



Age Concern Whanganui



Contact Information

Phone: (06) 345 1799

Email: info@acwhanganui.org.nz

Address: 164 St Hill Street, Whanganui 4500

OFFICE HOURS

8.30am to 4.30pm Monday to Thursday

Board Members:

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Members: Louise McFetridge
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Meryl Parsons
Liam Graham
James Forrest
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Michelle Fisher	Administrator
Janet Lewis	Volunteer & Steady As You Go Coordinator
Lorraine Te Pou	Social Worker
Lisa Buchanan	Wellbeing Officer - Council Flats Whanganui & Rangitikei & Senior Driving Programmes
Becky Stanley	Community Connector & Visiting Service Coordinator

Disclaimer

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Tena koutou

It's hard to believe it is almost Christmas!!! I seem to say this every year, but this year seems to have shot along even quicker.

Firstly, I would like to introduce Ross Gibbs, he has been appointed as an Elder Abuse and Response Service Coordinator. We are very lucky to have him as part of the team and you can read his introduction further along in the newsletter.

We ran our Secret Santa Gift Initiative again this year and were amazed at the generosity of our community. At the time of writing this we were still collecting items which will be wrapped on 11th on December. I will update you in our next newsletter with the number of parcels we were able to deliver.

Our annual survey will be running from the beginning of December until the middle of January. Hopefully this will give everyone plenty of time to complete the survey with the holiday period. It will be available online as well we will have hardcopies at the office.

I would like to acknowledge and thank our wonderful volunteers – they make Age Concern the organisation it is today. We really appreciate your support and our organisation would not be the same without you all!!

Our thanks to:





To our members – thank you for your ongoing support – we are so very lucky you have chosen our organisation to support.

To the staff - you are a great team to work with and thank you for your hard work over the past year. You go over and above for the older people in our community.

To the Board – thank you for your guidance, support, and dedication to the role as a board member.

Our office is closing at lunchtime on Thursday 21st December, and we will re-open at 8.30am on Monday 15th of January 2024.

The festive season can be a very lonely time for older people in our community, please check in on your neighbours. Take care keep safe and be kind to others.

I hope everyone has a very Merry Kirihimete and a Festive New Year

Take care
Nga mihi, Michelle / Manager



Third Wednesday of the month from 3-4pm at Pride Whanganui - 64 St Hill Street (back right of the carpark next to Brickhouse).

If you're 60+ and are lesbian, gay, bisexual, transgender, intersex - or any other part of the Rainbow Community, then join us for a social catch up - afternoon tea provided!

CUPPA + CATCH UP
AGE CONCERN + PRIDE WHANGANUI



AGE CONCERN WHANGANUI
He Manaakitanga
Kaumātua Aotearoa



Membership is a way the community can support the work we do on behalf of the older people in the Whanganui Region. Becoming a member of Age Concern Whanganui is a way to show your support and help us to assist older people to stay independent and connected with their local community

Membership is only \$20 per year and as a member you will receive:

- A copy of the quarterly Age Concern Whanganui newsletter posted to your home
- Invitations to gatherings, seminars and events
- Discount on the assessment fee when applying for the Total Mobility Scheme

Membership for a couple is \$30.00

If you would like to know more about the work we do, the services we provide and want be involved with an organisation that works to achieve wellbeing, rights, respect and dignity for older people, contact us and become a member

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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

Age Concern Visiting Service

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

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) & Community Housing (Rangitikei)

We provide support to tenants of the Whanganui 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.

- 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.

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)

We can provide this service on a short term basis, which is subject to criteria and there is a charge for delivery.

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
- Visiting Service
- Reception

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

Email: info@acwhanganui.org.nz

www.acwhanganui.org.nz

follow us **facebook**

Age Concern Whanganui

Introducing Ross

I started at Aged Concern on 25th September and can't believe how quickly the time is going, the friendly team have made me very welcome and I have gradually been meeting all the volunteers on the front desk.

My role here is as Elder Abuse Response coordinator, I will be working alongside Lorraine TePou. My background has been in the health care sector, I trained as a Registered Nurse in Auckland, 38 years ago and have worked across many different settings with a focus on mental health. Nursing has given me the opportunity of travelling overseas and around New Zealand. More recently I have been working in the NGO sector here in Whanganui with Whanganui Community Living Trust and Pathways.

I came to Whanganui in 2016 as an Auckland refugee and love the lifestyle a smaller city offers. Being able to get to work in five minutes is something I really appreciate after years of driving in heavy traffic.

I am looking forward to my time at Aged Concern and hope that I can make a real difference in our community.



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 please ring (06 345-1799) or hp@acwhanganui.org.nz to reserve your spot for 2024

What is a will and why do you need one

Having a will is one of the most important things you can do for your family.

Some people think assets and special possessions will automatically go to your spouse or your next of kin if you don't have a will in place, but this isn't always the case.

"Wills help make sure that your wishes are carried out and the people and things that matter most to you are looked after once you're gone," Public Trust CEO Glenys Talivai says.

If you die without a will, the process for administering your estate – or dividing your assets and possessions – can be longer and more complex for those you leave behind and may involve the court.

Wills form a key part of planning for a more secure future and need to be put in place while you're of sound mind and memory, otherwise they may not be valid.

Do you already have a will?

If you already have a will, that's great news. Around half of all Kiwi have one, which is excellent.

But it's important to make sure it's up-to-date and reflects your current situation. We recommend reviewing your will every five years, or if you've had a significant change in your life. Maybe you've experienced a death in the family, a divorce or you have a new partner, grandbaby or fur baby.

Talk to your family

We encourage conversations with family when making or updating your will. It can



be confronting to have conversations about death, money and the future but, in our experience, having them early with your loved ones benefits everyone.

And it's not just about money and property either. New research commissioned by Public Trust shows that leaving a legacy matters to people. The research reveals an increasing interest in and value placed on 'emotional' legacies, which are less about money and assets and more about passing on values, taonga and heirlooms to the next generation.

It may not feel comfortable, but it's an act of love to have these important conversations about what matters to you and the decisions you are making in your will. It's also a good opportunity to see if your children have their wills sorted.

Remember that professional trustee services organisations like Public Trust are here to help guide your conversations with empathy and expertise if needed.

Having a will in place is one of the most important things you can do to help your family so take the first step towards making or updating yours today and visit publictrust.co.nz

Public Trust

Public Trust has been in the Whanganui region for over 130 years – and in that time, they've helped thousands of locals get their will and enduring powers of attorney (EPAs) sorted.

“Wills and EPAs form a key part of planning for a more secure future and need to be put in place while you're of sound mind and memory, otherwise they may not be valid,” says Rachel Ellison from Public Trust's Whanganui customer centre.

“We work closely with Age Concern Whanganui, and we are committed to supporting their work locally and helping more Whanganui locals complete these important documents, particularly as they get older.”

EPAs are legal documents that help ensure your wellbeing, property and finances will be taken care of by people you trust should a serious accident or illness mean you aren't able to manage these things yourself. There are two kinds of EPA – one for personal care and welfare, and one for property and financial assets, and property EPAs can also be activated if you decide you no longer want to manage your finances yourself.

“You need to think carefully about who to choose to be your attorney and select people who will have your best interests at heart, and who are trustworthy and reliable,” Ellison says.

While EPAs are used when you're still alive, wills set out your wishes for after you die, Ellison says. This can include what you'd like to happen to your house, assets, investments, cash, any pets, and funeral arrangements and burial wishes.

“When someone dies and they haven't left a will, the process can be longer and more complex than if there was a will and may involve the court. It can be costly and put a lot of additional stress on friends and family,” Ellison says.

It also means that your wishes may not be carried out as you would have liked, she says.

“Creating your will is something really important you can do for your loved ones.”

Review your will every five years too, or if something in your life changes. Maybe you've had a relationship change, bought or sold a house, had a grandbaby or even a new fur baby.

Whether it's a will or EPA, the Public Trust team is here to help. The Whanganui centre is open Monday, Wednesday and Friday. Whanganui locals are encouraged to stop by the office to pick up brochures or book an in-person appointment. Wills and EPAs can be completed online as a more convenient and cost-effective option. You can also call 0800 371 471.

Location: 400 Victoria Avenue, Whanganui
publictrust.co.nz



Vintage Cleaning Hacks that are Brilliant Today

Soak Your Shower Head

To remove hard water buildup on your shower head, “Pour some white distilled vinegar in a plastic bag and place it around the shower head so the head is completely submerged. Tie the bag around the pipe and leave it overnight. You’ll find the showerhead will spray like new again in the morning.”

Steam Away Stains

To easily clean your microwave without chemicals, Mary Alice Warren of Waco, Texas says, “Place 1 cup of water and 2 tablespoons of lemon juice or baking soda in a bowl. Heat on high until the mixture boils. Let steam accumulate on the walls and door of the microwave. Remove the bowl and wipe down the interior.” Good thing it’s so simple—a microwave is the one appliance that you should be cleaning every day.

Minty Fresh

Summer’s heat can sometimes cause garbage cans to give off an unpleasant odour. “If you grow mint, cut a fresh sprig and place it in the garbage can every day. It keeps the can smelling fresh all season long.”

Cleaning Solution

Skip the expensive store-bought surface cleaners and make a homemade cleaning solution using vinegar. Just mix one part distilled white vinegar, two parts water and a squeeze of lemon juice. This homemade cleaner works in the kitchen, bathroom and on floors. You can add a little baking soda to help whiten grout and sinks, just rinse with water after scrubbing.



Ingredients for homemade cleaning solution:

- Spray bottle
- Small funnel
- 1/2 cup white vinegar
- 2 tablespoons baking soda
- Tea tree essential oil
- Eucalyptus essential oil

Other cleaning hacks

Use mayonnaise to get water rings out of tables.

Erase scuff marks on your walls with cucumber. Use the outside of the [cucumber] peel to remove scuffs on tables and walls around the house,” says Brunette. Simply rub the peel on the offending mark and it’ll be gone before you know it.

Pick up broken glass with a piece of bread. Anyone who’s ever dropped a water glass or shattered a lightbulb can attest to the fact that glass is notoriously hard to pick up. And before the days of Dysons, folks used a surprising method for getting those shards off the ground: bread. Just take a slice of sandwich bread then “put it to work by pressing down over areas where glass smithereens remain,”

The Anti-Scam Tool

Scammers are so clever, it can be hard to tell what is real and what is fake. So, to try and help you sort the good deals from the good-for-nothings, Netsafe (supported by Meta, ID Care and Consumer NZ) launched a smart new tool (a website) called Check Netsafe.

Type in (or copy and paste) the full web address hyperlink you want to check and within seconds you will see background insights that will help you discern if the link is likely a scam or a legitimate website: checknetsafe.nz

The website has access to a global network of scam intelligence powered by overseas agency ScamAdvisor.

Seniors Scams Education

We created a number of new resources to help seniors trying to be more active digitally, to feel safer doing so. These tools are free for you to share with your older friends and whānau:

The Little Black Book of Scams:

Compiled by Bronwyn Groot, Netsafe's 'scambassador' and NZ Anti-Fraud Award winner, the Little Black Book of Scams tells you almost everything you need to know about the most common scams targeting New



Zealanders today.

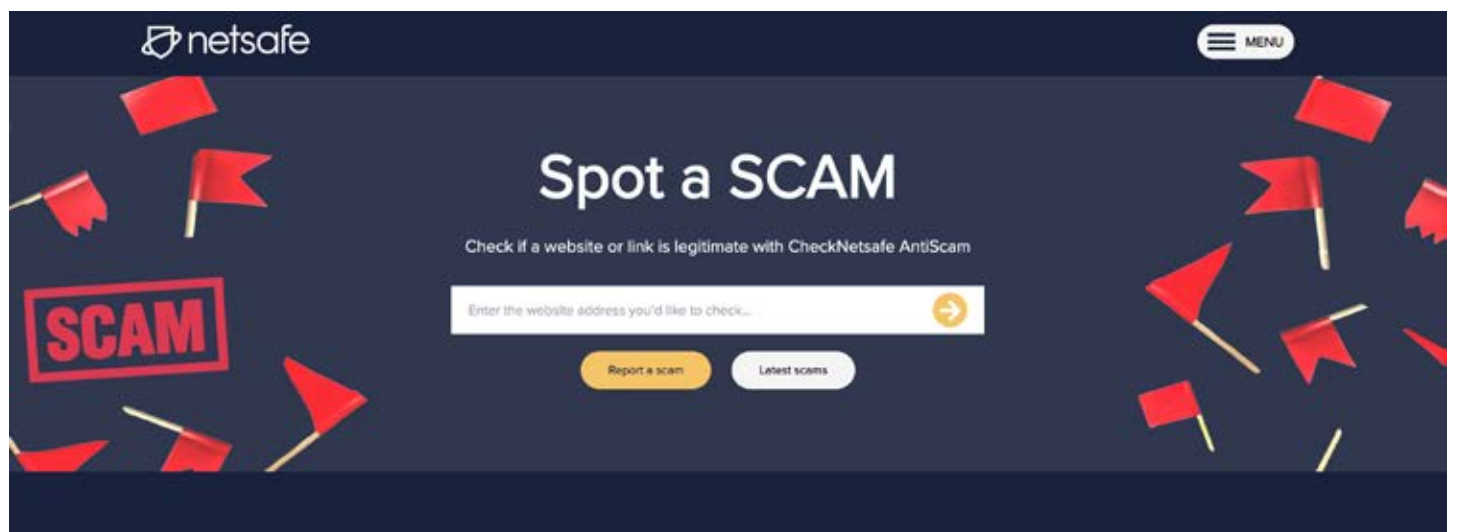
You can download a copy to read on your device or print it out to keep at home:

View or download the Little Black Book of Scams here.

Scams Webinar:

Bronwyn Groot also presented three in-person workshops in Auckland, Nelson, and Christchurch retirement villages (for residents only) during Netsafety Week, with generous support from Chorus. She kindly recorded her presentation so that we could share it nationwide.

You can view the video freely here: <https://youtu.be/f7pXRM4GJU4>





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“My name is Christine George and I have worked in the health care sector for the last thirty years. I live locally and have met with lots of people in the area who are just not getting the amount of care that they require. I feel every individual should have support to live a happy, dignified, independent life and we can help with that. My staff are all trained to a high standard and are police checked with excellent references.”

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Chrissy's Caregiving Ltd Whanganui

Medical Alarms

Ruth had always loved living in her own home, tending her garden and making the rounds in her local community – but after a stumble at a family get-together, her daughter raised concerns about whether it was safe for Ruth to be living by herself at her age.*

Ruth was determined not to give up her independence and a lifetime of memories, but she spoke to her GP to get some advice, just to be on the safe side. After discussing her lifestyle and the things that really mattered to Ruth, her GP suggested that a medical alarm might be a good solution. Having round-the-clock access to a simple device that connects to the central ambulance communication centre with one button-press would give Ruth and her family peace of mind, while allowing her to remain in the home and community she loved.

After doing some research of her own, Ruth reached out to Freedom Medical Alarms and ended up speaking with Wendy Major. Wendy recently joined the Freedom Medical Alarms team as a representative for the Lower North Island, and took Ruth through the details of how a medical alarm would work for her.

Once Ruth had the chance to ask all her questions and was certain she'd found out everything she wanted to know, she decided that a medical alarm would be perfect for her dream lifestyle. Being able to reach out for emergency help at any time of the day or night, while still living independently in her own home, struck the perfect balance. With a little help from Wendy, Ruth was soon set up with her very own in-home medical alarm system, including a waterproof alarm pendant and a base unit connected to the cellular network.



These days Ruth still loves living in the comfort and familiarity of her own home, but she and her family have the added peace of mind that help is just a button press away.

If you, like Ruth, are interested in living independently with confidence and peace of mind, just phone 0800 380 280 and make an appointment for an in-person chat with Wendy Major. Freedom from worry could be just around the corner.

*While all details in this story regarding Freedom Medical Alarms are factual, Ruth is a fictional character based on multiple Freedom Medical Alarms clients.



Prepared Meal Options

Fitzie's Café And Bakery

Contact: Liz Kuzman Ph - 06 344 34975,

Email - orders@fitzies.co.nz

Address: 40 Fitzherbert Ave, Springvale Whanganui 4501

Delivery: meals are prepared on a Monday, if your order is valued at \$55 or more, delivery is free.

Price: \$7.50

Jackson's Rewena Bread

Contact: 027324 3814

Address: 131 Duncan St, Whanganui East

Delivery: pick up as required. Open hours, Thurs – Sat, 10am – 6pm

Price: Hangi: \$15, Fry Bread: \$2.50, Rewena bread: \$7.50

Honest Kitchen

Contact: 06 345 0899,

Email – Karen@honestkitchen.co.nz

Address: 44 Ridgway St, Whanganui

Delivery: \$5 charge for deliveries within Whanganui, pick up required if out of delivery zone.

Price: Prices vary depending on portion sizes and meal quantities, lots of options including vegetarian.

Meals on Wheels

Contact: Compass 0800 720 001,

Email - MOWcentral@compass-group.co.nz

Delivery: Mon – Friday. Weekend and public holidays frozen meals are available. Orders, cancellations and late changes required in advance. Special diet meals available.

Price: \$6.89 – daily hot meal and desert.

Graze Out Caterers (Marton)

Contact: Zane Handcox, 06 327 4035 / 0272927753,

Email – grazeoutcaterers@xtra.co.nz

Delivery: Chilled meals delivered Tues – Friday to Whanganui, Bulls, Marton

Price: Between \$11.50 to \$14 depending on size.

Jamies Angels

Contact: Graham Lillington, 0800 526435 / 022 134 5750,

Email – jamiesangelsnz@gmail.com

Address: 138 Great North Rd, St Johns Hill. Whanganui 4501

Delivery: Meals are prepared on a Monday. Deliveries over \$55 are free.

Price: \$7.50 per meal

Club Metro

Contact: 06 349 0149

Address: 13 Ridgeway St, Whanganui

Delivery: Can be arranged.

Price: Frozen meals from the bar: \$8.00

Eastbrook Food Market

Contact: Graham Williams, 06 343 9041,

Email Mark.oliver@foodstuff.co.nz

Address: 77 Moana St, Whanganui

Delivery: can be arranged.

Price: Roast meals: \$12.50

Whanganui East Club

Contact: 06 343 7023

Address: 101 Wakefield St

Delivery: No delivery information

Price: Frozen meals from the bar \$8.00



Hautawa Catering Hunterville

Contact: Janice Hatrick / Bridget McNaught
06 322 8721 / 0274151153 / 0276759968

Email – hautawacatering@gmail.com

Address: Paraekartu St, Hunterville

Delivery: Taihape Tuesday, Hunterville and Mangaweka Tues-Thursday. Marton and Whanganui Frid – Saturday.

Price: range from \$8 - \$12.50 depending on portion size. Meal deals, buy 6, get one free.

The Brick House

Contact: 06 348 4945

Address: 72 St Hill St, Whanganui

Delivery: Frozen Takeaway Menu

Price: All frozen meals \$11.50

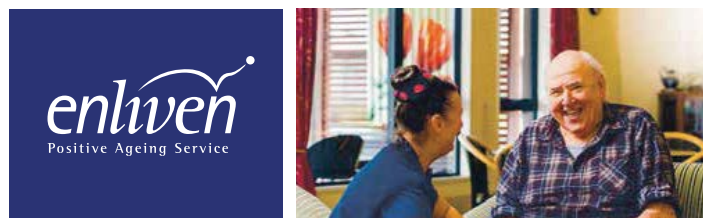


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phone Rachel Smith, 06 349 1000
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- Kōwhainui Village, Otamatea
- Abingdon Village, St John's Hill

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Free phone 0508 ENLIVEN
www.enlivencentral.org.nz

Smartphone Classes for Seniors

Want to learn to use your smartphone for more than just phone calls?

Build your smartphone skills and confidence at the Library's Appy Seniors classes. Whanganui District Library is running a series of one-hour sessions covering smartphone skills and popular apps including Google Maps, online grocery shopping, online banking, Libby, PressReader, Supergold, Trademe, and Zoom.

To register your interest in attending these sessions,
email rachel@whanganuilibrary.com,
or phone or text 027 211 4261.

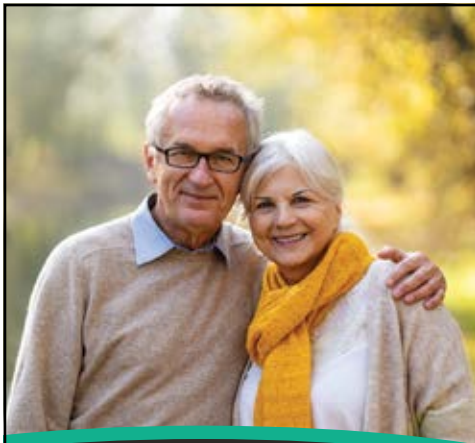
Grocery shopping on a shoestring budget

Tips taken from River City Press November 23rd. We thought you may find them helpful.



It's so expensive to feed the family these days, especially over the holiday period when expectations are higher – but it is possible to shop on a shoestring budget. Here are 10 tips:

- Buy in season produce – if it can be frozen so much the better, use in the off season.
- Buy cheaper meats – there are ways to prepare and cook the cheaper cuts of meat, like using a slow cooker.
- Choose frozen veggies – as much you may like fresh produce, its sometimes more expensive.
- Buy more beans and rice – beans and rice are cheap but filling.
- Buy marked down items – just be sure to check the 'best used by' dates so you don't have to throw them out.
- Shop at a discount store – we have a range of them in Whanganui from small to large, e.g. The Warehouse and Crackerjack.
- Buy marked down meat – again freeze what you can't use straight away, just remember to use them in time.
- Buy canned foods – Canned and frozen is as good as, or at least the next best thing to fresh is best.
- Shop for unconventional foods – this could include not your typical meat cuts.
- Buy the store brand – they may look cheap but taste just as good.



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Chair Yoga Combo

Inner Light Yoga based in Guyton St are happy to announce they will be starting a Chair Yoga Combo class 9 – 10am Tuesday mornings commencing Tues 29th August.

In chair yoga, participants engage in a series of mindful movements, stretches, breathing exercises, and meditation techniques while sitting on or using a stable chair. The practice focuses on promoting flexibility, strength, balance, posture and relaxation. The chair serves as a prop to aid in maintaining proper alignment and support, making it a safe and effective way to experience the therapeutic benefits of yoga without the need to get down on the floor.

The benefits of chair yoga are numerous. It can help increase joint mobility, muscle flexibility, and overall range of motion. It also promotes better posture and balance, which can be especially beneficial for older adults. Beyond the physical aspects, chair yoga



offers a calming and nurturing environment for stress reduction, relaxation, and emotional balance. It has been shown to improve circulation, alleviate stiffness, reduce anxiety, and enhance mental focus.

Instructor Martin Nagle, himself a 'retiree', has been teaching Yoga for the past 8 years and initiated the successful Chair Yoga Combo currently running at Hakeke Library. He brings in elements of Brain Gym, Feldenkrais and Tai Chi into the class to add variation and depth.
When: Tues 9 – 10am commencing 29th Aug
Where: Level 3, 76 Guyton St (there are 2 lifts)

*Fee: \$5 per class, Contact: Martin 0226221711
Facebook: Inner Light Yoga*

Christmas / New Year Hours

Age Concern Whanganui will be closed from midday Thursday 21st December 2023 re-opening on Monday 15th January 2024 at 8.30am

To contact the Elder Abuse Response Service over the Christmas period please ring 0800 326 6865

The Transport, Supermarket & Grocery Shopping Service will not be available until after 15th January 2024

Age Concern Whanganui Board and Staff wish you a very Merry Christmas and festive New Year!

Regular and Monthly Events: December - February 2023

Club GOLD (Growing Old, Living Dangerously) is a friendly senior walking group who meet every Tuesday and Thursday morning at 9am at Sport Whanganui, Springvale Park. This group walks various routes for approximately one hour and returns to the Sport Whanganui. Everyone is welcome – all levels of fitness. For more information or to register please contact Deb Byers on 06 349 2325 or deb@sportwhanganui.co.nz

Petanque: Whanganui East Club. Tuesday 1.15pm, Thursday 10.45pm, or Sunday 12.45pm. **Louise: 021 250 6415, or Ann: 021 067 9912**

PETRE 60's UP: Social gathering – 3rd Weds of every month, 2pm, St Andrews Hall, 42 Glasgow St, \$2. Alternating musical entertainment & guest speakers, with afternoon tea. **Betty: 06 3442976**

Regular Steady As You Go (SAYGO) throughout the week in various locations. Contact the office for a class

Book Explorers Club: Last Monday of every month 10.30 am Hakeke St Community Centre and Library, Whanganui East
Margaret: 027 2277 957

Tuesdays

Arts Group: Hakeke St Community Centre and Library, Whanganui East, 10-12pm - Arts Group. **Phone Guy: 021 282 9886**

Sit Fit With Carla: Cardio group from 1.30pm, St Andrews Hall, 42 Glasgow St. \$5
Ph 021 165 8961

Wednesdays

Eastside Craft Group: Hakeke St Community Centre and Library, Whanganui East, 10am - 1pm

Tai Chi Traditional Style: 12:30-2pm, \$10. 42 Glasgow St Andrews Hall. Matt Dutton
06 343 6692

Tai Chi: 9-10am. Gonville Health Community Room. Gold Coin

Thursdays

Grandparents Raising Grandchildren: 10-12, 48 Alma Rd, Gonville (during the school term)
Rachel: 027 3559411

Arthritis Water Based Classes: 11am, Splash Centre Hydrotherapy Pool. **06 349 0113.**

Chair Yoga Combo: Hakeke St Community Centre and Library, Whanganui East, 1.15pm -2.15pm - Koha **Marian: 021 073 1802**

December 2023

Christmas at Jolt Cafe - Sunday 17th Dec - 1 till 3pm - Join Pride Whanganui at Jolt Coffee House, Sunday December 17th, and lets celebrate the year that was! Enjoy live music, amazing coffee, an epic mix of people and a must-have raffle prize! Thanks to Mark at Jolt, this event doubles as a Pride Whanganui fundraiser. Any money spent on coffee's will be donated straight back to Pride Whanganui. Jolt Coffee House, 19 Victoria Ave, Whanganui. Everyone welcome.

Spiced Christmas Biscuits

Ingredients

- 125g butter, softened
- 1/4 tsp vanilla essence
- 1 tsp ground cinnamon
- 1/2 tsp each: ground nutmeg, allspice
- 1/2 cup Chelsea Caster Sugar
- 1 egg, lightly beaten
- 2 cups flour

Decorate with Chelsea Icing Sugar, silver balls, glaze cherries etc.

Method

Preheat the oven to 180°C.

In a food processor, mix the butter, vanilla, spices and Sugar, until light and fluffy. Add the egg and beat again. Add the flour to make a firm dough. Chill for 15 minutes in the fridge.

Roll out to about 5mm thickness and cut in shapes with Christmas biscuit cutters.

With a thick skewer, make a hole in the top of each biscuit large enough for a ribbon to be threaded.



Place on an oven tray and bake for 10-15 minutes, until lightly browned.

Decorate biscuits appropriately with coloured Icing and silver balls.

Recipe by Chelsea Sugar

Continued from page 16

1st Over 65's Hub - Age Concern, MSD and Woven Whanau Hakeke St Community Centre and Library, Whanganui East, 10am – 12pm Phone Kelly 022 096 5673

January 2023

17th January - Age Concern and Pride Whanganui Cuppa & Chat - 64 St Hill Street, Whanganui, 3pm

February 2023

21st February - Age Concern and Pride Cuppa & Chat - 64 St Hill Street, Whanganui, 3pm

2nd Over 65's Hub - Age Concern, MSD and Woven Whanau Hakeke St Community Centre and Library, Whanganui East, 10am – 12pm Phone Kelly 022 096 5673

Please ring Becky Stanley Community Connector at Age Concern Whanganui for further details and if you would like an event added.

All dates valid as of 1st of December 2023

Please ring Becky Stanley Community Connector at Age Concern Whanganui for further details and if you would like an event added.



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 inside the Life Tube. Make sure you collect your Advance Care Plan forms when you pick up your Life Tube.

Steady As You Go © Strength & Balance Programme

There is room for new participants in the following groups:

MONDAY

Christ Church Community Centre.
11.15am-12.15pm

Glasgow Group, St Andrews Hall
11am-12pm

Rapanui Mowhanau Community Hall
1.30pm-2.30pm

TUESDAY

Parkinsons group, Rivercity Boxing, Springvale
1.30pm-2.30pm

THURSDAY

Churton School Hall, Aramoho
11am-12noon

HUNTERVILLE – TUESDAY

St Andrews Church Lounge
10.45am-11.45am

OHAKUNE – TUESDAY

Lions Den, 3 Arawa Street
10am-11am

RAETIHI – TUESDAY

Elder Care Village
10am-11am

BULLS – WEDNESDAY

Bulls Friendship Hall
10am-11am

Please note groups will close down over the Christmas period. 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

**WE REALLY APPRECIATE
YOUR SUPPORT AS
MEMBERS OF AGE CONCERN
WHANGANUI**

Annual membership fees for the financial year 1st April 2023 to 31st March 2024 are due now and can be paid by cash / internet / EFTPOs

Our bank account is Westpac account 030791-0454649-00

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

Thank you for your support



MEMBERSHIP FORM

Name: _____

Address: _____

Phone: _____

DOB: ____ / ____ / ____

Email: _____

Ethnicity:

- NZ European
- NZ Maori
- Pasifika
- Other: _____

Age Group:

- 59 & below
- 60-69 yrs
- 70-79 yrs
- 80-89 yrs
- 90-99 yrs

Individual Member: New Renew \$20.00

Total Mobility Assessment & Membership \$25.00

Corporate Member: \$100.00

Couple Membership: \$30.00

Donation: \$ _____

TOTAL cash/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 or post this form to PO Box 703, Whanganui, 4540

Your Membership fee is for a financial year - 1st April 2023 – 31st March 2024

OFFICE USE:

- Receipt issued _____
- Database updated _____
- Deposit date _____



FORM OF BEQUEST

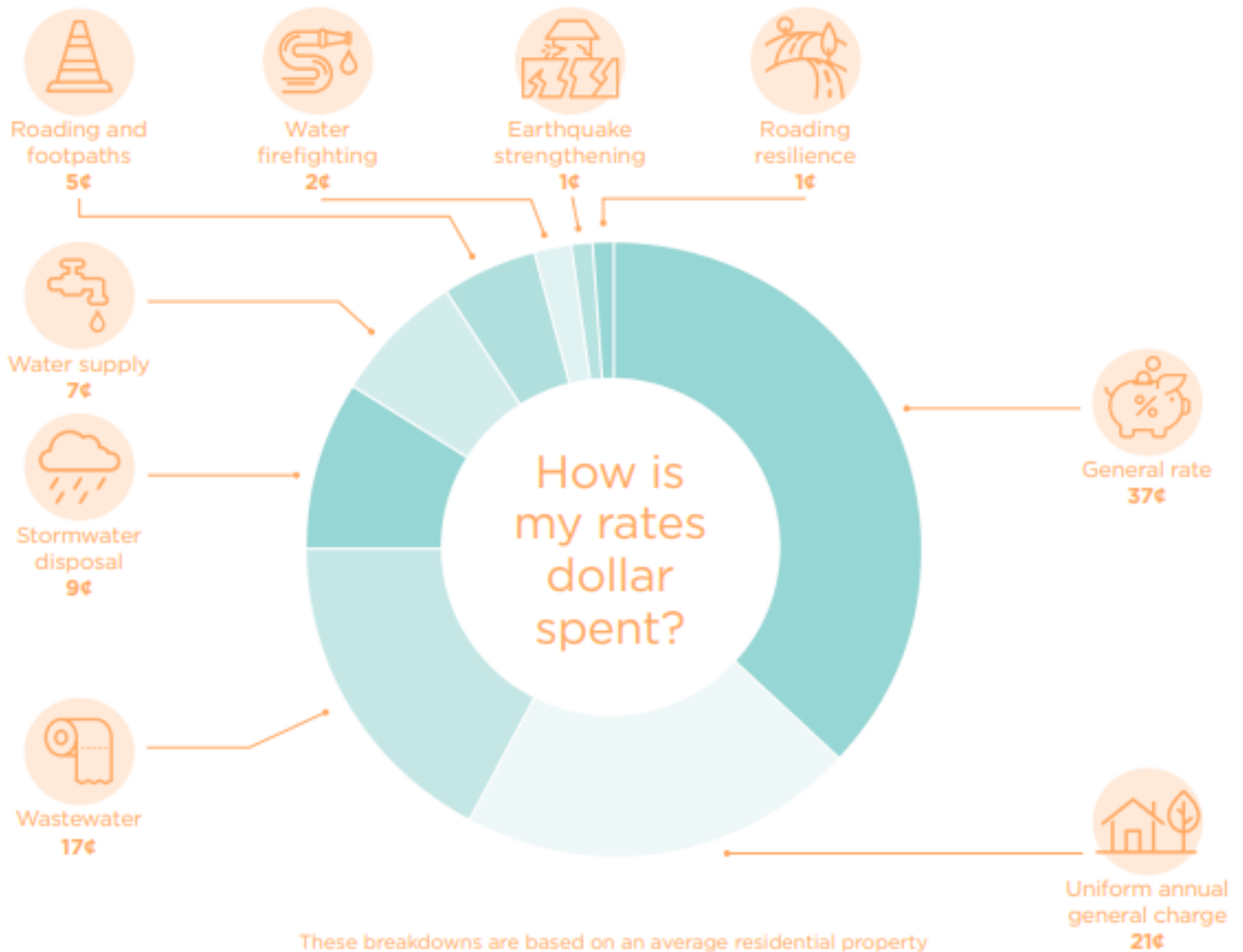
Take or send to your Legal Advisor for incorporation in your Will.

"I give and bequeath the sum of

\$ _____ (or)

_____ % of my estate,
(or) residue of my estate, (or) property
or assets as follows:

_____ 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."



These breakdowns are based on an average residential property and may not be the same for everyone.
For more information visit www.whanganui.govt.nz/rates

Rates Rebate Scheme 2023/2024

The Rates Rebate Scheme provides a rebate of up to \$750 for ratepayers* on a low-income who were paying rates for the home in which they were living on 1 July 2023.

How is my rebate worked out?

Your rebate will be calculated based on your income, rates and the number of dependants living with you.

The maximum income eligible for a rebate is \$30,100. However, if your income exceeds this amount you could still be entitled to a rebate depending on the total costs of your rates and the number of dependants.

Check your eligibility



Visit www.whanganui.govt.nz/rates-rebate-scheme for a handy calculator to see if you are eligible.

How do I apply?

The easiest way to apply is by booking an appointment with us online:

www.whanganui.govt.nz/rates-rebate-scheme

You can also download an application form while you're there.

What information do I need to provide?

1. Accurate information about your income (and that of any spouse/partner and/or joint home owner who lives with you) for the tax year ended 31 March 2023.
2. Your Horizons Regional Council rates bill.

Applications close on Friday, 30 June 2024.

*ratepayer means any person whose name is recorded in Whanganui District Council's rating information database (RID).