

WINTER 2020 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

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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.

CHRIS LARSEN – Social Worker Extension 5

Chris 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 Peter 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 the Centre, we have been busy while you were away, cooking and packing and delivering Frozen meals to your door. Now its time to reopen although a few things have changed the meal has changed to a "Two Course" meal but still priced at \$10.

Chairs are more spaced out giving everyone the opportunity to distance themselves but still catch up with friends they have not seen for a long time. At present we require you to be seated when you are in the Centre following on from the Government rules.

If you have any concerns or would like to speak to a staff member about anything please just approach us, we are here to help you.

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

Lean on Me

The words of this popular song come to mind when thinking about you all and our Driving Miss Daisy community at the moment.

Lean on me when you're not strong
I'll be your friend
I'll help you carry on
For it won't be long

As an essential service we have been at the frontline with the most vulnerable people during these extraordinary times. To be acknowledged and trusted by the Government has enabled us to continue supporting our elderly clients utilising our gold standard health and safety procedures.

Your Daisy can help you live independently by doing those essential errands for you while you remain safe in your bubble. We are able to do your grocery shopping, collecting and delivering prescriptions and get you to your medical appointments and safely back into your bubble. We can make this time more bearable by picking up a magazine, or a fresh bunch of flowers. We have received heart-warming thanks and appreciation for helping you in this time of need.

Whilst the future is unknown, we do know that the current situation will not be forever. If the lockdown has been getting you down, we can get you out and about in our Driving Miss Daisy car bubble. Nature is putting on a beautiful autumnal display at the moment, enjoy it at its best with a trip to your local park or the beach with us, we could even pick up a coffee on the way.

Going forward the core Driving Miss Daisy commitment is to empower you, giving you the freedom to live independently by offering a companion driving service that is trusted and affordable. Safe as well, we follow Ministry of Health hygienic and social distancing guidelines.

Don't forget a Daisy Experience gift voucher is an ideal treat for you or for a friend.

We have always been there for you and we will continue to be by your side in the community especially during this period, post COVID-19. Stay safe, be kind, lets support each other.

Melanie
Co-founder DMD

We're your bubble on wheels



Free at Last! Get out and about, safely and hygienically, with Driving Miss Daisy Invercargill.

We can drive and accompany you to:

- Medical and personal appointments
- Grocery shopping
- Deliveries - e.g. take home meals
- Airport drop-offs and pick-ups
- Companion outings
- Or even transporting your pet!

Total Mobility Scheme cards accepted and ACC contracted supplier.

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

Invercargill

Phone: (03) 216 7763

Mobile: 021 503 334



Driving Miss Daisy®

MEDICINES - What is a medicine review?

A medicines review can help improve your treatment and prevent medicine problems. Ask your doctor or pharmacist to organise a review of all your medicines regularly - especially if you or someone you care for is an older person and takes several different medicines.

Why should I have my medicines reviewed?
Medicine problems like side effects are more common when you get older – and can often occur when your medicines, health, or health care services change.

If you are an older person it is important that your medicines, current health problems and treatment goals are reviewed regularly. This helps to make sure you receive the best treatment.

When your doctor or pharmacist reviews your medicines they will check:

- what medicines you are taking and why



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

- how many different medicines you take
- the dose of each medicine you take
- how you are taking these medicines
- how well your medicines are working
- side effects or other problems you may have with your medicines.

It's OK to ask questions
If you have questions about your symptoms or the medicines managing your symptoms, speak with your health professional.

Adapted from NPS MedicineWise (2013), What is a medicines review? Choosing Wisely does not assume any responsibility or liability arising from any error or omission or from the use of any information in these resources.



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



The Bagpiper

Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life.

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologised to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before, for this homeless man.

And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting in septic tanks for twenty years."

Apparently, I'm still lost ... it's a man thing.



SCAMS, CONTINUE TO BE ON FULL ALERT

We've talked about scams on many occasions and the need for everyone to be very vigilant about anything that could be a scam. Sadly, scams keep coming.

Here's another one to ignore
A sophisticated email scam, which pretends to be from the NZ Transport Agency, is taking unsuspecting people to a webpage to renew their vehicle licence (rego) and asks for many personal details such as NZ driver licence details and banking information. Depending on how much personal information the scamming website receives, the fraudsters may have enough information to carry out a virtual identity theft.

How to spot this scam email
If you've recently received an email asking you to renew your rego, please check the email details carefully. Genuine Transport Agency emails always use an nzta.govt.nz suffix. If the email was genuinely sent from the Transport Agency, it will include your specific vehicle details including: your vehicle's plate number, vehicle make, the expiry date of your current vehicle licence.

If the email you received does not include your specific vehicle details, do not complete the online renewal transaction webpage that the email takes you to.

"Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul." Luther Burbank



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

small things matter

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



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

ELDER ABUSE HITS CLOSE TO HOME

Call 0800 EA IS NOT OK or Age Concern 0800 65 2 105



ELDER ABUSE AWARENESS 15 - 22 JUNE

Shirley's story

It's a hard time for everyone. No one asked for this pandemic to cause so much heartache. I try to be understanding. When my daughter asked for her family to come and stay with me, I couldn't say no, could I? She said they were desperate; they couldn't afford the rent once their business closed.

I know that it will be hard for their new business to survive now. After all, this is a tourist town, and nothing will survive without tourists. But a year ago it looked promising. They had sound business plans, so I took out my savings from my husband's life insurance pay-out to get them started. We did it all legally through the bank and I was guarantor for the loan, as my daughter and son-in-law needed to buy vans as well to transport tourists around.

But having two more adults and three children in my house makes it very busy and noisy. I thought I could cope with that and I did try to stay out of the way, but I can't help hearing the family squabbles. The children hate sharing bedrooms and being cooped up in the house so much. Their Dad is not used to being at home with them all day and shouts at them. My daughter seems to try being the peacemaker between the children's fights, and then she turns round and has a go at her husband as well. "We all have arguments in our marriages" – my daughter tells me! The children said they did argue when they lived in their own home too, but he has never hit them. I know they are both stressed about the business failing, so I try to make allowances but hearing the fights makes me so nervous. I ask them to talk quietly

as the neighbours might hear the racket. I try not to take sides, but I feel so helpless. Last week I couldn't take it anymore and I asked them both to "please stop"; next thing I'm the one being shouted at, I'm being told its "none of my business", and I'm being grabbed and pushed into the bedroom with the door slammed.

How come it's not my business? It's my savings that's gone into their business and I am going to have to sell this house if the loan can't be repaid. It's not only the loan money, or the bruises on my arms, it's also the constant tension in the house that has made me so anxious. I stay in the bedroom all day now. I feel like I am a little girl in the war, hiding in the underground shelter waiting for the next bomb to fall.

For weeks I kept it hidden. I make sure I only wave if I see the neighbours when I hang out the washing, but I don't talk over the fence to them. When I tried to tell my son on the phone that things were getting harder here, he got angry with me. He said I should never have lent them my savings, because Dad had left that money for him as well. He seems more worried about his inheritance, than he is about me. My sister says I should tell my daughter and her family to leave, because I am too weak and timid to stand up to them.

It feels like everyone is blaming me and saying it is my fault – who will listen to me?

Age Concern will listen, and they will talk through your options with you. Ring 0800 65 2 105 to find the Age Concern service that can listen to you.

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 | Chris Larsen
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

follow us facebook

Follow us on facebook
type 'Age Concern Southland'

Memberships are due

The 2020 Age Concern Southland membership fees were 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!

DRC Southland
Disabilities Resource Centre
Charitable Trust



25 Gala St, Invercargill | 0800 100 531

www.drcsouth.co.nz

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
enq@comlawsth.co.nz

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.

Wow what a time we have had! Imagine if you were told last Christmas the whole country would literally shut down and there would only be essential services open. You would have thought there was too much sherry in the trifle. Well it did and we have got through it.

The speed at which it happened also was quite amazing and I think as a country we all need to pat ourselves on the back. We all have seen the benefits and still can see the benefits, health wise when you read about other countries. For our economy this has not gone as well and I acknowledge all the people whom have lost their jobs, their businesses or who are experiencing hardships right now. This is a really tough time for a lot of people but, help is out there and hopefully we can all rally around and support people by shopping locally and being kind.

I would like to acknowledge the kindness and support Age Concern received throughout the lock down – there were so many, I apologise if I've missed someone.

- Brent Davidson from Agweld Engineering made table leg extensions for our meal packing, saving the day.
- Paul Calvert from Goodman Fielder donated bread, milk, cheese and bacon to give out free to our clients.
- Liz Henry from Henry and Mee gave us chocolates from the Seriously Good Chocolate factory to give away. Hand sanitiser and face masks

- Alliance Freezing Works donated \$1000 worth of lamb for the takeaway meals we make.
- Funders contacted us offering support and asking what we needed.
- Emergency Management Southland contacted us weekly to offer any support we needed.
- The Kind Woman's Group offered their support and services as well.
- I found the Chamber of Commerce support and templates very useful.
- Community Police and Corrections helped us deliver meals when there were too many for us to do ourselves.
- Numerous phone calls came from people wanting to volunteer – I know I have not got back to you all, but thank you.
- Half a cattle beast and rolled roasts
- Pork
- Mince

But most of all, to the staff whom agreed on a plan and stuck to it. We committed to being the only ones cooking and packing and delivering, this way there was only two bubbles in each of our lives.

The Centre has reopened four days a week starting Tuesday for a sit down 2 course meal, we will have social distancing markers on the ground so please observe these. Staff members will be on hand to direct you and welcome you back to the Centre, I know you have missed coming in and hopefully we can get back to our "new normal" soon.



ELDER ABUSE HITS CLOSE TO HOME

Call 0800 EA IS NOT OK or Age Concern 0800 65 2 105



ELDER ABUSE AWARENESS 15 - 22 JUNE

Old Mac's story

When the Age Concern worker came to my door, she asked what his name was. I said I had only heard him being called "Old Mac", but come to think of it – was that his first name, his last name or just a nick name? He had lived at the end of the street long before we moved into our house a couple of years ago. His house was down off the road so you couldn't too see much of it, you didn't really want to. The front lawn was mowed but the fence could do with a paint. When the old couple next door moved out last year, they said "Old Mac" was the only original owner left in the street. It was a new subdivision when they bought their sections back in the 60's, they had all raised their families together and helped each other. It's so different now, all the houses have been extended and modernised - except for his. Everyone here works, we leave early, and we don't get home until late. I guess you could say we're all 'on the go', its only since 'the lockdown' that we have been working from home. So no, I don't know anything about him.

You asked when I last saw him? I can't think how long ago that was, we went away for the summer holidays and I haven't seen him since then. I've never thought about him really – why would I? No, I hadn't noticed that there were no lights on at his house. Has he really had no electricity for 6 months? It never occurred to me to ask, and no-one else around here said anything. I think I've only waved to him if he's been at his letterbox when I've driven past. He'd wave back, but we never spoke.

I don't remember anyone visiting his house, I have never seen kids there. If he ever had children, they

must be middle aged and well gone by now? I think he used to drive an old Cortina, but now you mention it, I haven't seen that either. I wouldn't be surprised if that rust bucket doesn't work - it should have gone to the scrap yard last century.

So why would someone ring you at Age Concern about him? That was brave of her to talk to him when she saw him tripping over the footpath outside the Post Office. When she noticed that no one stopped, she offered him a ride to his house and then gave him some food as it didn't look like he had any. Oh, I see what you mean, she was a new migrant and where she comes from older people would always live with their family. No wonder she was shocked that he was on his own, so she rang Age Concern.

Yes, I heard the Prime Minister said we should keep in touch with older people when COVID-19 came along. I rang my folks every couple of days, and when they couldn't get out to the supermarket, I organised on-line shopping for them. I never thought of checking if he was OK or taking some groceries down to "Old Mac".

If you are unsure whether an older person near you is OK, ring Age Concern 0800 65 2 105.



Elder Abuse Key Trends:

Data presented is from the work of Age Concern's Elder Abuse services

Campaign Message - Elder Abuse hits close to home

Age Concern's Elder Abuse services received 2,500 referrals of older people who may be facing elder abuse or neglect. That's ten referrals every working day. 1919 of these situations are confirmed to involve elder abuse or neglect.

Elder abuse is also identified by other agencies including health providers, the police, lawyers, banks, iwi and other community organisations. The public was encouraged to support older people in their street during the COVID-19 restrictions, so neighbours too have raised queries with Age Concern.

Elder abuse is classified into different types. The abuse experienced by an older person / kaumātua usually involves more than one type of abuse. In the cases seen by Age Concern's Elder Abuse services in the past year:

- 86% involved psychological abuse
- 50% involved financial abuse
- 18% involved physical abuse
- 15% involved neglect
- 17% involved self-neglect

Who is involved?

- More than half of abused older people are over the age of 75.
- Forty per cent of abused older people live alone.
- More than half of alleged abusers are adult children or grandchildren.
- Abusers are almost as likely to be female as male.
- Four out of five alleged abusers are family/whānau; and we know that some family/whānau members continue to abuse their older relatives even when that person is in residential care.
- In more than two out of five cases the alleged abusers live with the older person, which highlights why 'Elder Abuse hits close to home'.

For more information and contact details for services visit: www.ageconcern.org.nz



10 TIPS to promote respect and prevent abuse

1. Love and cherish your older relatives/whānau.
2. Speak respectfully to older people/kaumātua.
3. Include older people/kaumātua in your social activities.
4. Phone or visit your older relatives/whānau.
5. Support older people/kaumātua to spend their money how they wish.
6. Encourage and support older people/kaumātua to make their own decisions.
7. Honour older people's/kaumātua's wisdom.
8. Enable older people/kaumātua to set their own pace.
9. Respect older people's/kaumātua's stories.
10. Seek advice from our Elder Abuse Response Service when you think an older person/kaumātua is being abused or neglected. Phone: 03 - 218 6351

**Always respected,
never abused.**

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.

This is the third article on this topic. We've looked at divorce and the opposite, moving a new person in. This time we'll look at how operators treat dependent adults or children who want to move to live with a village resident.



Operators encounter many different scenarios where residents ask for consent to have a dependant or vulnerable adult, a child who has fallen on hard times, or grandchild live in the resident's unit either temporarily or permanently. Whether or not an operator will allow this will depend on the particular village and circumstances. The operator's consent is required because these people will be living in the village as guests.

Operators appreciate that these requests to support family need to be managed with fairness to everyone involved. Having said that, operators also must respect the needs of the wider resident community and consider whether the dependant person's needs can be suitably managed by both the resident and the village. Further, the operator will want to know that there's a plan for the dependent person's care if the resident becomes unable to care for them.

Where consent has been granted to a long-term guest, the operator is likely to reserve the right to revoke it if the person's presence in the village becomes undesirable, they become a nuisance to others, or the resident, in the operator's opinion, becomes unable to care for that person.

Having children live in a retirement village can be divisive, so many operators will be unwilling to agree to children living permanently or semi-permanently in a village.

Increasingly, adult children who have fallen on hard times, maybe through divorce, mental health issues or having just been released from prison want to move into mum or dad's unit at a village. These situations can be particularly fraught and there have been instances where a child has pressured a resident to allow him or her to move into the unit. Some operators may require a police check and certain types of conviction could impact on the guest's right to stay at the village. Operators have talked about the need to trespass children where it is evident that elder abuse is occurring or other residents are being put at risk.

Where a fully competent person is allowed to move into a resident's unit as a semi-permanent or permanent guest, the operator will usually want the guest to sign an acknowledgement that they will comply with all village rules, respect other residents' rights and that his or

her right to live in the unit may be revoked by the operator.

In the end, it's in everyone's interest that resident relationship changes and the need for residents to support loved ones are managed with care and empathy. While the village operator needs to ensure the village is managed so as to protect the interests of the whole resident body, individual residents' needs are also important. Our experience can be summed up in two key points:

- If a resident's financial interest in an ORA is going to be affected, then a resident must get proper legal advice from a solicitor; *and*
- Talk to their village manager promptly so they can jointly work through the options open to the resident.

editorial supplied by Retirement Villages Association



BUTTERSCOTCH AND COCONUT DUMPLINGS

Reminiscent of scone pudding, with its satisfying doughy base and sweet, creamy sauce, this is comfort food at its homely best.

Serves 6

Butterscotch Sauce

50g butter
1 cup brown sugar
1 cup cream
1½ cups water

Coconut Dumplings

125g butter, softened (or margarine)
¼ cup brown sugar
1½ cups flour
1 teaspoon baking powder
½ cup shredded coconut
¼ cup milk

Heat oven to 175C fan bake.

To make butterscotch sauce combine the butter, brown sugar, cream and water in a medium-sized saucepan, stir until melted and smooth, then simmer two minutes.

Meanwhile, make dumpling dough. Beat together butter and brown sugar until creamy (a wooden spoon is fine for this) and then stir in the sifted flour and baking powder. Fold together with coconut and milk to create a firm dough.

Pour hot butterscotch sauce into a large, deep- baking dish (about 6-8 cup capacity). Shape dumpling dough into about 12 golf-ball sized rounds and arrange in the hot sauce. Bake for 20-25 minutes until dumplings are golden and firm. Serve hot, with icecream or pouring cream.

This pudding is best eaten soon after baking. It will keep for 2-3 days but the dumplings will soak up the sauce, making the pudding heavier.



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[©]

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



STEADY AS YOU GO FALLS PREVENTION EXERCISE GROUPS ARE PRESENTLY ON HOLD DUE TO LEVEL 2. PLEASE PHONE THE OFFICE FOR FURTHER INFORMATION.

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 1st 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: _____

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Do you require a receipt? ☐ (If ‘yes’ please tick box)

Payment by post to:
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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

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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.



Bold Bubbles

The strange journey and superpowers of soap

According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing. Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing - **Soap.**

Humans have been using soap for at least 5,000 years, but it isn't an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat. The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat.

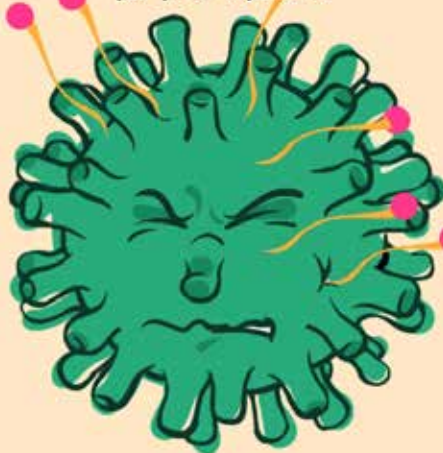
But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were poured into the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye water that leached out from the bottom.

Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water.

Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses.

Soap molecules are pin-shaped crowbars. Their tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and destroying it. Fancy science for some glop that once rolled down a hill.

FERCIE SOAP MOLECULES use their tails to pierce the virus membrane and pry it apart!



Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn't changed much from the recipe used by Romans or ancient Egyptians. It's still ancient science.