

**AUTUMN 2020 QUARTERLY NEWSLETTER**  
[www.ageconcern.org.nz](http://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.

### CHRISTINE – Social Worker Extension 5

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

### JULIE – 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.

### 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 back to Age Concern for 2020, I know the first thing on everyone's mind is the weather, so if you are feeling down and want to get out and enjoy some company come down to Age Concern and see what is on offer or if you would like to start a group talk to one of the staff.

We have two new staff members joining us this year Christine Larsen who will take over the Elder Abuse Response role and Julie O'Neil whom will be with us on a fixed term contract to fill in for Emma while she is on maternity leave.

*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*

## YOU'VE GOT A FRIEND

Companionship is at the heart of the Driving Miss Daisy service. It's the relationship that develops between our Daisy drivers and their clients that makes our business so rewarding.

Now celebrating 10 years of business our clients are evolving with how they use our service, which is a direct result of the companionship that is unique to the Driving Miss Daisy Service.

The business originated to empower the elderly, to give you the freedom to live independently by offering a companion driving service that would be reliable, trusted and affordable. We saw how the elderly could still "be in charge" as they went about their daily errands of shopping and being on time for appointments knowing one of our Daisies would always be by their side.

Today people ask what has changed in 10 years. Well, we are now successfully operating across the country with over 250 fabulous Daisy cars on the road.

We are very grateful to the many who have supported us like ACC, NZTA and numerous Regional Councils who accredited us under their Total Mobility Scheme, which provides half price fares up to certain limits on numerous trips for many of you on our service.

However the biggest change we are seeing are the Daisy Experiences. Every aging expert especially those involved with dementia are in agreement that maintaining our social networks helps maintain not only our physical health but helps reduce the risk of depression.

Daisy Experiences offer endless possibilities. From trips to revisit places we once knew so well, to a drive in the country, to getting friends together for a café outing, an event or simply just getting out and about, it's all good for you.

**Talk to your local Daisy or call us to find out how we can help you stay social, active and independent.**

*Editorial supplied by Driving Miss Daisy*

## Have a Driving Miss Daisy experience with us.



**Keep your independence and freedom with our safe, reliable companion driving service.**

We can drive and accompany you to:

- Medical and other appointments
- Family/social occasions
- Companionship outings
- Take pets to vets
- Grocery or other shopping trips
- Scenic drives
- Airport departures and pick ups

Total Mobility Scheme cards accepted and ACC approved provider.

Bookings are essential – call today and make your next outing a pleasure!

Invercargill

Phone: (03) 216 7763

Mobile: 021 503 334



Driving Miss Daisy®

[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)



# WHAT YOU CAN PUT INTO YOUR RECYCLING

- Items you can put in your recycling:**
- Glass bottles and glass jars
  - Tin, steel and aluminium cans, including empty aerosols
  - Plastic bottles from your kitchen, bathroom and laundry (plastic grades 1-7)
  - Clear plastic food containers
  - Pizza boxes (remove any leftover food)
  - Newspapers, magaazines, advertising mail and envelopes
  - Paper and cardboard packaging
  - Egg cartons
  - Milk and juice cartons, including Tetra Pak cartons (except on Great Barrier Island)

- Before you recycle:**
- Rinse all containers
  - Leave lids on all bottles and containers
  - Containers should be no larger than 4 litres



## DISCOVER ELEGANT RETIREMENT LIVING

- Stand alone villas for independent living
- Assisted living in serviced apartments
- Hospital
- Rest Home
- Specialised secure care
- Elegant recreation areas to relax in

**Items you cannot put in your recycling:**

- Plastic bags - they get caught in the sorting machines
- Food waste
- Garden waste
- Medical waste
- Building waste
- Chemicals and hazardous waste
- Nappies and sanitary products
- Polystyrene takeaway containers and polystyrene meat trays
- Clothing, shoes and textiles
- Cookware, Pyrex and drinking glasses
- Window galss, mirror glass and light bulbs
- Fluorescent tubes and lamps, including Compact Fluorescent Lamps - they contain toxic mercury
- Electronic and electrical items
- Batteries - lithium batteries can explode and have been known to cause fires in recycling trucks

Old age is an excellent time for outrage.  
My goal is to say or do at least one outrageous thing every week    .... Maggie Kuhn



For further information and to arrange a viewing  
Contact Lynley Irvine  
51 Durham St, Waikiwi  
Ph 03 215 6966  
reception@clarehouse.co.nz  
www.clarehouse.co.nz

## CLARE HOUSE

RETIREMENT VILLAGE

## SuperGold Card

The new SuperGold app and website will help you find discounts and special offers quickly and easily. SuperGold cardholders can stretch their dollar further in more than 9,500 places right across the country. Well known companies like Qantas, Spark and The Warehouse have recently joined SuperGold. Together with longstanding local and nationwide business partners, they're providing discounts and special offers to SuperGold cardholders throughout New Zealand.

For those New Zealanders aged 65+ who are digitally minded, the new app and website make it easy for you to find discounts close to home and when you're travelling around the country. BUT if you don't have access to the website or app you are still eligible for the same discounts. Look out for signs in the shop/business you use, or if you are unsure if they offer a discount, ask. If they don't offer one now, it might encourage them to consider it for the future.

The SuperGold card isn't changing and you will still need to show it to receive your discount or special offer.

For more information visit the SuperGold website [www.supergold.govt.nz](http://www.supergold.govt.nz) from any computer or mobile device, or phone 0800 25 45 65 (Monday-Friday, 8am - 5pm)

The app can be downloaded onto a smartphone or tablet (e.g. iPad) - visit the website to check out how. Give it a go!

Don't forget that if you are visiting Australia you may be eligible for discounts via the Australian Seniors Card programme. Each Australian state/territory runs it's own independent programme. You can check via the SuperGold website or if you are not sure, ask businesses if they will accept the SuperGold card.

### EARS UNPLUGGED

Professional Wax Removal

**Invercargill's friendly, professional & locally owned ear wax removal clinic**

- Safe methods of wax removal
- Appointments as soon as possible
- Competitive pricing and discounts
- Provider for ACC/Veterans Affairs
- Rest Home visits

Ears Unplugged, 83 Don Stret, Invercargill  
Phone 027 4035016  
Linda Winder | Registered Nurse

## \$2.99 SPECIAL

*If you are a senior you will understand this one; if you deal with seniors, this should help you understand them a little better, and if you are not a senior yet...God willing, someday you will be...*

### The 2.99 Special

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99.

'Sounds good,' my wife said. 'But I don't want the eggs..'

'Then, I'll have to charge you \$3.49 because you're ordering a la carte,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously.

'YES!' stated the waitress..

'I'll take the special then,' my wife said..

'How do you want your eggs?' the waitress asked.

'Raw and in the shell,' my wife replied.

She took the two eggs home and baked a cake.

**DON'T MESS WITH SENIORS!!!**

I did then what I knew how to do.  
Now that I know better, I do better.

## Anna can help

Call Anna for no-fuss personal planning

- ✓ Wills & enduring powers of attorney
- ✓ Asset protection planning
- ✓ Estate and succession planning

Talk to **Anna Elder**  
Senior Associate, phone 03 211 0080

**Preston Russell Law**  
[www.prlaw.co.nz](http://www.prlaw.co.nz)

## 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


Extension 1	Heather Office Manager
Extension 1	Kathy Cook
Extension 1	Craig Cleaner
Extension 2	Chris Accredited Visiting Service Coordinator
Extension 3	Julie Community Educator / Social Worker
Extension 4	Janette Manager/ Social Worker
Extension 5	Christine Social Worker / EARS Coordinator
Extension 6	Van Driver
Duncan	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

follow us

facebook®

**Follow us on facebook  
type ‘Age Concern Southland’**

*Providing Free  
Community Legal Services  
for all of Southland*



**SOUTHLAND COMMUNITY  
LAW CENTRE**

Freephone: 0800 55 0800 or (03) 2143180  
Level 2, 33 Don Street, Invercargill

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.

## What is advance care planning?



Advance care planning helps you, the important people in your life and your health care team plan for your end-of-life care.

It helps you understand what the future might hold, and to say what health care you would or would not want. This makes it much easier for everyone to know what you want - especially if you can no longer speak for yourself.

An advance care plan includes what is meaningful to you, such as people and pets, your values and the ways you would like those caring for you to look after your spiritual and emotional needs.

It can also cover what sort of funeral you would like, whether you want to donate your organs, whether you want to be buried or cremated, where your important papers are and whether you have in place an enduring power of attorney or advance directive.

Many families don't talk about death and dying until a loved one is very unwell or unable to communicate. Many people spend their last few hours unable to tell their family or health professionals their wishes.

Having an advance care plan helps your loved ones understand what is important to you and to make decisions on your behalf.

An advance care plan is an important gift as it can relieve the burden for your loved ones of having to make decisions on your behalf.

Advance care planning conversations are for

everyone. All competent adults are encouraged to create their own advance care plan. You never know when you may have a health crisis and are unable to speak for yourself.

Take some time to think about what's important to you. You may not need an advance care plan for many, many years, but you'll be glad you have it. Think about having an advance care plan for you and for your parents or your adult children. You need to find out what matters to them. Start the conversation. There may be a time when it's difficult for them to make decisions for themselves, so help them to start talking about what is important to them now. By having the conversation, you'll be in a better position to understand their thoughts and feelings and to support them.



**DRC**Disabilities Resource Centre  
Southland  
Charitable Trust

Making Daily Living Easier  
Your One Stop Shop For  
Independent Living Aids

Come in and see the friendly DRC team!

25 Gala St, Invercargill | 0800 100 531

www.drcsouth.co.nz



## New Zealand Post

Cheques no longer fit the bill

After 28 February 2020, NZ Post will no longer be accepting cheques.



Times are changing and fewer and fewer people are using cheques. In part, that's because of alternative, easier and safer ways to pay. But it's also because many organisations, including some banks, are no longer accepting cheques or are working towards going cheque-free.

**What does this mean for you?** We know this change may be a little unsettling, but remember you will still be able to come in store and pay for your NZ Post products and services - you'll just need to do it a different way.

**You can still pay by:** EFTPOS | CASH | CREDIT CARD.

**What's Changing?** After 28 February 2020 you will need to use a different way to pay when you come in store to pay at NZ Post.

**What does this mean?** After 28 February 2020 you will need to use a different way to pay when you come in store to pay at NZ Post.

**What other payment options are available to me?** There are plenty of easy ways to make payments when you come in store. We recommend EFTPOS, cash or credit card.\*

**Why is EFTPOS the best option?** Paying by EFTPOS is more secure and convenient than paying by cheque, plus it usually costs you less in terms of bank fees. That's why most people choose EFTPOS these days.

**What if I don't have EFTPOS?** You can always pay by cash, but most banks can issue an EFTPOS card very easily. Some can do it the same day over the counter at any branch. You'll just need to choose a Personal Identification Number (PIN) so that all of your transactions are secure. You can give your bank a quick call to find out more.

**What happens if I bring a cheque in after 28 February 2020?** Unfortunately, if you present a cheque after 28 February 2020, we will not be able to accept it.

\*Credit card acceptance varies across products services and stores.

# Kitchen CORNER



## Apricot Chicken

Ingredients:	1 Serve	2 Serves
Chicken pieces	1	2
Canned apricots	4 apricot halves and ¼ cup juice	8 apricot halves and ½ cup juice
Minced ginger	¼-½ tsp	½-1 tsp
Cornflour	1 tsp	2 tsp

### Method

1. Pre heat oven to 180°C.
2. Place chicken, apricots and ginger in a small casserole dish.
3. Cover and bake for 25-30 minutes or until cooked.
4. In a small bowl mix cornflour with a little water to form a smooth paste. Add to the casserole and cook for an extra 5 minutes or until sauce thickens.

### Microwave

1. Prepare chicken as above placing in a microwave safe dish. Cook covered on medium-high for 4-5 minutes for 1 serving and 8-10 minutes for 2 servings. Check to see that chicken is thoroughly cooked through and, if necessary, cook for a little longer.
2. In a small bowl mix cornflour with a little water to form a smooth paste. Add to the casserole and cook for an extra 30 seconds to 1 minute on medium-high power or until sauce thickens.

Serving Suggestion: serve with rice or baked potato and cooked vegetables.

Leftover Ingredients: Store any leftover apricots in a covered container in the refrigerator and use the following day for breakfast or with custard or ice cream for dessert.

## LIVING WITH DEMENTIA

1. Agree, never argue
2. Divert, never reason
3. Distract, never shame
4. Reassure, never lecture
5. Reminisce, never say "remember"
6. Repeat, never say "I told you"
7. Do what they can do, never say "you can't"
8. Ask, never demand
9. Encourage, never condescend
10. Reinforce, never force



## Memberships are due

The 2020 Age Concern Southland membership fees are due in February 2020.

We would like to take this opportunity to thank all members who have already paid and added a donation to their 2020 dues. This is very much appreciated!

## Keeping safe on the road

If you are at least 74 years old, an AA member and hold a valid driver license, you will be valid for a free coaching session to help keep you confident and safe behind the wheel. It is a way to check safe driving skills and road rule knowledge (as advertising recently in the AA magazine and on their website). This is one of several recent initiatives aimed at the safety of older drivers



Residents' Lodge Now Open

# Imagine retiring to Arrowtown...

Villas selling now for 2020, with a range of new two and three bedroom villas to choose from. Priced from \$635,000 to \$1,249,000\*

Open 11am-3pm  
Call Vicci on 021 442 105  
Visit 224 McDonnell Road, Arrowtown

\*Sold under occupation right agreement. Ask our sales manager for details.



## ARROWTOWN

LIFESTYLE RETIREMENT VILLAGE

[www.arrowtownretirement.co.nz](http://www.arrowtownretirement.co.nz)



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.

In our last article we had a look at what happens when a resident couple separates or divorces. This time we'll have a look at the opposite – when a new person in a resident's life wants to move into the village.



We noted that all residents have signed an Occupation Right Agreement (ORA) that sets out the terms and conditions of their right to live in a unit and enjoy the village's amenities. The ORA is personal to the resident and is usually non-transferrable. So moving a new person in is not as simple as it might be in a conventional freehold property.

A typical scenario is as follows. He was 94, widowed and living in a village, she was just 74. The relationship started a year after he moved to the village and a year later she moved into his unit. The existing resident needs to decide what rights he wants his new partner to have in relation to his unit. The two principal options are:

- The new partner has no financial interest in the unit and no right to remain there after the original resident dies or terminates the ORA. In this situation, operators might use an "additional resident consent" giving the new partner the right to live in the unit for as long as the original resident continues to live in the unit, but with no financial entitlement. An additional resident consent document recording the terms that the new partner may live in the village may be required.
- The new partner becomes a party to the ORA, and,

depending on the residents' intention, may or may not have a right to receive the termination proceeds. Contractually, the surviving resident will usually be entitled to the termination proceeds, and if the residents want the termination proceeds to be paid to any specific person, this will normally be documented as between the residents.

The resident's family might want the village to add her to the existing ORA. The village could refuse this, but may offer three options to accommodate the new partner's right to live in the unit or in the village:

- Amend the ORA to record that the new partner can live in the unit but has to leave within three months should the existing resident go into care or die. The new partner would not have any financial interest in the ORA;
- Consent to the new partner living in the unit for so long as the original resident wishes the new partner to live there. In addition, the operator may offer the new partner an option, on the death of the existing resident or when the existing resident terminates his ORA, to buy either the unit or another in the village at the then market price;
- The existing resident surrenders their ORA and a new ORA is issued in the name of both the original resident and the new partner at the unit's then market value with a new deferred management fee (DMF) to be paid (although offered at the same rate as when the original resident moved into the village rather than the new higher rate). In this case, the original unit price was \$600,000 and the current market value was \$950,000. So while this is an expensive option, the new partner gets to stay in the village without any restrictions should the original resident die or go into care.

These are just some of the approaches an operator may take. Where residents are of a similar age operators are more likely to agree that a new resident can be added to the ORA with no change to the DMF. This may be achieved by terminating the original ORA and issuing a new ORA in both residents' names, or by a variation of the ORA. As with the scenario regarding divorce, the operator will require both residents to have separate independent legal advice prior to signing of any documentation to give effect to a change.

**Next time we'll look at dependent adults or grandchildren in a village.**

*editorial supplied by Retirement Villages Association*

# RETARDED GRANDPARENTS

(this was actually reported by a teacher)

After Christmas, a teacher asked her young pupils to write an essay on how they spent their holiday away from school. One child wrote the following:

'We always used to spend the holidays with Grandma and Grandpa.

They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore!

They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore.

They go to a building called a wreck center, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well.

There is a swimming pool too, but they all jump up and down in it with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!

Nobody there cooks, they just eat out. And, they eat the same thing every night --- early birds.

Some of the people can't get out past the man in the doll house.

The ones who do get out, bring food back to the wrecked center for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too.

When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.



**PRICELESS!**

## 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

Age Concern Southland  
50 Forth Street  
Invercargill  
(03) 218 6351



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

**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*

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

**Office Use Only**

Date Received: .....

Method of Payment: .....

Membership Card #: .....

Entered on Database: .....



## 105 and Non – Emergency

**Always call 111 in an emergency such as:**

- When a crime is happening now – and the offenders are still there or just left
- Someone's in danger or badly injured
- There's a serious risk to human life or property
- You see a major public hazard, like trees blocking a road

**If you need to talk about something else then you can call 105.**

The number is available from both mobile and landline phones.

It's a free nationwide service available day and night for New Zealanders and overseas visitors.



## Friendship

**Here's a little food for thought from the positive ageing 'cookbook', Ageing is living: Recipes for life.**

Friendship is like cream. It adds richness to life and takes out the sting when things get too piquant.

Our friends and the networks we are part of help bring out the best in us. They also help us get through tough times.

Some connections are made when we're young and last a lifetime. Others develop later in life. It's important to keep building new friendships, and to stay connected with the people and communities you care about.

**Keep connections on the boil:**

- Friendships need constant nourishment. Make a habit of being in touch with your friends regularly. Try making a 'contact diary', otherwise one week just runs into the next.
- Lean on your friends when you need support – this gives them permission to do the same with you.
- Decide what communities you would like to be

part of (neighbourhood, marae, church, night classes, hobby groups, social organisations) and get involved.

- Find a hobby that brings you into regular contact with others. It's so much easier to get to know people through a common interest.
- Make a point of getting to know people who are not of your generation - younger and older. This will add even more richness and depth to your recipe for life.

***Walking with a friend in the dark  
is better than walking alone in the light***

**- Helen Keller**

