

WINTER 2018 QUARTERLY NEWSLETTER
www.ageconcernwanganui.co.nz



Age Concern Wanganui

Serving the needs of older people

JUNE
15



WORLD
ELDER ABUSE
AWARENESS DAY
#WEAAD

ELDER ABUSE
IT'S NOT OK

SPEAK OUT

CALL 0800 EA NOT OK
0800 32 668 65



Elder Abuse - Hiding in plain sight!

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

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Vice Chairperson:	Jan Bullen
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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 Wanganui & Rangitikei:	Lorraine Peipi-TePou
Elder Abuse Response Service:	Sue Evans (Senior Social Worker) Deidre Boyd
Social Connections/ Accredited Visiting Service:	Clare Fearnley
Health Promotion:	Clare Fearnley

**PLEASE SUPPORT
OUR ADVERTISERS**

Their support enables the production of this newsletter, so please support them.

Parking in the Whanganui District



Changes to parking

From May 2018, there are some changes to parking in our district.

The main changes are:

- Drivers will now be able to park for **up to 90 minutes in metered parks in Victoria Avenue**
- Mobility Card Holders will get an **extra 30 minutes on top of paid parking**

Gold Card - Senior Parking scheme

This scheme gives SuperGold Card holders, who have applied to Council for a permit to display in their vehicle, free parking between 8.00am and 11.00am, Monday to Friday, in the Central Business District area.

The concession scheme applies to the area contained within St Hill Street, Taupo Quay, Drews Avenue, Watt Street, Wicksteed Street and Ingestre Street and includes all metered parking spaces.

Goldcard - Senior Parking card holders are reminded that the scheme allows free parking within the time frame of 8.00am to 11.00am, but that the time limits set for parking spaces still apply.

This means that in Victoria Avenue the senior parking concession applies for up to 90 minutes of free parking in any single space, and up to two hours for metered spaces in Ridgway Street, Maria Place and Guyton Street.

Current concession card holders will be sent a new card. SuperGold Card holders who would like to apply for a Goldcard - Senior Parking permit can collect an application form from the Customer Services Counter, Whanganui District Council, 101 Guyton Street, Whanganui or download an application form.

For more information contact the Whanganui District Council:

Phone: (06) 349 0001
Email: wdc@whanganui.govt.nz
www.whanganui.govt.nz

Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

Editorial supplied by Driving Miss Daisy

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
 Total Mobility cards accepted

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



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

Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Wanganui. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

Protecting yourself against scams

There are so many scams - how do I spot one?

The commonest scams include emails asking you to send money to a friend or organisation, letters saying you've won a prize, or calls or visitors saying your computer needs fixing or your house needs painting. They're run by people trying to steal money or get your information.

If a stranger tries to sell you something, beware. If an offer sounds too good to be true, or sounds weird, it's almost certainly a scam.

A bank or Inland Revenue will never contact you to ask you to confirm your password, credit card or account details.

How can I protect myself?

Scammers can sound very plausible. So it's best not to give any information about yourself to strangers - especially on the phone, at your door, or on your computer. Put the phone down, close your door, or delete the email.

Genuine businesses won't put pressure on you. They'll be happy to prove who they are. They'll let you speak to a manager, and they'll give you time to consider what you want to do.

Check with your relatives or friends if you're not sure whether something's a scam.

How can I protect other people?

Tell relatives, neighbours or the police if you think there's a scammer around. Contact Age Concern Wanganui on (06) 345 1799 or info@ageconcernwanganui.co.nz



Chris Hollenback 23 November 1958 - 8 May 2018

It was with sadness that we said cheerio to Chris Hollenback who died peacefully in Whanganui on 8th May 2018.

Chris is remembered for being a long time volunteer at Age Concern Wanganui. He was the Friday afternoon receptionist filling the seat after the morning receptionist, Win, whom he assisted to her car, handbag on one arm and Win on the other! His other role on a Friday afternoon was to teach older adults how to use their cell phones and he assisted with the CarFit program that helps people to feel more comfortable and safe driving their car. In his spare time Chris was an avid photographer and his passion for anything with an engine was well known among those that knew him. Chris had been a volunteer for at least 18 years. He had enormous respect for older people, was compassionate and a real gentleman. He is missed by us all!!



PROFESSIONAL HOME AND COMMUNITY CARE PLUS AGENCY SUPPORT

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Certified to the NZS 8158:2012 Home and Community Support Sector Standards

Alzheimers Whanganui

We are very excited to announce the launch of **Dementia Friends**, our new outreach and awareness programme.

Dementia Friends learn about Dementia and the impact it has. They then make a commitment to action to help those living with dementia to live well. Dementia Friends choose the action or actions they are comfortable with and able to offer.


Dementia Friends has been informed and shaped by the voices and input of Kiwis living with dementia.

Whether you are a school kid or a Chief Executive, a Cabinet Minister or someone in between, you can be a Dementia Friend.

We are inviting everyone in New Zealand to become a Dementia Friend to raise awareness and build a more understanding, inclusive and supportive New Zealand.


To become a Dementia Friend, people complete a short, online programme. The programme includes a short video featuring three Kiwis living well with dementia.

To find out more about becoming a Dementia Friend go to www.alzheimers.org.nz and show your support for people living with Dementia in your community.



NGĀ POU WHIRIHIAKO MATE WAREWARE

- Dementia affects four out of five Kiwis.
- You can make a difference to those living with it.
- Become a Dementia Friend.
- Help us build a community that is more understanding, more accepting of people with dementia.
- Every action a Dementia Friend takes counts no matter how big or small.
- Learn more at www.alzheimers.org.nz



Editorial supplied by Alzheimers Whanganui

Influenza season on its way - get protected

One in four New Zealander's are affected by influenza every year. It takes up to 2 weeks for the flu vaccine to provide protection. The vaccine is free for over 65's. Contact your health professional now for further information.



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.

I think I need help

Elder abuse thrives in secrecy. If you have concerns about how you are being treated, speak out.

If you are in danger call 111. Ask for the Police.

It's common to experience more than one type of abuse:

- Psychological abuse includes threats, humiliation or harassment. This creates distress, shame, or stress and often creates a sense of powerlessness. Psychological abuse is often a factor in other forms of abuse.
- Financial abuse ranges from illegal use of your money or assets to being forced to change your will or sign documents.
- Physical abuse includes any personal harm or injury.
- Sexual abuse includes any non-consensual sexual activity.

If you feel scared, frightened or at risk, things are already serious.

Call 0800 32 668 65 (0800 EA NOT OK).

You have a right to feel safe

It is common to have mixed feelings about speaking up. Particularly when your abuser is someone you know and trust - a family member, friend or neighbour. Abusers are often someone that you depend on for support, or for care.

You have the right to feel safe. The Elder Abuse helpline will help you work through these issues and put you in touch with support services near where you live. This service is free, and completely confidential. It is available all day, every day. Call 0800 32 668 65 (0800 EA NOT OK).

Who provides elder abuse support?

The Ministry of Social Development funds elder abuse response services throughout New Zealand. These assist older people, their families and their carers.



When you call the helpline, you'll be put in touch with a coordinator who works in your region.

The coordinator usually has a background in nursing or social work. Their main job is to find support for people experiencing abuse. They will:

- Ask for consent to assess your situation
- Work with you to make sure you are safe and help you manage the risk of abuse or neglect
- Identify and work with other organisations who support you (such as the police, health providers, lawyers, banks and government agencies).

In Whanganui your confidential Elder Abuse Response Service is provided by Age Concern Wanganui - 164 St Hill Street. **Phone:** (06) 345 1799 **Email:** info@ageconcernwanganui.co.nz

Pensioner housing units available

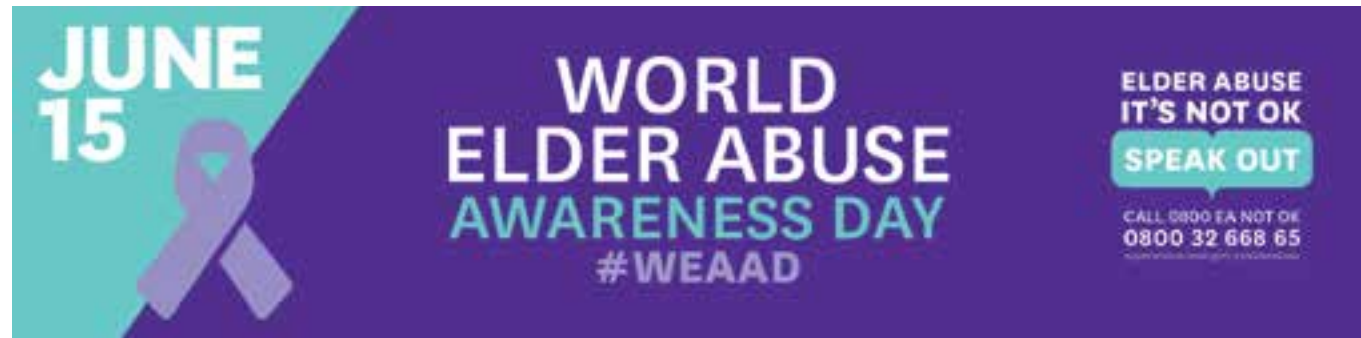
\$112.00/week for one person **\$141.50/week** for couples

For information or to download an application form visit our website

www.whanganui.govt.nz
Our District > Facilities > Pensioner Housing

Or contact Keri-Ann Thompson, Whanganui District Council Property Group, phone (06) 349 3149





I want to help

Elder abuse is often hidden. Victims may not understand what's happening is wrong, or may be afraid to speak out.

Warning signs

Elder abuse can be emotional, physical, financial, institutional, social or sexual - or some mixture of these.

Signs that someone is being abused include:

- fear of a particular person or people
- worry, anxiety or irritability
- depression or withdrawal
- disturbed sleep

- changes in eating habits
- suicidal thoughts
- shaking, trembling, or crying
- their posture is rigid
- they express helplessness/hopelessness/sadness
- reluctance to talk openly, letting others speak for them
- they avoid contact with a specific person (or refuse to make eye contact or speak to them).

These behaviours are possible signs of abuse - but it is important not to jump to conclusions. It can be difficult to identify abuse. Key risk factors are age, material hardship, poor education, poor health, dependence on others, and social isolation.

If you have concerns about how someone is being treated you can call 0800 32 668 65 (0800 EA NOT OK) or Age Concern Wanganui (06) 345 1799.

If you think someone is in danger call 111. Ask for the Police.

Reaching out

If you're concerned that someone is experiencing elder abuse, it's OK to help. Something as simple as asking how they are can make a real difference. The sooner you reach out, the sooner they can get help.

How to have the conversation

You can ask:

- Are you ok?
- Do you want to talk?
- Is someone hurting you?
- Is there anything I can do?

Listen to what they have to say. Try to give the support, rather than giving them advice or telling them what to do.

It is important to let seniors make their own decisions.

Abuse can create feelings of shame. Let them work through things in their own time. Call the Elder Abuse Response Services helpline for support 0800 32 668 65 (0800 EA NOT OK).



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

Free shingles vaccine for Kiwi pensioners



From April 1, 2018, the shingles vaccine Zostavax will be freely available for 65-year-olds. A catch-up programme for people aged 66 - 80 will run until March 2020.

Shingles is a painful and debilitating infection that affects one in three New Zealanders. It's caused by the same virus as chickenpox (varicella-zoster), meaning anyone who has had chickenpox risks

developing shingles, but older people are at most risk.

PHARMAC operations director Sara Fitt says the free vaccine will make a big difference to people in their 60s and older.

"Shingles can occur in people at any age, but older people are the most affected, and complications can be more serious and require admission to hospital," says Ms Fitt.

"While most cases of shingles can be managed at home, these attacks can sometimes lead to other serious health complications. Some people may continue to experience pain for months or years after an initial shingles attack."

Ms Fitt says the vaccine will provide "many flow-on benefits to family and whanau."

Zostavax will be available from general practices from April. Those eligible can also receive their free influenza vaccines at the same time, if they wish.

WE WILL COME TO YOU!

Making life easier



EASIE Living & Demonstration Centre:
585 Main St, Palmerston North

Tel: (06) 353 2743 | Email: easieliving@easieliving.co.nz
www.easieliving.co.nz

EASIE Living Mobile Van Service

The EASIE Living mobile van service offers community presentations which include:

- Simple and practical solutions to enable you to maintain your independence
- Demonstrations of assistive products and their benefits
- Walking stick and walker height-and-safety checks
- **Over 200 items for sale**
- **Eftpos is available**



A service of Enable New Zealand

About Aphasia

Aphasia literally means 'absence of speech'.

It is the term used to describe the loss of a previously held ability to speak or understand spoken or written language, due to disease or injury to the language area of the brain.

The ability to use gestures and calculate can also be affected.

The experience of aphasia is different for each person.

Aphasia can vary from mild difficulties finding words, or reading text, to severe difficulties understanding what other people are saying, and being unable to speak.

It is important to know that aphasia is not a loss of intelligence.

Most people develop aphasia as a result of a stroke. Stroke is the greatest cause of major disability in New Zealand. Each day about 24 New Zealanders have a stroke.

Approximately one third of the people who have a stroke will suffer some aphasia. This is roughly equivalent to 6 or 7 people every day becoming aphasic. This number does not include those who suffer from aphasia as a result of other causes such as a head injury and brain tumour.

Aphasia can affect people of any age. Statistics tell us that at least 25% of all stroke patients in New Zealand are below retirement age. In some places in New Zealand, for example Auckland, this number is greater.

Aphasia affects not only the person with aphasia, but also their families and friends, and people in their community.

Other people can either help or hinder the person with aphasia depending on how they react and what support they offer.

Aphasia Facts

1. There are at least 16,000 New Zealanders currently living with stroke-acquired aphasia
2. Strokes are the highest cause of aphasia in New Zealand
3. Every day, as a result of a stroke, 6 or 7 additional New Zealanders suffer from aphasia
4. Head injury is the second most common cause of aphasia.

Helpful hints for talking with people who have aphasia

- Speak slowly and clearly.
- Minimise all background noise and distractions.
- Keep communication simple but adult.
- Allow plenty of time for conversations.
- Use gesture and demonstration to support what you are saying.

The following strategies may also help:

- Encourage all forms of communication (writing, drawing, gestures, eye contact, facial expressions) in addition to speech.
- Structure your questions so that they are simple, and require only a yes/no or single word answer. For example, asking "Would you like a cup of tea?" may be easier for the person to answer than if you ask "What would you like to drink?"
- Prepare for your conversation - have a pen and paper to hand. Using items like maps, photographs, and pictures when appropriate may also help the person with aphasia to understand you clearly.
- Avoid speaking for the person except when necessary and ask their permission before doing so.
- Don't insist that each word is spoken perfectly.

The purpose of talking is to get a message across - it doesn't have to be perfect.

- Don't change the topic suddenly, introduce new topics clearly.
- Check that the person has understood what you mean, and repeat/rephrase information if you need to.
- Try drawing or writing key words if the person is finding it difficult to understand.

Whenever possible continue normal activities (such as dinner with family, company, going out). Remember that they are still the same person, but just need your understanding and extra support to be able to communicate.

Freephone: 0508 APHASIA (0508 274 274)
www.aphasia.org.nz

Contact Age Concern Wanganui to register interest in forming a support group.



Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to **www.whatsmynumber.org.nz** will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

Top tip to lower your bill

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 - it may have been moved or need topping up.

Visit www.energywise.govt.nz for more information.



Quality Care In Your Home

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

IN THE TIME IT TAKES

FOR THE KETTLE TO BOIL,

YOU COULD FIND YEARLY

POWER SAVINGS OF \$207

consumer.
powerswitch

ELECTRICITY
AUTHORITY

Don't forget
to check.

WhatsMyNumber
.org.nz

Free & Independent

Healthcare New Zealand

Being independent is key to our quality of life. For most people, that means staying in our own homes, close to our family, friends, communities and favourite activities.

Sometimes we need a hand to maintain our independence, and that's where HealthCare New Zealand can offer high quality help, tailored to your lifestyle.

HealthCare New Zealand supports people around the country with personal care, home management and domestic support, nursing services and rehabilitation. Their specialist skills, knowledge and expertise lets them work with you to create a plan that suits your needs, regardless of age, illness, injury or disability.

With a national network of experienced and trained professionals, HealthCare New Zealand works alongside people and their families each step of the way, with a personalised support plan that incorporates your needs and goals.

With a toll-free 0800 number and website – www.healthcarenz.co.nz – it's easy to get the support that works for you.



With over 30 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

Our services include:

- Personal care
- Home care services
- Nursing services
- Goal based services

Our services are fully certified and in some cases may be free for eligible residents.

We also support privately paying clients.

For more information:
 Freephone: 0800 532 000
www.healthcarenz.co.nz



HealthCare
 New Zealand

Rehabilitation. Community Health.

Winter energy payment

The Winter Energy Payment is part of the Families Package announced by the Government. The Winter Energy Payment is paid from 1 July to 30 September. It is not a lump sum but paid with benefit or superannuation payments.

Single people without dependent children
 = \$20.46 per week

With a partner or dependent children
 = \$31.28 per week

People do not have to apply for this year's Winter Energy Payment - it will be paid automatically.

Some people may have assumed there would be a lump sum payment - a blogger had a feature about the new government's 100 day plan published in most national daily newspapers late last year and it seemed to lead people to believe they would be getting a lump sum payment - around the \$400 mark for single people and about \$700 for people in a marriage or partnership. This was not a Ministry of Social Development release. Unless an official MSD source is quoted in media items about the services and payments the Ministry administers, it pays for people to check and it is preferable they contact their local MSD office.





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 - Home Visits
- Childrens Shoes

THE FOOT CENTRE
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 PODIATRY

MEMBERSHIP FORM

New Members Only
 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: \$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 ONLY:

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

Logic will get you from A to B.
 Imagination will take you
 everywhere.

Take Part in Shaping Our Positive Ageing Projects!

Would you be willing to assist Age Concern Wanganui develop some community projects? If Yes, then please answer these four questions based on the experiences and perspectives you have and those of your family and friends and older people in the groups that you are in.

1. When you think about information and activities in Whanganui that support 'Positive Ageing', what do you see that we need to create or develop?

2. Which of these two do you see as a priority?

2a - Nutrition & older people

2b - Social Connection & older people

3. Here are three examples of projects with older people at the heart. Which do you think would be most useful?

3A - Intergenerational projects

3B - Neighbourhood & Older People projects

3C - Arts & Older People - eg. visual arts, music

4. Which, if any, of the above would you like to be part of?

Thank you for taking the time to assist in shaping our positive ageing projects.
Due to restricted time frames - June 18th, you are welcome to call me:
Clare Fearnley - Social Connections & Health Promotion
 Age Concern Wanganui
 (06) 345 1799 (extension 7) or
 email: hp@ageconcernwanganui.co.nz

* 'Positive Ageing' information and activities improve older people's skills, knowledge, attitudes and actions

After 78 years of age

- Konrad Adenauer, post war chancellor of Germany, is in office until 87.
- Ayatolla Khomeini replaces the over-thrown Shah of Iran in 1979 at aged 78.
- Matisse creates designs for the Chapel of the Rosary, Venice.
- Goya completes the Bulls of Bordeaux.
- Verdi writes Falstaff.
- Andres Segovia fathers his last child.
- David Lloyd George marries his secretary at 80.
- M.F.K. Fisher writes 'til her death at 81.
- Barbara McClintock is awarded the Nobel Prize for her ground-breaking work on cellular biology in her eighties.
- Pablo Casals marries one of his pupils.
- Charlie Chaplin is awarded an Oscar at 83.
- Lee Kwan Yew continues to play a powerful role in Singapore.
- Michelangelo works up to six days before his death at 89. His last twenty years are his most productive producing a design for a chapel in Rome at 84, a design for the Porta Pia at 85 and at 86 a design for Santa Maria degli Angeli.
- Albert Schweitzer works with the lepers in his hospital at age 90.
- Oliver Wendall Holmes was on the Supreme Court at 90.

Need a new interest?

Think about joining U3A.
Annual membership is only \$15.

Stretch your Brain?
Meet New People?
Do Both at Once!

U3A Whanganui has small groups that meet regularly including:

- Local History • Travel • Arts • Gardens
- Music • Cinema • Science & Technology
- Books • Open Discussions • Writing
- Wordplay • Scrabble

Contact Joy Mozer on (06) 347 9263 or joymozer@xtra.co.nz for a welcome pack (subscription form, the latest newsletter and list of groups you can join).

Did you know...

- A bear has 42 teeth
- August has the highest percentage of births
- An ostrich's eye is bigger than its brain
- 8% of people have an extra rib



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".

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

Riverside Christian Church, 4 Ingestre

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 9.00am - 10.00am

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

Our Thanks to:



JBS Dudding Trust



St Laurences Social Services Trust



THE CHARLES & VERA THRUSS CHARITABLE TRUST

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
- Plus a \$10.00 voucher to "first time" perm clients
- Mature and experienced hairdressers (no juniors)

* Our salon is age friendly *

Come enjoy the experience and tell your friends

Editorial supplied by Denise Hair Studio

DENISE HAIR STUDIO

45 Dublin Street (opposite Harvey Round Motors)

Ph: (06) 34 78 4 78

60+ PRICES

Shampoo + Set or Blowave \$25.00

Shampoo + Haircut \$34.00

Shampoo + Cut & Set or Blowave \$44.00

(keep this coupon for future references)



ST JOHNS HILL HEALTHCARE



Our facility offers the very best of hospital/resthome care



- 56 Beds
- Hospital / Resthome Level Care
- 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

