Pie

As a Yorkshireman, Cook might well have insisted upon the following ‘Recipe for an Economical Goose Pie’. This was copied from an early cookery book dated 1791 and dedicated to the Hon. Lady Wourton, whom the author served as housekeeper.

Take a large fat goose, split it down the back and take all the bone out; bone a turkey and two ducks the same way; season them with pepper and salt,

with six woodcocks. Lay the goose down on a clean dish with the skin side down and lay the turkey into the goose with the skin down.

Have ready a large hare, cleaned well; cut in pieces and put in the oven with 1 lb of butter, ¼ oz mace, beat fine; the same of white pepper, and salt to taste, till the meat will leave the bones, and scum off the gravy; pick the meat clean off and beat it in a marble mortar very fine with the butter you took off, and lay it on the turkey.

Take 24 lbs of the finest flour, 6 lbs of butter, ½ lb of fresh rendered suet, make the paste thick and raise the pie oval; roll out a lump of paste and cut it in vine leaves or what form you will; rub the pie with yolks of eggs and put your ornaments on the wall, then turn your hare, turkey and goose upside down and lay them on your pie with the ducks at each end and the woodcocks at the sides. Make your lid pretty thick and put it on.

You may make flowers, or the shape of folds in the paste on the lid, and make a hole in the middle of the lid. The walls of the pie are to be 1½ ins. thicker than the lid. Rub it all over with the yolks of eggs and bind it round with three-fold paper and the same over the top. It will take 4 hours baking in a brown bread oven. When it comes out, melt 2 lbs of butter in the gravy that came from the hare and pour it through the ton-dish (funnel). Close it well up and let it be 8 or 10 days before you cut into it. If you send it any distance, close up the hole in the middle with cold butter to prevent the air from getting in.

Banks’s gannet pie probably failed to make the grade in terms of a real goose pie. If this is the recipe for the economical version it is hard to imagine the deluxe model.

Do not attempt this at home!

NZHistory.net.nz does not advise attempting to copy the crew of the Endeavour by filling your Christmas pie with any endangered or protected wildlife!

Source: ‘Gannet pie for Christmas’, URL: <https://nzhistory.govt.nz/media/photo/gannets-at-cape-kidnappers>, (Ministry for Culture and Heritage), updated 13-Jan-2016

Free Education Programme

When someone you care about is diagnosed with dementia it can be a hard piece of news to deal with. The diagnosis may not be completely unexpected, but it can still be difficult.

Alzheimers Whanganui wish to let our communities know that we have designed a **free** Education Programme for people in the role of supporting/caring for their partner, family member/whānau or someone in their community with dementia.

We know that increased knowledge makes a significant positive difference in how we view dementia and helps us to help the person living with it. It is also important to know how to look after ourselves. The outcomes for these workshops will be that people in the supporting role will have a better understanding about dementia, and a greater awareness of themselves and the person with dementia. Being with others who share your experience often gives a sense of closeness and connection that no professional relationship can match.

These sessions are **free to all** interested parties who want to learn more about caring for someone with dementia and will be delivered in your area by our professional staff.

If you are interested in taking part please register by phoning us at (06) 345 8833 or email: manager@alzheimerswhanganui.org.nz



Alzheimers Whanganui

- Information and Education
- Friendly Carer Support workshops
- Fun community outings for people with dementia

Making life better for all people affected by dementia in Whanganui, Rangitikei Taihape and Waimarino

Call the Team today
(06) 345 8833 | 0800 004 001
Suite 5 136 Victoria Avenue (next to Barber Town)
Email: admin@alzheimerswhanganui.org.nz
www.alzheimers.org.nz/whanganui

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
1.30pm - 2.30pm

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 10.45am - 11.45am

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



Churton School Steady As You Go Exercise Group

Churton School Steady As You Go Exercise Group started in September 2015 and has been meeting every Thursday since, stopping only for the recent school holidays when the hall was needed for holiday activities and the longer summer break. The school caretaker is very helpful and the atmosphere is good. We donated \$100.00 towards the purchase of library books earlier in the year.

Five of the original group still attend regularly, and we have had many come and go as their circumstances change. An average class would have a dozen or so members. Medical appointments, operations, bereavements and other facts of life occur but we have a supportive group who are concerned for the general welfare and are welcoming when the wounded return! A social group, we lunch together at Caroline's twice a year, subsidising our meal \$10 from our profits.

The physically beneficial effects and the social aspect of the group make it an enjoyable way to exercise. Last year we missed one week because the school and some of the roads around town were closed by the flooding, then the next week the power was off but we continued with the exercises called out using the printed sheets for home use. We found they had a different order and missed some of the exercises-like squats (sad!). Another week the Hall was in use for a visiting speaker so we used the computer room which was an exercise in care and awareness of our surroundings as the chairs swivelled as we moved but everyone was super cautious and no paperwork ensued. Mostly, though, we enjoy the spacious hall with plenty of room to move, march, duck walk or whatever is required. We are a fortunate group. Members comment about situations where they've felt the benefit of the exercises.

When Janet comes to visit she comments positively on what she sees, so we must be doing all right!

Colleen and Frances
Churton School Steady As You Go Group

Summer is Coming - are your Feet ready?

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

Some foot related conditions are cracked heels or tired feet and legs.

Cracked Heels are often a summer problem due to slip on shoes and bare feet. Apart from aesthetics, the heels can become painful and even split open. To control this problem talk to us. We can treat the heels, remove the hard skin and cracks, then advise on maintenance.

Tired Feet and Legs can be due to unsupportive summer sandals or shoes. This can cause excessive stress on your feet particularly if there is an existing imbalance in the foot foundation, which many of us have and are unaware of. Again we can help and advise.

Podiatry is what we do and we are good at it, so ring us at **THE FOOT CENTRE** 348 7792 to see if we can help you.



23 Dublin St
Wanganui

06 348 7792

**Complete
Foot Care and
Treatment**

- Heel & Arch Pain
- Corns/Callus/Nails
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- Biomechanical Evaluation
- Home Visits
- Childrens Shoes

**THE
FOOT
CENTRE**

CAROLYN GROVES
P O D I A T R Y

Cooking for Older People Recipe Book

This 65-page recipe book is for older people who are cooking for one or two people. The recipes use readily available ingredients and are quick and easy to prepare as well as nutritious and delicious. This book accompanies a series of leaflets on a range of nutrition topics.

Developed for: Older people wanting to eat well and enjoy life to the full.

- Suitable for:**
- Health professionals working with older people - General Practitioners, Practice Nurses and Dietitians, etc.
 - Agencies and associations working with older people e.g. Age Concern
 - Older people wanting new and nutritious recipe ideas for 1-2 people

- Includes:**
- Useful tips on cooking
 - Information on healthy eating for older people
 - Food safety tips
 - A selection of recipes for 1 or 2 people

\$10.00 per copy (including GST) plus packaging and postage (\$4.00 for 1-6 copies, \$10.00 over 10 copies)

To place an order contact:

Sue Burgess, Resource Coordinator Community and Public Health
PO Box 1475, CHRISTCHURCH
Phone: (03) 3786 721 Fax: (03) 3796 125
Email: sue.burgess@cdhb.health.nz

Item: Cooking for Older People \$10.00 each

Payment Method:

- ☐ Cheque enclosed made out to Canterbury District Health Board

Send to:

Name:

Address:

.....

Did you know...

- The smallest bones in the human body are found in your ear
- Cats spend 66% of their life asleep
- Stewardesses is the longest word that is typed with only the left hand
- Honey is the only natural food which never spoils
- The only continent with no active volcanoes is Australia
- The croissant was invented in Austria
- All the blinking in one day equates to having your eyes closed for 30 minutes
- Lightning strikes the Earth 6,000 times every minute
- A 1/4 of your bones are in your feet
- Dragonflies have 6 legs but can't walk
- Pop corn was invented by the Aztec Indians
- Your skin is the largest organ making up the human body

Do you need hearing aids?

You can afford quality Digital Hearing Aid's From \$999*



Call or email Heidi today for your FREE 8 week trial.



Full Hearing Assessment + 3 Year Manufacturers Warranty included. WINZ quotes and funding applications available. Bookings are essential.

Simply Hearing is a locally owned and operated clinic.

35 Dublin Street, Wanganui 4500
phone: (06) 345 9799
email: info@simplyhearing.co.nz
web: simplyhearing.co.nz

* Conditions apply.

Kiwi Xmas

Written by Auckland comedian Penny Ashton, A Kiwi Xmas is based on the poem The Night before Christmas.

A weta's got my Jandal!

'Twas the Night before Xmas and all through the bach
Not even a weta was making a scratch
Woolly socks were hung by the pot belly with care
In the hopes that Santa soon would be there
The children were snoozing in a light summer's breeze
Whilst dreaming of spongy pud and lime green cream freeze
And dad in his walk shorts and me in my Jandals
Had just settled down for a couple of handles
When out on the lawn I heard such a ruckus
I sprang from my Lazy Boy to see what the fuss was
I ran to the sliding door, gasping and wheezing
Threw open the curtains and upped the venetians

The moon on the sand and the Trailer tarp
Lit the beach up just like Eden Park
But still when I saw, I thought I was asleep
A miniature Kingswood, pulled by eight tiny sheep
With a little old driver, sipping a Fanta
I knew in a moment, it had to be Santa
Faster than Phar Lap on steroids they came
And he coo-eed and shouted and called them by name
Now, Kevin! Now, Sharlene! Now, Rangi and Beck!
On, Darryl! On Shazza! On, Bilbo and Shrek!
To the top of the Pagoda, to the top of the wall
Get in behind, Get in behind, Get in behind, all!

As sandflies around a bar-b-que fly
When they sniff the sizzlers and take to the sky
So up to the top of the bach they flew
With a boot full of toys and Santa Claus too
With a handbrake stop, they arrived on the roof
Four Goodyear tyres and 32 hoofs
And as I quickly turned and ran to the lounge
Out from the chimney Santa came with a bound
He was wearing boardshorts, and gumboots on foot
And his Mambos were covered in six-month-old soot
A bundle of toys he had on his back
As if on OE with a brand new Macpac

He looked like he'd come from the beauty parlour
With rosy red cheeks like pohutukawa
A gorgeous big grin and white as white hair

With wee little tufts growing out of his ears
He had a broad chest and a round beer gut
That shook when he laughed like Jabba the Hutt
He was chubby and plump, a right jolly hobbit
And I laughed when I saw him, I couldn't stop it
He gave me a wink and a bonza thumbs up
And I quickly realised he wasn't a nut
He went straight to the socks without saying a thing
And filled them with barbies and Shrek 2 keyrings

Then giving his nose a jolly good scratch
He flew up the chimney with an almighty flash
He jumped in the Kingswood and cranked the ignition
And then they took off, like some Nasa mission
But I think I could hear, as he drove out of sight
"Merry Christmas to all, have a bloody good night!"



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Elder Abuse Response Service - Age Concern Wanganui

It’s okay to say “no” to adult children or grandchildren asking for house deposit money.

There is a concern that adult children and grandchildren are coercing their parents or grandparents to lend money for house deposits particularly with the requirement that first home buyers need a significant deposit.

There appears to be an expectation that parents are obligated to financially help out their children and it’s only natural for parents to want to help their kids, or grandparents help out their grandkids, but doing so in this way could be very risky. You need to get good advice beforehand and if you do decide to lend money, make sure it’s documented and also realise that you just might not get that money back, if things go wrong - and things can go wrong. You will be an unsecured creditor and if the house ends up being sold, such as a mortgagee sale, the bank will get its money first, but if there’s nothing left

after that, you won’t get your money back. If you agree to be a guarantor, using your house as security, there’s the risk you may even lose your own home. If this occurs, it can cause immense conflict and distress within families.

Things don’t always work out and older people in or nearing retirement must realise they may not get their money back if things do go bad and opportunities to earn money become limited.

Older people need to have the confidence to say “no”. If pressure from children or grandchildren turns into demands, then it actually becomes elder abuse. In many cases it is common for older people not to report it, as they feel too embarrassed about being manipulated or taken advantage of by members of their own family. This is one of the reasons elder abuse stays hidden. Many older people feel ashamed their own flesh and blood is treating them badly, so they won’t speak out about it. The thing is to know you don’t have to put up with it. You can ring Age Concern Wanganui for help. We know that family is very precious to older people, so we try to get a win-win result when there are difficulties with family relationships.

Elder Abuse Response Service (06) 345 1799



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”.



Tuna Baked Potatoes

Ingredients	1 Serve	2 Serves
Potato, scrubbed	1 large	2 large
Sour cream or yogurt (Greek)	1 Tbsp	2 Tbsp
Canned tuna	½ x 95g can	1 x 95g can
Cheese, grated	¼ cup	½ cup
Vegetables, chopped	1-2 Tbsp	2-4 Tbsp
e.g. Celery, Parsley, Red or Green Pepper, Spring Onion		

Method

1. Pre-heat oven to 200° C.
2. Bake potato in the oven for 45-60 minutes. Alternatively, cook potato in the microwave - cook on high for 3 minutes. Check with a skewer.
3. Cut potato in half lengthwise and scoop out flesh into a bowl. Leave about ½ cm thickness of skin.
4. Mash potato with a fork until fluffy and add remaining ingredients. Mix well and put mixture back into the skin.
5. Place on a baking tray and cook for 10 minutes.

Variation: Replace tuna with canned cream corn or canned crushed pineapple.
Serving Suggestion: Serve with green salad or coleslaw.
Leftover Ingredients: Put remaining tuna in a covered container in the fridge and use the following day as a sandwich filling.

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

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If you are making an internet payment, please email your details to:

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Sue Walker - Facility Manager
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