

**SUMMER 2019 QUARTERLY NEWSLETTER**  
www.ageconcern.org.nz



# Age Concern Southland

*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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## Contact Information

### INVERCARGILL OFFICE

Phone: (03) 218 6351

Address: 50 Forth Street, Invercargill 9810

Postal Address: PO Box 976, Invercargill 9840

### QUEENSTOWN OFFICE

Phone: (03) 441 3490

Address: First Floor, Aurum House, Terrace Junction, 1092 Frankton Road, Frankton, Queenstown 9300

Postal Address: PO Box 1161, Queenstown 9348

## Who's Who at 'The Centre'?

### JANETTE – Manager Extension 4

Janette promotes and runs 'The Centre'. She also provides a Confidential Advocacy service for clients going through Elder Abuse or any Welfare needs.

### HEATHER – Office Manager Extension 1

Contact Heather to book meals, rooms or to answer any queries that you may have.

### CHRIS – Accredited Visiting Service Co-ordinator Extension 2

If you feel that you could benefit from this service either as a Visitor or Client please contact Chris.

### KRIS – Social Worker Extension 5

Kris works alongside Janette with any Elder Abuse or Welfare needs.

### EMMA – Social Worker Extension 3

Emma is available to sort out any welfare needs and education in the community.

### KATHY:

Is our wonderful cook who manages the kitchen.

### CRAIG:

Is our cleaner at the Centre.

### KATHLEEN – Van Driver Extension 6

Please contact Kathleen if you would like to be picked up to come into the Centre.

### DUNCAN – Queenstown Office (03) 441 3490

Duncan looks after our Queenstown office and works in the field of Advocacy and any welfare needs of Elder Abuse situations.

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

## From the Manager...

Welcome to the last Newsletter for the year.

Christmas is fast approaching. I am sure you are all looking forward to some warmer weather in the build-up to Christmas. There are a few changes around the Centre with Janine moving away and Kris Scott joining our team as the Elder Abuse Response coordinator.

Kathleen has taken over the van run and has started to look at trips for the coming summer months, if you have any in mind, please contact Kathleen and let her know your thoughts.

We have been really fortunate in being donated some Quilts for clients, please let us know if you would like one. Remember to take time and enjoy the build-up for Christmas.

*Janette Turner*

Age Concern Southland Manager



When supporting the advertisers within this magazine

## PLEASE LET THEM KNOW.

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

*Thanks*

## 'TIS THE SEASON

This is the season of family and love and most of all giving. We give gifts to our loved ones, friends and others to show appreciation for all they have done for us through out the year. It's also a special time for us all at Driving Miss Daisy as we get into the spirit with our special festive Daisy Experiences.

There is fun and adventures to be had with your local Daisy. Call your Daisy to go and see the Christmas lights in your town, enjoy singing along at the Christmas Carols, or attend a special festive church service.

A Driving Miss Daisy Experience can be for one, or get a group together and share the costs and have your own festive get together at your favourite café or simply a drive to stroll in the sunshine and enjoy an ice cream.

Aging experts agree that it's good for you to keep active and importantly keep your social networks active. This particularly helps with depression and whilst it is a festive time of year it can be lonely for some, so do reach out and help each other. Talk to your Daisy they will know the local activities that may be of interest to you and your friends.

Driving Miss Daisy can solve the Christmas dilemma of a gift to buy or receive. What better idea than a Driving Miss Daisy Experience gift voucher that can be bought directly from your local Daisy. This has traditionally been a wonderful gift that family can give you, so don't forget to drop them a hint. A Driving Miss Daisy gift voucher creates memories, which is something very special, and you can use anytime you wish throughout the year.

Remember, Driving Miss Daisy accepts the TMS cards ("half price taxi chits"), providing driving discounts on trips.

Have a Wonderful Festive Season.

Melanie  
Co-Founder

*Editorial supplied by Driving Miss Daisy*

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## NEW STAFF MEMBER for Age Concern



My name is Kristie-Anne Scott, Kris for short!

I am a Southlander, born in Wyndham and lived and worked in Southland for most of my life. I have two lovely children and plenty of pets!

I thoroughly enjoy staying busy and have a passion for working

with people. Over the last few years, I have been employed at Southland YMCA Education, Adventure Southland and most recently with Nationwide Health & Disability Advocacy Service.

I am looking forward to a new adventure with Age Concern.

## Use your SuperGold card as photo ID

**SuperGold Card** carriers may choose to add a photo to their SuperGold Card. This could be useful if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with **three forms of identification** that verify your name and date of birth, plus, evidence of your address. It's a free service for all SuperGold card holders.

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Ph 03 215 6966

reception@clarehouse.co.nz  
www.clarehouse.co.nz

 CLARE HOUSE  
RETIREMENT VILLAGE

## THE WONDERS OF THE BANANA PEEL



From whitening your teeth to making your garden grow pest-free, check out these clever uses for banana peels

### 1. Grill a juicier piece of chicken

You're a grill master...except when it comes to skinless chicken breasts. They're so lean that they dry out faster than you can flip them. Next time, place a banana peel on top of each breast while cooking. The peel will create a barrier that acts like skin, helping the meat retain its natural juices.

### 2. Make a natural fruit-fly trap

Even though the oranges and apples in your fruit bowl are nowhere near expiration, you often find little flies buzzing around your kitchen. Catch the pests once and for all by crafting a trap. First gather a large yogurt container, a banana peel, a hammer, and a small nail. Using the nail and hammer, poke holes in the lid of the yogurt container. Place the banana peel inside, snap on the lid, and leave it where the flies tend to gather. The sweet smell of banana will attract the fruit flies, leading them to crawl inside—but they won't be able to fly back out through the tiny holes. Dispose of the trap after a day or when most of the flies have been caught.

### 3. Stop a scratched CD or DVD from skipping

If your favourite disc just won't play smoothly, fix it with a banana peel. To do: Rub the back of the disc in a gentle circular motion with the inside of the peel. Wipe off any residue with a soft cloth, then lightly spray the disc with glass cleaner and buff it until it looks clean. The wax in the peel will fill in scratches without harming the plastic finish, so the disc can play sans skips.

### 4. Rid your garden of aphids for good

After noticing some insect damage in your garden, you decide that it's time to nip the problem in the bud. Just cut up two or three banana peels, then dig a 1-inch-deep hole in the ground at the base of your plants and place the peels inside. Aphids and ants find the high potassium concentration in banana peels unappealing, so this little trick will make the pesky bugs retreat.

### 5. Swiftly lift ink stains from skin

Thanks to an exploded pen, you've got ink-covered hands—and soap and water aren't doing the trick. To the rescue: banana peels! Rub the white side onto the discoloured areas and watch the stains disappear. The natural oils in the peel will attract the oils in the ink, weakening the pigment's bond with the skin for easy removal.

### 6. Soothe an itchy bug bite

Summer is coming to a close, but it seems the mosquitoes have yet to get the memo—the critters are still biting you. For fast, chemical-free relief from an itchy bite, rub the inside of a banana peel against the inflamed area. The peels are full of polysaccharides, which will seep into skin cells to halt swelling and inflammation within minutes.

### 7. Whiten teeth on the cheap

No need to spend a fortune on professional whitening strips—let banana peels do the job instead. Simply rub the inner white side of a peel against your freshly brushed teeth for about 2 minutes every day. The combination of plaque-busting, astringent salicylic acid and gently bleaching citric acid in banana peels will effectively lighten surface stains on teeth without wearing down the enamel. With this trick, you'll have bright pearly whites within a week!

### 8. Buff away scuffs on leather shoes

Last year's sling-backs are still in great condition, except for a few scuffs on the toes. The natural fix: Lightly rub the spots with the white side of a banana peel, then wipe with a clean cloth. The peel's potassium (a key ingredient in leather polish) will be absorbed into the leather and diminish the marks, leaving your shoes looking brand-new.

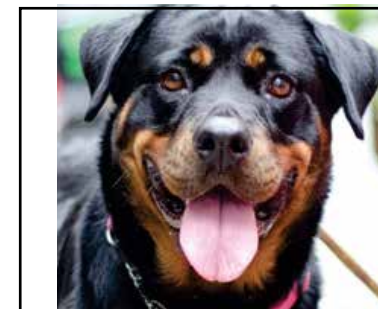
### 9. Perk up dull, dreary houseplants

If your potted ferns, cacti, and spider plants look like they need a little pick-me-up, give them a quick rubdown with the white side of a banana peel. The skin's rough texture will gently buff away dust, while its natural oils will add a nice polished sheen. Bonus: banana peels contain nutrients like potassium that feed plants to keep them healthy and flourishing.

### 10. Remove a splinter painlessly

Make removal of a tiny wood sliver a cinch with this trick: Tape a piece of banana peel, white side down, over the wound and leave it on for 30 minutes. The enzymes in the peel will seep into the skin and encourage the splinter to move toward the surface for easy plucking. The result: a tear-free extraction.

With thanks to Prevention.com



“Hey Mr Burgler,  
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## Age Concern Southland Brief Overview

### Frozen Take-away meals are available daily.

- Main Course – Members \$7.00
- Main Course – Non Members \$8.00
- Soup – Members \$4.00
- Soup – Non Members \$4.50

### Three course meals are available at 'The Centre' 12:00 noon, Tuesday, Wednesday, Thursday and Friday.

- Members – \$10.00
- Non Members – \$ 11.50
- If you wish to come, please phone Heather on (03) 218 6351 before 10:30 a.m.

### A van is available for pick-up and drop-off, of members who wish to come into 'The Centre' for a meal on a Tuesday, Thursday and Friday. Just leave a message on the answer phone the night before 032186351

- Gold coin Donation.

### Exercise Class Tuesday and Thursday commencing at 11:00 a.m.

- \$3.00 Donation payable to the tutor.

### Housie on Thursday afternoon

- commencing at 1:30 p.m.

### Scrabble is played on a Friday afternoon

- commencing 1:00 p.m. until approximately 4:00p.m.

### Bowls are played on Friday afternoon

- commencing at 1:15 p.m.

### Concert on the first Tuesday of each month, February-October inclusive. (Exception if the first Tuesday coincides with a statutory holiday.)

- Commences at 1:30 p.m.

### Bus Trips.

- Please refer to Notice Board in foyer for details.

### Rooms available for hire.

### Accredited Visiting Service.

**If you are feeling lonely, or would just like more social contact, it's important to do something about it,** and Age Concern can help. Our Accredited Visiting Service is a befriending service that provides regular visits to older people who would like more company. Our visitors are volunteers who are keen to spend time with an older person for about an hour each week to enjoy conversation and shared interests and activities.

### Confidential Advocacy Service for Elder Abuse.

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. If you have any welfare needs or questions please ask a staff member as we have lots of Resource's available.

### Training, Public Awareness and education in rest homes and the community.

### Holding education seminars for the public

e.g. Positive ageing, Enduring Power of Attorney, etc. Volunteers needed

### JP available onsite

### Refection's of your life workshops

### Learning txt classes

*"Alone we can do so little; together we can do so much."*

*Helen Keller*

## Staff contacts

To contact staff dial (03) 21 86 351 if no one answers, the phone will give you the extension numbers listed below:

So if you wish to talk with Heather push 1 and it will go to her answer phone. Leave a message as the phones are checked regularly

<b>Extension 1</b>	Heather Office Manager
<b>Extension 1</b>	Kathy Cook
<b>Extension 1</b>	Craig Cleaner
<b>Extension 2</b>	Chris Accredited Visiting Service Coordinator
<b>Extension 3</b>	Emma Community Educator / Social Worker
<b>Extension 4</b>	Janette Manager/ Social Worker
<b>Extension 5</b>	Kris Social Worker / EARS Coordinator
<b>Extension 6</b>	Kathleen Van Driver
<b>Duncan</b>	Coordinator for the Queenstown Office 03 4413 490

If you are wanting the van please leave a message on extension 1 or 6 the night before, if possible, so we can ensure you are picked up as the van leaves the Centre at 9am to start pickups



**Please visit Age Concerns web site for more information**

. Just type in the google bar Age Concern



**Please visit the Super Seniors site for more up to date information on what is going on.**

- Just type in the google bar super seniors

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AWHI MANA TOHU TOHU ME MIHI KI MURIHIKU

## Age Concern Southland Take-away Meals Menu



**Meals: \$7.00 Member**

\$8.00 Non Member

**Beef Olives**

**Beef Stew**

**Braised Steak**

**Chicken Casserole**

**Chicken & Leek Casserole**

**Chops**

**Cottage Pie**

**Crumbed Fish**

**Curried Sausages**

**Devilled Sausages**

**Fish Pie**

**Irish Stew**

**Lasagna**

**Liver & Bacon**

**Meatloaf**

**Mince**

**Pork Casserole**

**Rissoles**

**Roast Beef**

**Roast Chicken**

**Roast Hogget**

**Roast Pork**

**Sausages**

**Shepherd's Pie**

**Silverside**

**Steamed Fish**

**Stew & Dumplings**

**Stuffed Sausages**

**Sweet & Sour Chicken**

**Sweet & Sour Sausages**

**Swiss Roll**

**Tripe & Onion**

**Soup: \$4.00 Member**

\$5.50 Non Member

**Chicken - Leek & Potato**

**Pumpkin - Tomato - Vegetable**

No need to order, just come in. Full range of our quality home cooked styled meals may not always be available but check out our daily Menu Board

To become a Member of Age Concern there is an annual subscription of **\$25.00, due February each year.** Please do not hesitate to ask about Membership and the benefits you would be entitled to.

Office hours – Monday to Friday – 9:00 a.m. – 4:00 p.m.

## Why Your Decades After 60 May Be Your Best

**Retired people past that age are the most joyful. Here's why.**

by Shayla Thiel Stern March 10, 2017



When my daughter was in kindergarten, her teacher asked her class to create self-portraits imagining what they would be like as grandparents in the future and to fill in the blank, "When I am a grandparent, I will..."

My daughter used white cotton balls to create a head of fluffy white hair and filled in a blank beneath the picture with "SWIM LAPS," written in her sweet, unsteady penmanship. She was perhaps inspired by her own grandmothers' and great-grandmothers' fondness for pool exercise.

I was reminded of this when reading a story from The Guardian's recent series on retirement. The article led with a video about a 66-year-old recent retiree who goes for a daily swim in the frigid ocean at Cornwall with other older adults — never missing a day because of the sense of joy it brings not only to swim, but to swim with like-minded friends. It was something she could not have done while still raising her children and working full-time, she notes.

### Life Experience Makes Us Courageous

Using interviews with men and women across Britain, Guardian reporter Amelia Hill discovered a common theme for the article: Even if you don't make a specific plan for what you will do in retirement, you are likely to be happy in whatever you choose. She notes the choice is personal and the source of joy is far-reaching, from volunteering to playing with grandchildren to swimming daily in the ocean.

Research about happiness and aging shows that older adults generally are happier than their younger counterparts, and retirement is likely to improve your happiness and health. Moreover, that effect is immediate and long-lasting.

The Guardian interviewed Caroline Lodge, co-author of the book *The New Age of Ageing: How Society Needs to*

Change, which followed more than 50 people age 50 to 90.

"Most of our interviewees are amazed by the fact that they are enjoying life and that they feel young and normal, sometimes into their 90s,"

Much of this joie de vivre seems to come from something that many of us have enjoyed as we've grown older: A sense of self-confidence based on our years of experience.

"It's the loss of angst about what people think of you: the size of your bum or whether others are judging you correctly. It's not an arrogance, but you know who you are when you're older and all those roles you played to fit in when you were younger are irrelevant," said 69-year-old Monica. "That makes one more courageous."

### Who Cares What Other People Think?

And it isn't just self-confidence that engenders years of experience. It's that you no longer need to care what other people think. Another interviewee (who chose to remain anonymous in *The Guardian*) put it beautifully: "Last week, I swept across a crowded pub to pick up a raffle prize ... with my dress tucked into my knickers! A few years ago, I would have been mortified. Not anymore. Told 'em they were lucky it was cold and I had knickers on!"

Lifelong learning and the willingness to continue to learn is good for the body, mind and soul. In fact, people who perceive themselves as lifelong learners often are "superagers," or people who remain vital and cognitively resilient through very old age.

"I do things now that I wouldn't have dared to do when younger, for fear of being crap at them," added Hartwell in *The Guardian*. "Now I try my hand at whatever I fancy and if I'm not as good as others, I don't care, I'm still learning."

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# Kitchen CORNER



## Fish Pie

### Ingredients:

- 250g bag washed leaf spinach
- 250g small new potato
- 300g skinless, 100g half-fat crème fraiche juice ½ lemon
- 1 tbsp olive oil



- 2 eggs boneless white fish fillet, cut into large chunks

### Method

1. Heat oven to 220C/fan 200C /gas 7. Tip the spinach into a colander sitting in the sink and tip the potatoes into a saucepan. Bring a kettle full of water to the boil and pour enough over the potatoes to cover and slowly pour the rest over the spinach to wilt it. Bring the potatoes to the boil and cook for 8-10 mins until tender, then drain and roughly mash.
2. Leave the spinach to cool, then squeeze out excess water with your hands. Scatter the spinach over the bottom of 2 individual or 1 small ovenproof dish leaving two gaps for the eggs. Crack the eggs into the gaps, then season with salt and pepper. Distribute the fish over the spinach and eggs. Spread over the crème fraîche and drizzle with the lemon juice. Loosely spoon over the potatoes, drizzle over the olive oil, then bake for 20-25 mins until the top is crispy and golden and the sauce is bubbling at the sides. Leave to stand for a few mins, then serve straight from the dish.

## Nuisance-call blocking landline helps give peace of mind to those worried about scam calls

Spark has introduced a new product for New Zealand seniors: the first nuisance-call blocking home phone (landline) available in New Zealand

### Call Screen nuisance-call blocking technology

While it looks and plugs in like a normal home phone, when an unknown caller rings, they are prompted to announce their name and the receiver can decide whether to accept or block the call. Saved contacts, on the other hand, are put straight through.



“Call Screen can help completely block the call from coming through because scammers, unwanted business callers and even autodialing machines either can’t or won’t record their name, which means the phone doesn’t ring, saving customers time, lessening stress and making them feel more secure,” said Tessa.

Over the last few years, the number of phone scam victims has grown considerably with some people losing thousands of dollars after falling for the seemingly legitimate ruses. As avid landline users, many of those who have fallen victim have been seniors.

Call screen is available at all Spark stores, over online chat, over the phone by calling 123 or via the online form available at [spark.co.nz/callscreen](http://spark.co.nz/callscreen). \*\* New and existing Spark customers with SuperGold cards can get a \$30 account credit upon purchasing the Call Screen Twin Cordless Phone by presenting their card and photo ID in a Spark store.

\*\*Call Screen Twin Cordless Phone is available for purchase at \$139.99 however, if you are a new or existing Spark customer, are 65 or over and have a SuperGold card, you can get a \$30 account credit when you purchase Call Screen in store. You do not have to be a Spark customer to use Call Screen however, you will need to ensure you have a landline plan with a provider and that you have the caller display network feature. Spark is offering caller display for free to all new and existing Spark landline plan customers who purchase a Call Screen phone.

## Seniors are being warned to be on the alert for scammers contacting them by phone trying to trick them out of money.

Bronwyn Groot, Fraud Education Manager at the Commission for Financial Capability (CFFC) says a scam involving fraudsters claiming to be from Spark and the Police is on the rise, and many people have had thousands of dollars stolen.



Bronwyn Groot

The caller typically claims they are from Spark, claiming there is a security or internet issue with their computer or router.

They are then told they are the subject of identity theft through their emails and are transferred to a member of the “Police Cyber Crime Unit”, where they are spoken to by a person claiming to be a police officer.


The victim is then told that Police need their assistance “to set a trap to catch the criminals”. They are convinced to withdraw large sums of money – often around \$10,000 to \$15,000 – and given an address to post the money to or a bank account number to transfer it to.

Groot says a telco, the Police or your bank would never ask

for your bank details over the phone, or ask you to send money this way. “Other red flags are if the caller pressures you with a sense of urgency, or asks you to keep the call secret,” says Groot.

“They will try to fluster you, but the best thing you can do is stop and think ‘Is this for real?’. Hang up and if you want to check, call your telco, the bank or the Police directly and ask if the call you just received was genuine.”

If you’ve been a victim of this scam, or know someone who has, contact your local police station or call the new Police reporting number, 105.



**Scammer on the phone**  
Stop and think - is this real  
*Hang up*  
Call your telco, bank, or the Police and ask if the call you received was genuine?



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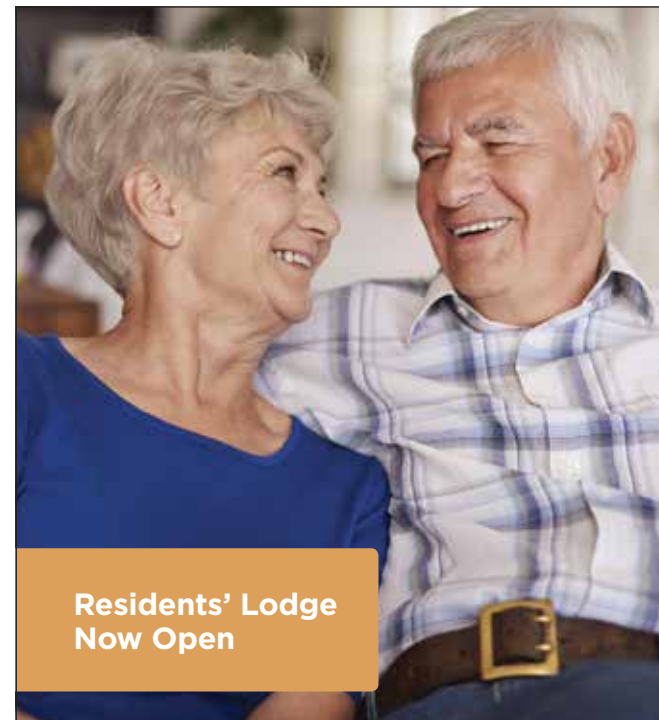
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## Relationship changes in a village

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

Leaving aside a move to care or leaving the village entirely, there are three ways residents' circumstances can change. These are:

- Divorces and separations
- Late life love
- Moving a child or other dependent adult in

Over the next few issues we'll be having a look at these in more detail.

### The framework for looking at these issues

It's important to stress that every village is unique and there are many different approaches taken by operators. Generally speaking, village managers will look at the context of the request as well as the resident's circumstances before making a decision. The starting point is recognising that an occupation right agreement (ORA) is usually a personal contractual right to occupy a unit and is non-transferrable. Further, residents will usually hold their interests jointly rather than as tenants in common.

An ORA will typically contain provisions relating to the length of time that guests may stay with a resident without first obtaining the operator's consent. Guests are often limited to stays of no more than two weeks at any one time and a total of six weeks in total each year. These limits ensure that guests don't interfere with the rights of other residents and to avoid the abuse of village facilities.

All disclosure statements for registered retirement villages are required to disclose the effect of marriage on an occupation right agreement.

### Divorce, or when a resident couple separates

Operators will not agree to any change to the occupancy arrangements of a separating couple until



they are satisfied that both parties have first received proper legal advice on how to proceed.

The ORA will usually be relationship property. As with any separation, one partner may offer to give up their right to occupy the unit and their interest in the termination proceeds in exchange for some other benefit. Many, but not all operators, will be willing to acknowledge this arrangement and may formally document the change, subject to both residents obtaining independent legal advice.

It is not uncommon for operators to find that residents are concerned about legal costs and will try to avoid formally documenting the division of their relationship property. Some residents will try to hand over the responsibility of documenting their relationship property division to the operator. Operators, of course, do not wish to be put into this position and will actively avoid getting involved.

Unfortunately, as with any relationship break up, there may be insufficient assets or income available to allow one partner to stay in the village and to pay the other resident out, or there could be angst among other residents if one party stays and the other leaves. While village managers will be sympathetic to the change, it's not their job to get involved in relationship property disputes.

**Next time we'll have a look at what happens when a resident falls in love.**

*editorial supplied by Retirement Villages Association*

## Breathing Exercises

Good breathing is the secret to solving many issues. It feeds oxygen to the heart and muscles and to the brain making us more alert and relaxed. It also massages the organs in the abdominal area assisting their function. Here are some breathing exercises to try. Use a straight-backed chair.

### Lateral Breathing

1. Sit upright, away from the back of the chair
2. Place your hands on your sides, fingers forward on your ribs.
3. Breathe in and feel your ribs expand. Breathe out and feel them subside.
4. You can then explore the full capacity of your ribs by breathing in as deeply as you can.
5. As you breath out you can push your hands inwards to generate more movement in your ribs and a deeper exhalation.

### Heart Openers

1. Stand and gently move your face backwards to grow tall through the top of your head.
2. Breathe in to open your sternum upwards, arching your upper back slightly.
3. Breathe out as you relax to stand straight.
4. Try raising your arms up as you breathe in and open your sternum. Be careful to avoid tilting your head back as you do this.
5. Let your arms swing down and add a knee bounce as you breathe out.
6. Keep going raising your arms as you breathe in, then bend your knees and let your arms swing down as you breathe out.



### Diaphragmatic Breathing

1. Sit upright away from the back of the chair.
2. Place your hands on your belly just below the navel.
3. Breathe in and feel your tummy expand.
4. Breathe out and feel it subside.
5. Breathe in again and if you like breathe in more deeply.
6. Let the exhale breath happen by itself.

## Avenal Park Funeral Home

From preplanning and/or prearranging of funerals, to looking after you when your loved one dies, through to designing and organising of memorials, the team at Avenal Park Funeral Home are here for you.

We have prearrangement packs at our office - 75 Fox Street, Invercargill or we can come and visit you. Prearrangement information can either be held in safe keeping at our office or you can keep the paperwork with your other important documents. Just remember to tell a family member, or someone close to you where this information is stored. Prepayments are managed through the FDANZ Funeral Trust. It is not an insurance policy, the money you pay is yours - held in trust for when it is required.

If you would like to talk to someone about funeral/monumental options or would even like a tour of our premises, please visit us or phone (03) 218 9021.



75 Fox Street, Invercargill

**03 218 9021**

Funeral Directors and Monumental Masons



**Jamie, Donna, Christine, Nigel, Chris & Mel**

*We offer:*

- ☞ 24 hour service
- ☞ Care for families throughout Southland
- ☞ Assist with Preplanning and Prepayments of funerals
- ☞ Prepayments managed by the FDANZ Funeral Trust
- ☞ Chapel and Catering Lounge
- ☞ Monumental headstones and plaques

We are Registered Members of the  
Funeral Directors Association of New Zealand (FDANZ)



*Editorial supplied by Avenal Park Funeral Home*



# Steady As You Go<sup>©</sup>

## Falls Prevention Exercise Groups

**SAYGo Exercises improve balance and leg strength, flexibility, general fitness and wellbeing**

**Southland group locations and times:**

- **Age Concern Southland Hall**  
- Tuesdays 11am | 50 Forth St, Invercargill
- **Age Concern Southland Lounge**  
- Thursdays 11am | 50 Forth St, Invercargill
- **Wyndham Group**  
- Mondays 10.30am | Wyndham Evangelical Church, Balaclava St
- **Fortrose Group**  
- Mondays 10.00am | Fortrose Community Centre, 40 Neva St
- **Bluff Group**  
- Tuesdays 10.30am | St John's Community Centre, Lees St
- **Windsor Group**  
- Mondays 1.30pm | Windsor Community Church, Windsor St

- **Wallacetown Group**  
- Mondays 10.00am | Wallacetown Community Centre, 57 Dunlop St (starting 8/7/19)
- **Myross Bush Group**  
- Wednesdays 11.30am | Myross Bush Community Hall, Mill Road North
- **Te Anau Group**  
- Wednesdays 10.30am | Fiordland Community Centre, Te Anau-Mossburn Hwy
- **Queenstown Groups** (contact Emma for details)

Cost for each group may vary; duration of 1hr. No SAYGo group in your area? Get a group of people together with the help of Age Concern Southland. Contact Emma for more information.

Enquiries to Southland SAYGo Coordinator:  
Emma Lovett, Age Concern Southland  
03 218 6351, emma@acinv.org.nz



### Age Concern Southland Membership Form



If you wish to become a Member of Age Concern Southland please complete and return this document, including payment. Each year's membership commences 1<sup>st</sup> February.

#### Age Concern Southland Membership

February 2019 / 2020

**Name:** \_\_\_\_\_

and \_\_\_\_\_

(If Membership type is 'Couple' please enter other Members name in space provided above)

**Street:** \_\_\_\_\_

**Suburb:** \_\_\_\_\_

**City/Town:** \_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Membership Type:** Single \$25  Couple \$35  Corporate \$50  \$.....  
(Please indicate membership type by ticking box applicable) Membership

**Donation:**  
Donations of \$5 and over are eligible for a tax credit under the terms of Section 1 D1 of the Income Tax Act 2007.  
\$10  \$20  \$30  \$40  \$50  Other  \$.....  
(Please tick box applicable for the amount you wish to donate) Donation

**TOTAL Payment** \$.....

**Do you require a receipt?**   
(If 'yes' please tick box)

**Payment by post to:**  
Age Concern Southland, P O Box 976, INVERCARGILL 9840

**OR**  
**Payment delivered to:**  
Age Concern Southland, 50 Forth Street, INVERCARGILL  
*Please accept our sincere thanks for your support and should you have any queries please do not hesitate to phone (03) 218 6351*

**Office Use Only**

Date Received: .....  
Method of Payment: .....  
Membership Card #: .....  
Entered on Database: .....



# Seniors@work

## A new jobsite exclusively for Seniors and those over 60



“Seniors@work” has just launched and is designed exclusively for people over 60 who are looking for work opportunities. It has been set up by a fellow Senior, Ian Fraser, as a tool to connect employers with a fantastic pool of talented, skilled and experienced people who can add real value to the workplace.

Having found himself unexpectedly out of work days before his 60th birthday, Ian was shocked to discover that job hunting in your 60s is incredibly challenging. “I literally have a lifetime of knowledge and experience. I have worked in industries both here and overseas, I have started companies, learned from successes and failures and yet I couldn’t find a job”, Ian said.

After speaking with others in the 60+ community, Ian discovered that his was not an isolated experience and senior workers struggle to find employment. “It seems crazy to me that New Zealand businesses are complaining about a skills shortage, when we have a goldmine of skills, experience and talent available in our senior community”, Ian said.

Ian knows that the biggest challenge to overcome is a subconscious bias and negative connotations associated with being elderly. To counter this, he established Seniors@work, an organisation that works with employers and older job hunters to help New Zealand businesses benefit from our ageing population.

“Being “old” is viewed negatively, there are common misconceptions like the elderly can’t keep up with technology. The reality is we have a wealth of skills, experience and a work ethic that is second to none. Savvy businesses that realise this can gain access to an incredible workforce”, Ian said.

If you are interested in learning about great work opportunities guaranteed to be suitable for those aged 60 plus then you can visit the job site [www.seniorsatwork.nz](http://www.seniorsatwork.nz) and hit the “Register” button to create an account in just two simple clicks. The site also has a comprehensive Work Readiness info pack and Wellbeing section, so is not just your standard jobsite.

You can like and follow them on Facebook at [www.facebook.com/SeniorsatworkNZ/](http://www.facebook.com/SeniorsatworkNZ/).

If you'd like further information also feel free to reach out directly to Ian via email at [ian@seniorsatwork.nz](mailto:ian@seniorsatwork.nz) who can assist you in registering as a Job Seeker or even as a potential employer



THEY INSTINCTIVELY KNEW THE SAFEST PLACE WHEN HE WAS ABOUT TO PLAY HIS SHOT.