

**AUTUMN 2021 QUARTERLY NEWSLETTER**  
[www.acwhanganui.org.nz](http://www.acwhanganui.org.nz)



# Age Concern Whanganui

*Serving the needs of older people*



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

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Postal Address: PO Box 703, Whanganui 4540

### OFFICE HOURS

9.00am - 5.00pm Monday to Thursday

Please note new office hours.

## Board Members

<b>Chairperson:</b>	Jan Bullen
<b>Duty Chairperson:</b>	Josh Chandulal-Mackay
<b>Secretary:</b>	Helen Bourne
<b>Members:</b>	Diana Doyle
	Keri-Anne Hawira
	Mike Russell
	Therese Zimmerman
	Meryl Parsons
	Liam Graham



## Staff

<b>Manager:</b>	Michelle Malcolm
<b>Administrator:</b>	Noeleen Voice
<b>Volunteer Coordination/ Steady As You Go:</b>	Janet Lewis
<b>EARS / Community Social Work / Wellbeing Officer - Council Flats Whanganui &amp; Rangitikei:</b>	Lorraine Peipi-TePou
<b>Accredited Visiting Service/ Health Promotion:</b>	Clare Fearnley

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

## From the Chair

Here we are again after yet another Lockdown, albeit level 2 certainly isn't as difficult as level 3. It's a real disruption for so many Aucklanders, but I do feel extremely grateful and happy I live in our beautiful city -Whanganui. So let's keep it that way, safe, healthy, and be generous and kind to our family, friends and neighbours.

Last newsletter I mentioned we were trialling the 4 day week. At our December Board meeting it was unanimously agreed to change to this. It worked well and no working hours were lost for staff—everyone is happy! I just have to remember the office is closed on a Friday. The staff now work full days Monday-Thursday 8.30am-5pm, and are very busy, and there is no issue with being closed on Friday.

As the year is racing by, we have made another change and that is the date of the AGM. The Board felt August is too late for this, and after consulting with Noeleen(administrator) and Michelle we all agreed to move it forward to **THURSDAY 8 JULY 2021- at 5.15pm**. It will be held in the Board Room Age Concern Whanganui. Members please come along, bring a friend, support your organization, hear what we are doing and listen to an interesting inspirational guest speaker. But there will be more on this later.

We are putting together some thought around a workshop or afternoon with one of the Law firms to help explain why it's so important to have a EPOA (Enduring Power of Attorney). Members will be invited to come along, non-members are most welcome too but there will be a small charge or they can join up and become members!.

Towards the end of last year we receive a welcomed bequest from a grateful passed member. This continually surprises us and is always put to good use. This is another way you may consider supporting the amazing work Age Concern Whanganui does.

Our new social worker Karen Kitson started in January, she is very busy and seems happy with her EARS role. (Elder Abuse Response.) Under Lorraine's guidance the staff managed well while Michelle was on holiday. Thanks Lorraine and everyone.

As Autumn approaches I trust you are all thinking about keeping warm and dry and taking advantage of the lovely mild days while they last.

I trust you all keep fit and well over the coming months as we wait our vaccinations.

**Jan Bullen** | Chairman

## Hi everyone,

It is hard to believe we are 3 months into the year – where has the time gone.

I hope everyone had a lovely Christmas and festive New Year. We were very lucky compared to other countries in the world, with many of us being able to spend Christmas with family and friends.

Although last year was a year, we would sooner forget with Level 3 & 4 lockdown, as a community we came together and looked out for each other. As we do not know what 2021 will bring us, we need to ensure we continue to check in on each other.

An update on our Secret Santa Gifts Initiative – we delivered 238 parcels to older people – we were overwhelmed again with the huge support we received from the Whangnaui community – a massive thank you to the people who donated a gift.

We welcome Karen Kitson, Social Worker, who joined the team in January. Karen has a wealth of experience and skills with working in the Whangnaui District Health Board and until recently Christchurch District Health Board.

A reminder regarding your membership, the financial year begins 1st April. We really appreciate your ongoing support as members.

There are some interesting articles in this edition including information on the Covid 19 vaccine.

Please let us know if there is anything, we can do to assist and we encourage everyone to stay connected.

Have a lovely Easter.

**Michelle** | Manager



## Staff Update



**Kia Ora Tatau**  
I've recently started at Age Concern Whanganui as the Elder Abuse and Neglect social worker. I have been a social worker for many years and have worked mostly in Health in hospital settings. I believe strongly in advocacy and supporting people to achieve their goals. I also enjoy networking with other

agencies within the wider Whanganui community to better support people and their families and work towards reducing the issue of Elder Abuse and neglect.

I have lived in Whanganui for nearly 40 years and brought up our 3 children here. I'm originally from Hawkes Bay. I moved to Christchurch 3 years ago but have since moved back as have 3 delightful grandchildren here. My mother has also recently moved to Whanganui and is settling into her new home in a retirement village.

Please feel free to drop in or phone me if you have concerns about family members or older people who seem vulnerable, find themselves in unhealthy relationships or are socially isolated in our community. From my brief time here, Age Concern Whanganui appears a very welcoming community agency working passionately for the betterment of our older citizens.

Take care, **Karen**



**THE FOOT CENTRE**  
CAROLYN GROVES  
PODIATRY

23 Dublin St, Wanganui

**06 348 7792**

**Complete Foot Care and Treatment**

- Heel & Arch Pain
- Corns/Callus/Nails
- Orthotics/Insoles
- 3 D Foot scanning
- Home Visits
- Foot Care Product Range

# The Services we provide

## Support & Advocacy

We can provide support, assistance and liaise with other community agencies.

## Elder Abuse Response Service

Our social workers are available to confidentially discuss and respond to situations where an older person / kaumatua's safety or wellbeing is at risk

## Accredited Visiting Service

Our co-ordinator trains and supports volunteers who visit those living alone and socially isolated in the community.

## Calling Service

This service provides phone calls to people to see how they are and make a connection. The regularity of the calls is dependent on the needs of the person.

## 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.

## Housing (Whanganui) and Community Housing (Rangitikei)

We provide support to tenants of the Whangnaui District Council Housing and for the Rangitikei District Council Community Housing

## Senior Driving Programmes:

We provide a range of programmes

### - Staying Safe

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 Whanganui for those no longer able to drive themselves.

## Hospital Visits

Visiting service for people who are in hospital and do not have family / natural supports

## 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.

## Supermarket Shopping (Whanganui 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.

## Grocery Shopping (Whanganui Only)

Our community workers can go grocery shopping – pick up the shopping list, shop and then deliver to the person's home. There is a \$6 delivery charge for this service

## Transport (Whanganui 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.

## Total Mobility Scheme

We complete the Horizons Regional Council Assessments to access subsidised taxi fares. An Assessment fee applies.

## Volunteer Opportunities - all volunteers are given training and support

A number of volunteering opportunities are available:

- Meals on Wheels delivery
- Transport & Supermarket Service
- Accredited Visiting Service
- Reception
- CarFit

**Membership and donations to Age Concern Whanganui are appreciated and accepted. Donations of \$5 or more are tax deductible.**

Please contact us at:

164 St Hill Street, Whanganui 4500

**Phone:** (06) 345 1799 **Fax:** (06) 347 2334

**Email:** info@acwhanganui.org.nz

**www.acwhanganui.org.nz**

# RYMAN PIONEERS

*Peace of mind*

Our pioneering approach to retirement living includes our Peace of Mind Guarantees designed to give our residents greater confidence to live the way they want. They provide freedom and flexibility that lets you choose when, where, and how you want to live your life.

1

## DEFERRED MANAGEMENT FEE CAPPED AT 20%

The deferred management fee (DMF) is your contribution to the refurbishment of the village. It is charged on an 'enjoy now, pay later' basis, and is deducted when your occupancy advance is repaid, which is the amount you've paid to occupy the unit. Your DMF will be no more than 20 percent – one of the lowest in the retirement sector.

For example:

					
RYMAN HEALTHCARE	\$425,000	×	20%	=	\$85,000
OTHER PROVIDERS	\$425,000	×	25 - 30%	=	\$106,250 - \$127,500

2

## FIXED BASE WEEKLY FEE

3

## CARE OPTIONS TO SUIT YOUR NEEDS

4

## FEES STOP IMMEDIATELY

5

## NO HIDDEN COSTS

6

## REPAYMENT PROTECTION

7

## NO CAPITAL LOSS

8

## CHANGING YOUR MIND

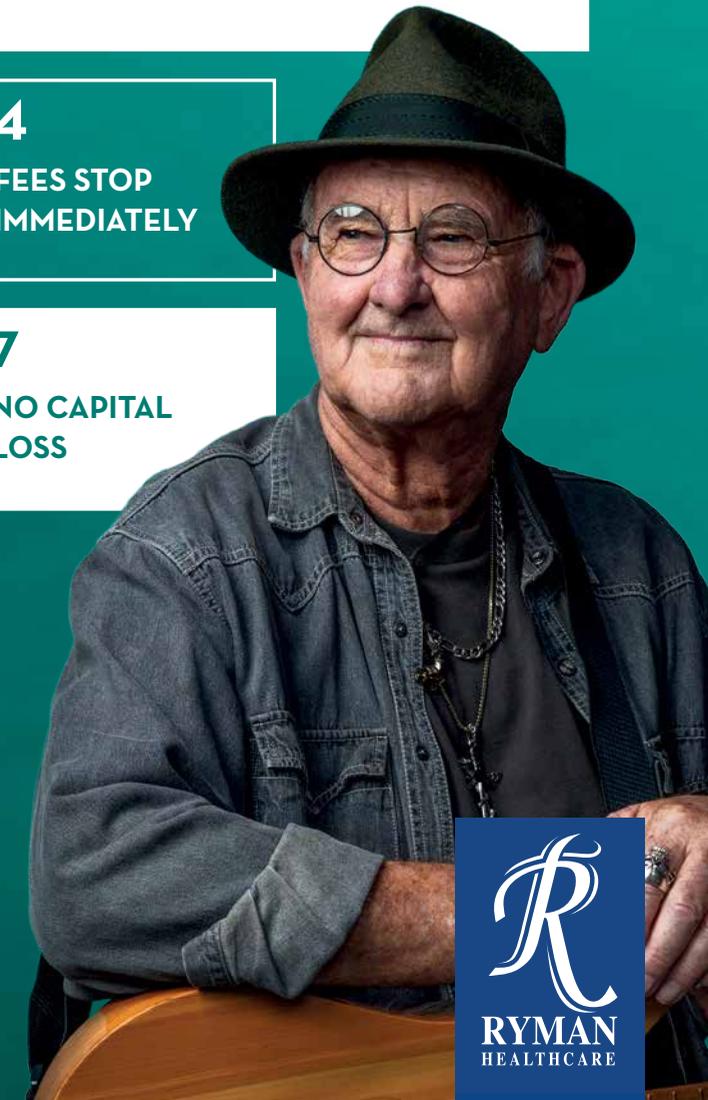
9

## 90-DAY MONEY BACK GUARANTEE

For full details on our Peace of Mind Guarantees, or our Jane Winstone Village, call 06 348 9564.

49 Oakland Ave, Whanganui

rymanhealthcare.co.nz



## Free annual senior driving event in Whanganui Hanging Up the Car Keys

A forum for seniors, their families and support workers  
Making the Decision to Stop Driving  
The Medical Conversation & **Life Beyond Driving**

### Speakers include:

Dr Jan Gregson  
*Hospital Physician & Geriatrician*  
Andrew Robertson  
*Senior Driver Educator & Instructor*

**2pm-4pm**  
**on Tuesday May 4th 2021**  
at Broadview Village,  
108 Mosston Road, Whanganui

Seniors, their families and professionals are welcome. Positive feedback. Places are limited.

**To register call Age Concern Whanganui  
06 345 1799**



## Hanging Up the Car Keys

– looking ahead  
for life beyond driving



We understand how hard it is when you lose your licence, so at Age Concern Whanganui each year we offer a free event for senior drivers and their families. Adjusting to life without a car does not mean losing independence and freedom, and doesn't have to limit your activities or prevent you from enjoying life.

We host a panel to provide information and explain options to encourage folk to think ahead. The presenters include a geriatrician, a police officer, and a driving instructor-educator. There are also opportunities to ask questions and information resources to take away.

We also

- Highlight a range of possibilities to remain mobile
- Describe alternative ways of getting about in the community
- Suggest options to keep involved and enjoy activities

There are many examples of living positively without driving.

Age Concern's Hanging Up the Car Keys 2021 panel is from **2-4pm on Tuesday May 4th**. If you would like to attend this event you need to book your place by contacting us on 345 1799 (Mondays to Thursdays 9am-5pm) or [hp@acwhanganui.org.nz](mailto:hp@acwhanganui.org.nz)

## Start a Conversation that Counts

our voice  
tō tātou reo

Advance  
Care  
Planning



Advance care planning (ACP) involves thinking and talking about what is important to you as you age, including your goals, values and incorporate them into plans for their future health care. Although it focuses on the individual the process can involve your partner, family/whanau if that is the person's wish.

An important part of ACP is making sure you have enough information in a way you can understand it, so you can effectively participate in medical decision making processes now and in the future.

If you are interested in attending a discussion on ACP all ACW office on 06 345 1799 for more information on dates and times.

## Hakeke Street Community Centre and Library Age Friendly Programmes

The Hakeke Street Community Centre Age Friendly programme starts Thursday March 11th from 1pm - 2:30pm and runs through until the 20th of May. A programme for those aged 60 + who want to learn about specific organisations, programmes, and services tailored to their needs as they grow older. A connection point of information for those who are unsure where to start.

We now have a partnership with Senior Net, where they are making themselves available to the community over here in Whanganui East in the form of "Tech Talks." These will run every second Tuesday from March 2nd from 10am - 12pm. A chance for seniors struggling with the breadth of information around smart devices and other technology- to come and learn how they can make their tech work for them. For example: learn how to download and use apps that matter to them (book apps/ cooking apps/ Netflix etc), learn how to text and video call, learn how to set up a Facebook account or update their banking security etc. Tailored specifically to each individual. Bookings are not essential, but helpful (so that they can get half an hour of specific help).

Another lovely offering for Seniors starting the first week of April - Thursday 1st from 3pm - 4pm (directly after our age friendly talks). Gentle Yoga for Seniors (chair modifications available)- offered by Martin Nagle from Inner Light Yoga. Free of Charge and 14 Yoga mats provided (although if they have their own they are free to bring them). Held in the library space here at Hakeke.

**Please book through Jane: 022 689 2459.**



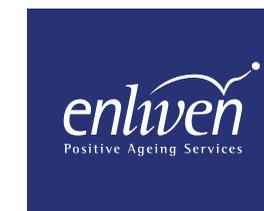
## Age Concern Whanganui are now offering a new service.



Are you befuddled by new technology? Did your family give you a device and leave you with minimal instructions? If so, Judy is here to help you unlock a whole new world. Judy will provide one on one tuition free of charge.

As a retired educator Judy is patient and a wonderful teacher. You will be up and running with emails, texts, internet banking and social media in no time.

**For further information contact  
Age Concern Whanganui 06 3451799**



## Enjoy life with Enliven

Enliven creates elder-centred communities where individuals are recognised and valued – a place where everyone can enjoy companionship, meaningful activity and fun.

- Kowhainui Home, Otamatea
- Kowhainui Village, Otamatea
- Abingdon Village, St John's Hill

retirement villages | rest home | hospital |  
short term respite | health recovery | day programmes

Free phone 0508 ENLIVEN  
[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

## POWER OF ATTORNEY

**If you lose the capacity to handle your own affairs, you'll need someone to do it on your behalf. But you need to arrange this ahead of time.**

### What is "power of attorney"?

Power of attorney is an authority by which one person (the "donor") gives authority to someone else (the "attorney") to act in their name.

### Why use it?

The idea of someone else being able to sign your cheques, cancel your insurances, even sell your home, would be a nightmare in most circumstances. But if your health deteriorates or you go overseas and are unable to run your own affairs, having someone else to help can be a godsend.

Many people think their partner will be able to step in automatically but that isn't the case. Even if you've been married 50 years, your spouse will not be able to deal with any accounts, policies or possessions if they are in your own name. They'd need to go to court to be given that power. This could take months and cost thousands of dollars.

The best option is to arrange power of attorney in advance. It must be made while the donor's mental capacity and judgment still allow them to understand what they are doing.

### Types of power

There are two broad types of powers: "ordinary" and "enduring".

- **Ordinary** powers are best used for temporary purposes – for example, if you're going overseas and want someone to be able to send you cash from your accounts or to pay bills here.
- Most advisers recommend an **enduring** power of attorney for longer term protection. This works after you've become mentally incapable, while an ordinary power would lapse. Enduring powers of attorney can relate to property or your personal care and welfare. One attorney can act in relation to both property and care and welfare.

*From the Consumer NZ website*

**If you would like to attend a workshop to learn more about Power of Attorney and the process - please contact Age Concern Whanganui 345 1799 to register your expression of interest.**

## Need To Sleep Better?

Sleeping well directly affects your mental and physical health. Fall short and it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight. Unhealthy daytime habits and lifestyle choices can leave you tossing and turning at night and affecting your mood, brain and heart health, immune system, creativity, vitality, and weight. Try experimenting with the following tips:

**Tip 1:** Keep in sync with your body's natural sleep-wake cycle

- Try to go to sleep and get up at the same time every day
- Avoid sleeping in - even on weekends.
- Be smart about napping - limit to 15 to 20 minutes in the early afternoon
- Fight after-dinner drowsiness - get up and do something

**Tip 2:** Control your exposure to light

- Expose yourself to bright sunlight in the morning
- Spend more time outside during daylight
- Let as much natural light into your home or workspace as possible
- Avoid bright screens within 1-2 hours of your bedtime
- Say no to late-night television
- Keep the lights down if you get up during the night

**Tip 3:** Exercise during the day

**Tip 4:** Be smart about what you eat and drink

- Limit caffeine and nicotine
- Avoid big meals at night
- Avoid alcohol before bed
- Avoid drinking too many liquids in the evening
- Cut back on sugary foods and refined carbs
- A snack can help you to settle eg. Banana or yoghurt

**Tip 5:** Wind down and clear your head

- Breathing exercises can help. Breathing from your belly rather than your chest can activate the relaxation response.

**Tip 6:** Improve your sleep environment

- Keep your bedroom dark, cool, and quiet

*Information sourced from*

*How to Sleep Better - HelpGuide.org*

## COVID-19: Getting a vaccine – information from Ministry from Health website

We've secured enough COVID-19 vaccines for everyone in New Zealand. They're free and everyone in New Zealand is eligible. Find out how you can get a vaccine. *Last updated: 8 March 2021*

**Your vaccine will be free** - The COVID-19 vaccination will be free of charge

### Who can get a vaccine

#### You can get a free vaccine if you're in New Zealand

Everyone in New Zealand is eligible for free COVID-19 vaccination, regardless of your visa or citizenship status. Any information collected will not be used for immigration purposes. It will not be mandatory for the general public. You can choose whether to get vaccinated.

### When you'll get a vaccine

The COVID-19 Immunisation Programme is already underway. Over time, everyone in New Zealand will have access to a vaccine if they would like one. Our aim is to vaccinate as many people in New Zealand as possible during the year as part of the programme. The timings below assume there is low or no community transmission in New Zealand. This may change depending on what's happening in the community.

### Border and managed isolation and quarantine (MIQ) workers

Border and managed isolation and quarantine (MIQ) workers will be vaccinated first from 20 February 2021. This is all workers who undergo mandatory COVID-19 testing as part of their work. These groups include:

- cleaners
- nurses who do health checks in MIQ
- security staff
- customs and border officials
- airline staff
- hotel workers.

It should take 2-3 weeks to vaccinate border workers, followed by the people they live with (household contacts). This is to reduce the risk of them getting COVID-19. The people you live with (household contacts) will be vaccinated as part of the initial roll-out, after border and MIQ workers have had their first dose.

You will be able to nominate the people you live with (household contacts) and we'll contact them once vaccinations have started with more information.

### Non-border frontline healthcare workers

We expect that between March and June, non-border frontline healthcare workers, like general practitioners, pharmacists and people working in our testing centres, will have access to the vaccines as the next at-risk workforce.

### Other at-risk people

We then expect to shift the focus of the immunisation programme over the coming months to include a broader range of at-risk people (such as other health workforces, older adults, and those with a relevant underlying health condition).

### The general public

The general public vaccinations are expected to begin in the second half of 2021.

### Where vaccinations will be available

To start with, it is likely vaccines will be given to the general public in workplaces and community locations. District health boards (DHBs) will confirm vaccination sites closer to the time.

Simply Hearing



## Have you met Heidi?

**Heidi Armstrong is our hearing specialist at Simply Hearing; a hearing clinic designed to help everyday people like you.**

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



# BETTER DIGITAL FUTURES for Seniors

Starting  
Friday 19 March  
10am – 12 noon



Four  
classes  
per  
Pathway

- FOUR PATHWAYS**
- 01 Digital Introductory
  - 02 Digital Essentials
  - 03 Digital Engagement
  - 04 Digital Safety

**FREE COURSES**

**LOCAL VENUES**

**2 HOUR CLASSES**

Digital Introductory	Digital Essentials	Digital Engagement	Digital Safety
Lesson 1 <i>Pursuing hobbies</i>	Lesson 1 <i>Intro to Devices</i>	Lesson 1 <i>Online shopping</i>	Lesson 1 <i>Online bullying &amp; abuse</i>
Lesson 2 <i>Finding the right device</i>	Lesson 2 <i>Intro to the Internet</i>	Lesson 2 <i>Online banking</i>	Lesson 2 <i>Staying safe online</i>
Lesson 3 <i>Communicating with family</i>	Lesson 3 <i>Intro to Email</i>	Lesson 3 <i>Managing photos</i>	Lesson 3 <i>Social networking</i>
Lesson 4 <i>Reducing dependence on others</i>	Lesson 4 <i>Intro to Browsing</i>	Lesson 4 <i>Solving common problems</i>	Lesson 4 <i>Digital devices &amp; information</i>

To register or find out more, contact Rachel Smith  
Whanganui District Library

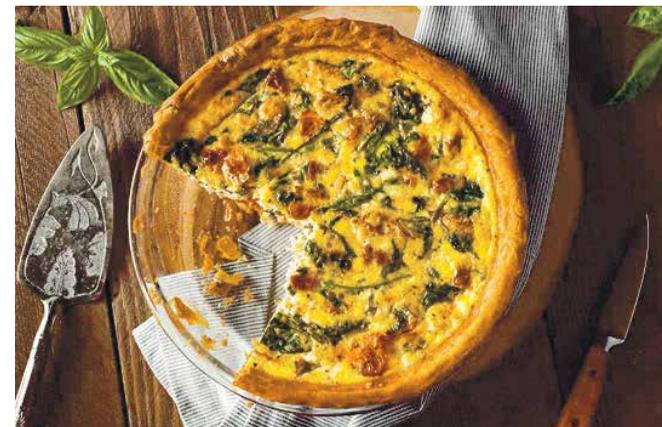
Ph. (06) 349 1000

Or email [rachel@whanganuilibrary.com](mailto:rachel@whanganuilibrary.com)

For more information, visit [www.steppingup.nz](http://www.steppingup.nz)

## Anything Goes Quiche

Quiche has been a popular brunch food for decades and was seen as a luxury for many seniors growing up. This is a fairly inexpensive, easy recipe that includes leafy greens rich in magnesium, iron, manganese, and vitamins A, C, and K.



### Ingredients

- 1 refrigerated pie crust
- 5 eggs
- 1 cup Flour half-and-half
- ½ teaspoon seasoning of your choice, such as mustard, dill, or rosemary
- ¾ cup crispy bacon, crumbled cooked sausage, or leftover ham
- 1 cup shredded cheddar or Swiss cheese
- 1 cup spinach or kale, torn or chopped
- ½ cup of your favorite veggie, diced (tomato, \ broccoli, asparagus, and peppers all work)

### Instructions

1. Preheat oven to 350 F and roll pie crust into your pie plate, per package directions.
2. Whisk eggs, half-and-half, and seasoning in a medium bowl; add salt and pepper to taste.
3. Sprinkle meat, cheese, and veggies onto the prepared pie crust evenly. Pour the egg mixture to cover.
4. Bake for 40-50 minutes, or until a knife inserted in the center comes out clean. Let cool 10 minutes before slicing and enjoying.

*Recipe adapted from Pillsbury, with vegetables added*

When you understand why a pizza is made round, packed in a square box and eaten as a triangle... Then you will understand women"

## Steady As You Go®

### Strength & Balance Programme



#### WHANGANUI

##### MONDAY

**Christ Church Community Centre**  
10am - 11am, 11.15am - 12.15pm  
and 1.30pm - 2.30pm

**Masonic Court Rest Home** 10.30am - 11.30am

**Rapanui Mowhanau Community Hall**  
1.30pm - 2.30pm

**Special Olympics Hall, Peat St** 10.00am - 11.00am

**The Holy Family, Tawhero** 10am - 11.00am

**Glasgow Group, St Andrews Hall, Glasgow St**  
11am - 12pm

##### TUESDAY

**Riverside Christian Church, 4 Ingestre St**  
9.30am - 10.30am

##### WEDNESDAY

**Faith Academy** 10am - 11am

**St James Presbyterian Church, Whanganui East**  
10.30am - 11.30am

##### THURSDAY

**Churton School Hall, Aramoho** 11am - 12noon

**Club Metro (Cossie Club)** 9.30am - 10.30am

**St Lukes, Castlecliff** 10am - 11am

**St Peters Church Hall, Gonville** 10am - 11am

**Special Olympics Hall, Peat St** 10am - 11am

#### MARTON - TUESDAY

**Marton Friendship Hall** 10am - 11am

#### HUNTERVILLE - TUESDAY

**St Andrews Church Lounge** 10.45am - 11.45am

#### RAETIHI - TUESDAY

**Elder & Care Village** 10am - 11am

#### BULLS - WEDNESDAY

**Bulls Friendship Hall** 10am - 11am

#### OHAKUNE - TUESDAY

**Lions Den, 3 Arawa St** 10am - 11am

**Classes cost \$3 per session.**

Please note there may be a wait list for some classes.

A new class will be up and running at Kowhainui Retirement Village soon. Register your interest now! To join a group or for more information please contact Janet Lewis, Steady As You Go Coordinator (06) 345 1799. Email [saygo@acwhanganui.org.nz](mailto:saygo@acwhanganui.org.nz)

## DENISE HAIR STUDIO WELCOMES A MATURE CLIENTELE

At DHS we cater for the aging population of Whanganui. We offer traditional hairdressing services.

Our spacious premises are bright, warm and centrally located, with free parking and easy access. Our soft background music creates a pleasant atmosphere.

**\* Our salon is age friendly \*  
Come enjoy the experience  
and tell your friends**



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

**If you are one of Whanganui's older residents, with a Community Services Card, you may be eligible for a free home fire safety check. You may also be eligible to have a FREE long-life smoke alarm installed.**

Age Concern Whanganui is working with Fire and Emergency New Zealand on an agreement so that together we can work to improve the safety of the Whanganui community.

Contact Age Concern Whanganui for more information regarding an assessment

**Ph. 345 1799.**



## LIFE TUBE could save your life!



**A Life Tube could save your life in an emergency.**

The Life Tube contains vital health information and important emergency information. It is kept in a prominent accessible place such as fridge or glove box of the car and is easily identified by the red sticker that is included in the tube. To have this information available if

the person concerned is unable to communicate may be and has been, a life saver.

In the event of an emergency, the Police, ambulance, friend or neighbour will be alerted by the red sticker and know that important information is inside the Life Tube.

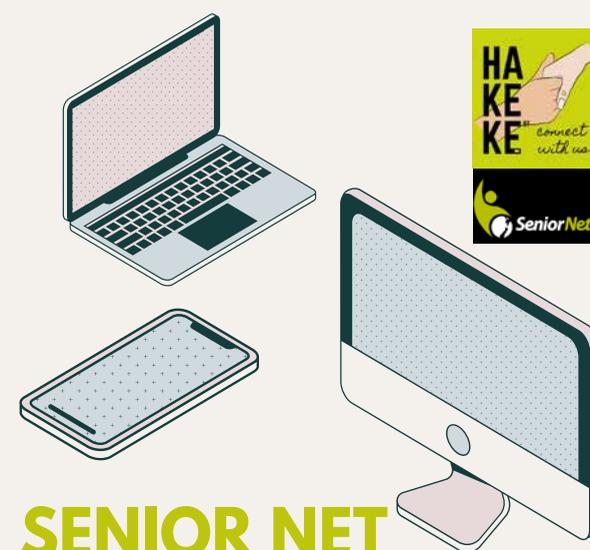
If you have a life tube and your information needs updating, call in for a new (free) information sheet and if you have purchased a new fridge.....a new sticker!

Life Tubes are endorsed by St John Ambulance, Neighbourhood Support and Police. They are available at our Age Concern office at 164 St Hill Street, Whanganui or phone us 06 345 1799. There is a \$2 donation.

**Sticker and notification card are inside the Life Tube. Make sure you collect your advance Care Plan forms when you get your Life Tube.**



**Go to [www.facebook.com/ageconcernwhanganui/](http://www.facebook.com/ageconcernwhanganui/) to follow us on Facebook.**



## SENIOR NET TECH TALKS

**Every second Tuesday  
10 am - 12 pm  
Starting March 2nd.**

**Bookings preferred. Text or Ring 022 096 5673.**

**Bring along your smart phones, tablets, laptops etc. and get help from the experts in navigating texting, touch screens, facetimeing, online banking, downloading, using apps, and so much more**



**YOU  
WERE BORN  
TO BE REAL  
NOT TO BE  
PERFECT**

## 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](http://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
- Nursing services
- Home care 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](http://www.healthcarenz.co.nz)



**HealthCare  
New Zealand**  
Rehabilitation. Community Health.

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**Our Thanks to:**



**Online discount scheme Senior Advantage promises to save elderly consumers money if they sign up. However, we found the deals it offers are already available to everyone.**

The seniorsadvantage.org website promises you can “save up to 70% at almost every store in New Zealand” as well as offering budgeting tools, meal plans and horoscopes. To bag a “bargain”, all you have to do is sign up and pay \$39 for a 12-month plan, a special price marked down from \$99.

Logos of major retailers – including Pak’nSave, New World and Countdown – are featured on the site. However, the supermarkets told us they have no affiliation with Senior Advantage.

While the website claims to offer “thousands of discounts and coupons for online and in-store shopping”, a Senior Advantage spokesperson acknowledged the deals on the site were publicly available.

The spokesperson claimed Senior Advantage offered “convenience” by aggregating deals from various stores, saving consumers from having to look for the discounts themselves.

“We have clear disclosures on each page stating that we have no affiliation or any kind of relationship with any stores listed.”

However, these disclosures are buried in the fine print at the bottom of the page and we think consumers risk being misled about what they’re getting for their money.

Senior Advantage has recently come in for flak across the Tasman, where it’s operating a similar site.

In December, consumer watchdog Choice reported Senior Advantage had been offering discounts from retailers that were already available to everyone. A Choice staffer paid A\$19 to join Senior Advantage. When they clicked on one of the Senior Advantage Woolworths deals, they were just taken to the supermarket’s half-price specials page.

According to the site’s terms and conditions,

Senior Advantage is run by JSC “Inulti”, a company registered in Lithuania. But that doesn’t mean it’s immune from New Zealand consumer laws. Any company operating in our market must comply with the Fair Trading Act.

If you feel you’ve been misled into signing up for Senior Advantage “discounts”, **make a complaint** to the Commerce Commission. **Let us know too.**

**We really appreciate your support as members of Age Concern Whanganui**

Annual membership fees are due for the financial year from 31st March 2021 to 31st March 2022.

You can pay by cash / cheque / internet / EFTPOS

Our bank account is Westpac account 03-0791-0454649-00

If you are making an internet payment, please email your details to: [info@acwhanganui.org.nz](mailto:info@acwhanganui.org.nz)

*Thank you again for your support*



**Advance Care Plan:**

our voice to tātou reo | Advance Care Planning

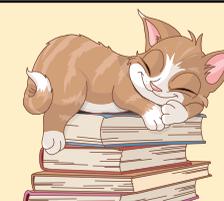


Advance care plan offers people the opportunity to plan their future care and support, including medical treatment, while having the capacity to do so. It involves you, your loved ones the opportunity to talk about your values, and what is important to you.

If you would like to know more call Age Concern Whanganui as we are setting up small group decisions.

**NEVER LEND BOOKS.**

They never get returned. The only ones I have in my library are ones I have borrowed.



**MEMBERSHIP FORM**

**New Members Only**  
**AGE CONCERN WHANGANUI Inc**  
**PO Box 703, Whanganui 4540**

Name: .....

Address: .....

Phone: .....

Email: .....

**Ethnicity:**

- NZ European
- NZ Maori
- Pasifika
- Other

**Age Group:**

- 49 & below
- 50 - 59 yrs
- 60 - 69 yrs
- 70 - 79 yrs
- 80 - 89 yrs
- 90 - 99 yrs
- 100 + yrs

**Individual Member:** \$20.00

**Corporate Member:** \$100.00

**Donation:** \$ .....

**TOTAL:** cash/cheque/internet/eftpos \$ .....

**Please tick if you require a receipt:**

Westpac account - 03-0791-0454649-00

If you are making an internet payment please email your details to: [info@acwhanganui.org.nz](mailto:info@acwhanganui.org.nz) or post this form to PO Box 703, Whanganui 4540

**OFFICE USE ONLY:**

- Receipt issued
- Database updated
- Thank you letter
- Deposit date

**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:

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free of all charges, to Age Concern Whanganui. 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



*Our facility offers the very best of hospital/resthome care*



- 60 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

Sue Walker - Facility Manager

**Phone:** (06) 348 1500

**Email:** [admin@stjohnshillhealthcare.co.nz](mailto:admin@stjohnshillhealthcare.co.nz)

