

**SPRING 2020 QUARTERLY NEWSLETTER**

[www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concern Marlborough

*Serving the needs of older people*



Photo by Johnathan Donnelly

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

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## Contact Information

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**Email:** fieldageconble@extra.co.nz

**EARS Email:** advisorageconble@extra.co.nz

**Address:** Marlborough Community Centre,  
Room 1, 25 Alfred Street, Blenheim 7201

### OFFICE HOURS

**Community Welfare Coordinator**

Catherine Donnelly

9.00am - 3.00pm Monday to Friday

**Office Administrator**

Sandy Stowell

10.00am - 1.00pm Monday to Friday

**Elder Abuse Response Advisor**

Farishta Paterson-Ihaka

9.00am - 3.00pm

Monday, Wednesday and Friday

The Community Welfare Coordinator and  
Elder Abuse Advisor are available outside  
these hours.

**Volunteer Coordinator**

Marion Rowe

volcoageconble@extra.co.nz

**Office Email:** ageconble@extra.co.nz

- Get Connected; The booklet that the Marlborough District Council produces on clubs and events that are on in Marlborough
- Information on the Total Mobility scheme
- Kits to help with issues surrounding your home
- Powers of Attorney /Wills/Advanced Care Plans
- Positive Aging, all you need to know
- Contacts for home maintenance and gardeners
- Funeral Homes information
- Road safety in Marlborough
- Information on a lot of other services and agencies in Marlborough.
- Life Tubes

- Catherine, our Community Welfare Coordinator is available if you need some confidential advice or help

- We give community talks

- We offer a Visiting and Companion Service

- We run 6 weekly exercise classes

- Keeping yourself safe workshops. A refresher course for those over 65 who still drive

- Elder Abuse Response Service

We enjoy having visitors to the office, and would love to see you. If you would like to see Catherine, it is best to make an appointment, at your place or ours.

Even though the daffodils are flowering and there is more colour around, please remember to keep yourself safe.

Regards from the Team in the office

*Catherine, Sandy, Marion, Sue  
& Farishta*

"You don't stop laughing when you grow old,  
you grow old when you stop laughing."

~George Bernard Shaw



## Only The Lonely.....

You'll no doubt have heard the words of Roy Orbison's famous song that goes "Only the lonely know this feeling ain't right."

Medical commentators are saying the effects of lockdown with its lack of social interaction has had a dramatic mental impact on the aged. So, we here at Driving Miss Daisy are saying its time to have fun together to beat loneliness and build a healthy mental mind.

Spring is here and the health crisis is hopefully well behind us fortunate Kiwis, so let's get social and reconnect with each other. With Driving Miss Daisy, you can get a group together to tour your local area, create an event like a trip to the movies/theatre, or plan a catch up with friends and family at a favourite café. Just contact your local Daisy and let them help you enjoy a Spring outing.

We would also like to remind you of the Total Mobility Scheme the Government created to encourage social interaction and independence which is delivered locally by your Regional Council. The Scheme is designed to assist clients with access to appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern Organisation, they will be happy to help you find out if you are eligible and advise you on how to apply. Once you have been accepted, you can access up to 50% discounted travel up to the regional maximum subsidy with Driving Miss Daisy, an accredited Total Mobility Scheme provider.

We encourage you to take advantage of this opportunity to get out and participate in your community with the support and companionship that only Driving Miss Daisy provides.

**Remember if we are Together  
we are not Lonely.**

Melanie Harper  
Co-founder DMD

*Editorial supplied by Driving Miss Daisy*

## Get out and about with Driving Miss Daisy



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

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!**

**Marlborough**

**Phone:** (03) 579 3162

**Mobile:** 021 503 354



**Driving Miss Daisy®**

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

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

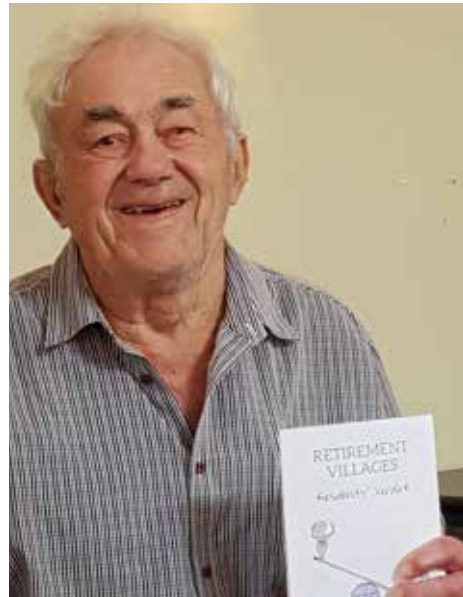
## News from the office...

The last couple of months have certainly proved to be interesting, but we are open and working hard to provide services to anyone who needs them. Did you know that

- Our office is open 5 days a week. Sandy our Office Administrator is available from 10am-1pm Monday to Friday
- We have a lot of information available which includes
  - Where to from here; information on what happens if you are thinking about moving to a Retirement Village



## Brian launches a book



"There's information on the internet, but people prefer paper," Brian Colegate, a resident at Coastal Villas retirement village in Paraparaumu, said about making the important decision to move to a retirement

village. "Other than open days and receiving information from sales staff, there wasn't anything else to use to make a judgement," so he wrote and published his brand-new book Retirement Villages - Residents' Verdict.

Brian launched his book at Coastal Villas Retirement Village on Monday 13 July 2020. It's a very positive story about his decision to move to a village and the many steps on the way to settling in. The focus is to help others to decide whether village life is for them, and walks through the process of selling the family home, de-cluttering, what to look for in the village, and settling in.

The book's not just Brian's own view. While researching it, Brian sent out 200 questionnaires to residents in other villages across New Zealand, asking them about their experiences. He got 90 replies, and in response to his question "Do you like it here?", 83 people said "yes", 4 said "I love it" and 3 said "it's OK".

Many residents from across the country wrote about their own journey to the village, and Brian has included a selection in his book. A key message is one we all repeat - "Don't leave it too late; make sure you come in young enough to settle more readily and make social networks that are less easily achieved in older age".

Brian also sent a survey to 80 non-residents in the

relevant age group and got 62 replies. He asked whether they'd given any thought to living in a village, and if so, what they thought of the proposition. 41 said they had considered the idea, and while a number were discouraged by the LTO model, a sizeable minority agreed that they were interested in moving in. The village surroundings, access to health care, being somewhere that's maintenance-free, cost savings and an improvement in the quality of life were the reasons given for making the move.

There's a chapter written by local solicitor Graham Mowbray, pointing out the importance of competent legal advice, and, bringing the book really up to date, there's a chapter on living under lockdown in a village which makes fascinating reading!

At the launch Graham told us that he's advised at least 250 people about moving to a village and of that number, just three changed their minds during the cooling-off period and, having moved in, only two people decided that village life wasn't for them. He noted that, ultimately, "things" aren't important. What really matters, Graham said to nods of encouragement around the room, are "connections, a sense of belonging, family and love", all of which can be found in a village. If you have a positive attitude, Graham noted, then fitting into a village is very easy. Copies of the book are available directly from Brian at [rbcolegate@gmail.com](mailto:rbcolegate@gmail.com) (\$20) or your local Paper Plus store. Postage and packing extra.

Don't forget you can find out more about living in a retirement village at [www.retirementlife.co.nz](http://www.retirementlife.co.nz) or via the Facebook site

<https://www.facebook.com/retirementlifenz>

*Editorial supplied by Retirement Villages Association*



- Rheumatic Pain • Arthritis • Muscle Strains
- Headaches • Neck and Back Pain

219 Howick Road, Blenheim | Ph 03 578 4434  
[admin@mosl.co.nz](mailto:admin@mosl.co.nz) | [www.mosl.co.nz](http://www.mosl.co.nz)



**Volunteers are urgently needed to help out with a couple of our programmes. Full training will be given along with full support and encouragement.**

### STEADY AS YOU GO

This is our exercise programme and currently we have 7 classes over the week, including Picton.

#### Attributes required;

- A fun personality
- Can work with a team
- Understands the aging process
- Be able to spare around 2 hours a week
- Likes to have fun!!!

### VOLUNTEER VISITOR

If you have a couple of hours free a week and enjoy meeting and chatting with people, we have a job for you. The visits can take place in our Clients homes or in a Retirement Village setting.

#### Attributes required;

- A listener
- Have empathy
- Understands that social isolation and loneliness is prolific in our community
- Enjoys learning about others
- Is a good companion.

For this role we try and buddy up the client and volunteer who may have similar interests or experiences.

**if these sound like you, please make contact with us. Come in for a cuppa and we can give you more information. All our volunteers will need to under go Police check and full training is given.**

## Age Concern Marlboroughs

# AGM

**Thursday 10th September  
1030am**

**at the Marlborough  
Community Centre.**

**For apologies please phone  
the office on 579 3457**

## Why are safety ratings important?



Your vehicle plays a major role in keeping you safe on the road. Safety ratings are the best way to know how well your vehicle will perform in a crash.

**The higher the safety rating of your vehicle, the safer you are on the road.**

Go to the website below to see what star rating your current car has, and any car you are planning to purchase.



**rightcar.govt.nz**



# FIVE WAYS TO WELLBEING

CONNECT

TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

BE ACTIVE

DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

TAKE NOTICE

REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

Give

Your time,  
your words,  
your presence

INTRODUCE THESE SIMPLE STRATEGIES INTO  
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 **Mental Health Foundation**  
mauri tū, mauri ora OF NEW ZEALAND

# Friendship Group

Our Friendship Group meets monthly at Sowmans Lounge from 10am-1130 and is open to anyone.

Some months we have guest speakers and others just a few laughs. If you would like to come along, please ring so we can let you know what is on, or send you out an invitation. We need to know numbers, as we would hate for someone to miss out on a cuppa.

Each month there is a raffle (\$2.00) and in July Mr and Mrs Whippy were our guest speakers. And it goes without saying the ice creams were yummy.



you are never too old to enjoy an icecream in Winter

**The new look Life Tube's are now available. A great idea to record your details. These can be used in an emergency and is suggested to store in your fridge or handbag.**



# Coalition Launches "Let's End Loneliness" Website

The 'Let's End Loneliness' website has been launched as a resource for anyone experiencing or concerned about loneliness.

Age Concern New Zealand Chief Executive Stephanie Clare says the website is designed as a source of information which also links people to support services.

"Everyone can feel loneliness at some time, but it can be addressed and solved, and together we can end loneliness for New Zealanders who feel isolated."

The website has been created by the New Zealand Coalition to End Loneliness whose members work to tackle loneliness and create communities in which New Zealanders have the relationships and support they need to thrive.

Concerned about increasing feelings of isolation in our communities, seven organisations – Age Concern New Zealand, St John New Zealand, Carers New Zealand, Student Volunteer Army, Royal New Zealand Returned and Services Association, Alzheimers New Zealand and The Salvation Army – got together in 2018 to set up the coalition and provide information, grow understanding, and advocate together to prompt action on loneliness.

The COVID-19 lockdown highlighted that everyone can feel isolated and lonely and St John Director of Community Health Services Sarah Manley says it has never been more important for people to stay connected.

"St John works hard to build resilient communities and we are excited to be part of this coalition. This new website is a great resource for Kiwis from all walks of life to find ways to connect and build healthier and stronger communities."

One group particularly affected by isolation are the 70,000 New Zealanders living with dementia, and Catherine Hall of Alzheimers New Zealand believes everyone should feel safe, supported, loved and connected.

"Sadly, people living with dementia often find family, whānau and friends take a step back just when they need them most. We stand alongside our coalition partners and with all New Zealanders, to make sure no one feels alone."

Student Volunteer Army Chief Executive Officer Sam Johnson says connection is always at the heart of what they do. "We are really proud to be working alongside others to help end loneliness for younger and older people alike."

This site is a way of connecting with others to share ideas, challenges and successes, and other organisations working to end loneliness in New Zealand are encouraged to provide links to their own websites and information services.

For more information on loneliness and how to access support and services, go to [letsendloneliness.co.nz](https://letsendloneliness.co.nz)

**If you are experiencing loneliness please call us. 579 3457**

**Craving hugs?**

**There is a genetic reason**

People doing social distancing might suddenly feel a sort of skin hunger, a craving for human touch, the sort of thing that comes from a simple hug. According to research, the craving for touch involves both heredity and a psychological need for physical human interaction. Part of the need for touch may come from infancy. An infant needs touch to survive and this need for touch never goes away.

Skin hunger might reveal as a need for a hug, a need for a back scratch or rub, or a kiss on the cheek. Technology has done many things, but offering touch is one thing it can't do – or at least hasn't done yet. Skin hunger is a signal that we need people and touch in our lives. The need for affection is different between men and women. About 45 percent of a woman's need for affection is driven by hereditary factors and 55 percent from environment, such as personal experiences. Men seem to be solely dependent on their environment.

**So what to do?** Use your memory. Think of a time in your life when you felt happy and connected to others. Try to imagine the scene, the colours, and the smells. Think of the people there and how you interacted. Use photos to help. Try an old movie for enjoyment and memories.



## Advance Care Planning

### What matters most for your future care?

Have you got a plan in place for your future healthcare? No matter your age or your health, now is a good time to start thinking about it.

An Advance Care Plan or ACP tells your loved ones and healthcare teams what healthcare you want, or don't want. An ACP is designed by you and is often described as a gift to your loved ones.

Having an Advance Care Plan in place makes it much easier for everyone to know what healthcare you want – especially if you can no longer speak for yourself.

It can save the important people in your life a lot of worry and concern if they have to make a decision on your behalf.

The first step is to think about what is important to you. Then you need to talk about it with your family and healthcare team, put your wishes in writing and share a copy with your whānau and GP practice. You can review your ACP and make changes whenever you want.

Ask your healthcare team for a copy of My Advance Care Plan & Guide or do your ACP online at

[www.myacp.org.nz](http://www.myacp.org.nz)



**ADVANCE CARE PLANNING**

What matters most for your future care?

Kia kōrero  
Let's talk

[www.myacp.org.nz](http://www.myacp.org.nz) Or talk to your GP practice

Nelson Marlborough Health, Nelson Bays Primary Health, Marlborough Primary Health

editorial supplied by Nelson Marlborough Health

## Know your Bones™

### It could save your life

Our skeleton isn't something we tend to think about and most of us take it for granted. However, if you want to live an active, independent life well into old age, a healthy skeleton matters.

Most people hear the word 'fracture (broken bone)' and think 'nuisance'. Some initial pain, an awkward few weeks in plaster, and having to shower with a plastic bag.

Not many people consider that it could be an indicator of something more serious. However, fragility fractures caused by poor bone health can be life-threatening a major cause of pain and long-term disability.

As we age bones (particularly after menopause for women) the protective effect of our hormones reduces. The bone being removed is not fully replaced with new bone, and our skeleton can become weak, fragile and in danger of breaking easily.

Among the population aged over 50 years, one in three women and one in five men will suffer a fragility fracture. After having a fragility fracture, the chance of having another fracture doubles.

Anyone who has broken a bone after 50 years of age as a result of a fall or modest impact should talk to their doctor or practice nurse to see if poor bone health might have caused that fracture.

Good bone health begins with knowing your bones. Visit [www.bones.org.nz](http://www.bones.org.nz), take the Know your Bones™ test. If you have risk factors, we encourage you to print this report and discuss it with your doctor or practice nurse.

**It is never too early (or too late!) to think about better bone health.**



Know your bones™  
IT COULD SAVE YOUR LIFE

Take the test today, [bones.org.nz](http://bones.org.nz)

## Specialised Smoke Alarms for People with Hearing Impairment

With winter upon us and heaters and fires blazing, it's an appropriate time to share some information about specialised smoke alarms for people with a hearing impairment.



All conventional smoke alarms in NZ emit a high-pitched sound which can be difficult for people with age or noise related hearing loss to hear, especially when their hearing aids are removed at night for sleeping.

Specialised smoke alarms look like conventional alarms however they transmit, via radio waves, to a receiver by the person's bed. The receiver can vary in function however it always consists of a bright strobe light with an attached shaker which is placed under the pillow giving people early notification of smoke/fire in their home.

If you, or someone you know has a hearing loss it could be worthwhile checking if they can hear their conventional smoke alarm especially during the night. If not please contact Life Unlimited Hearing Therapy for a free assessment. Our hearing therapists are qualified assessors for this specialised equipment. There is some funding available where specific criteria are met. Fire and Emergency New Zealand (FENZ) are also involved in the assessment and installation of these smoke alarms.

**Ph 0800 008 011 or email  
[hearing@lifeunlimited.net.nz](mailto:hearing@lifeunlimited.net.nz)  
for further information.**

## Meet the Volunteer



As with a lot of organisations, our Volunteers are our backbone.

Neroli Edwards, has been a volunteer with Age Concern for 10 or 11 years, and in that time, she has been visiting clients, something she says is much needed.

Neroli says "I enjoy meeting people, and you often become part of the family, especially if

yours is the only face they see each week. Relating to your client is very important, that could be just sitting and chatting or going out for a coffee. Some weeks, like during the Covid-19 lockdown, there was only a phone call, but for some that is just as important as a visit."

Neroli has always been a people person and has always worked with people. You might recognise her as being the Receptionist at the old after hours Doctors clinic.

Neroli keeps busy by volunteering at Plunket coordinating their Winter Woolly project, being a member of Inner Wheel, knitting and reading. Family is very important to Neroli and her husband Peter. World events, Global warming, injustice and wasted fruit are things that make Neroli upset. "There is a lot of fruit laying around just going to waste. Perhaps people can put it out at their gate and give it away, or donate it to a charity for distribution".

Neroli, on behalf of Age Concern Marlborough, and your clients thank you for your help and support.



**Aberleigh**  
MARLBOROUGH

**Aberleigh Rest Home provides loving care in small homes with access to beautiful gardens.**

**We offer every level of aged care**





**REST HOME, HOSPITAL AND CARE FOR PEOPLE WITH DEMENTIA**

17-19 McCallum Street, Springlands, Blenheim 7201  
Please contact us on (03) 578 7966  
[www.aberleigh.co.nz](http://www.aberleigh.co.nz)





The difference between influenza and a cold

Influenza Symptoms	Cold Symptoms
Sudden onset of illness. Moderate to severe illness lasting 7-10 days	Mild illness
Fever (usually high) Headache (may be severe) 	Mild fever Mild headache (congested sinuses)
Dry cough may become moist 	Sometimes a cough
Muscle aches Shivering 	Muscle pain uncommon A runny nose
Bed rest necessary 	
Can suffer severe complications (pneumonia)	

Am I eligible for a free flu vaccination?

For adults and children with long-term health conditions, pregnant women and people aged 65 years and older, influenza can be an especially serious illness. For this reason the influenza immunisation is provided **FREE** to:

- Pregnant women (any trimester)
- Anyone aged 65 years or over
- Anyone under 65 years with those who:
- are pregnant
- regularly use an asthma preventer
- have diabetes
- have heart disease
- have kidney problems
- have any cancer (excluding basal and squamous skin cancers if not invasive)
- have another serious medical condition

If you do not have one of these eligible conditions, you can still benefit from an influenza immunisation available, at a small cost.

Where do I go for a flu vaccination?

You can call your GP, pharmacy or Māori Health provider. Please be patient with staff as, due to extremely high demand for the flu vaccine this year there have been some delays in distribution

Influenza myth busters

There are many myths about the influenza vaccination. We have outlined the most common ones below.

**The flu vaccine will give me the flu**  
You cannot get the flu from the vaccine as it does not contain any live viruses.

However, some people will experience mild side effects such as muscle aches or headaches for a short time after immunisation. This is a normal reaction.

**I'm safe because I'm fit and never get sick**  
Anyone can catch the flu and pass it on to whanau or friends.

**The flu is just a bad cold**  
The flu and common cold are caused by different viruses.  
The flu can leave you bed-bound for weeks, require hospitalisation and be life-threatening.

**Influenza facts**  
Influenza is different from the common cold and includes the following symptoms:

- A fever greater or equal to 38°C
- At least one respiratory symptom such as a cough, sore throat or nasal symptoms such as a runny nose
- At least one systemic symptom such as a headache, myalgia (aches/pains), sweats/chills (feeling

feverish) or lethargy (fatigue).  
You can spread the flu to people, including your family/whanau and friends, who are at most risk of complications.

Influenza, commonly called the 'flu', can be a serious illness that is sometimes fatal and can infect up to 1 in 5 of us every year. While general health affects the severity of an infection, the influenza virus is contagious and anyone can become infected.

Up to 400 deaths each year in New Zealand are related to influenza infection.

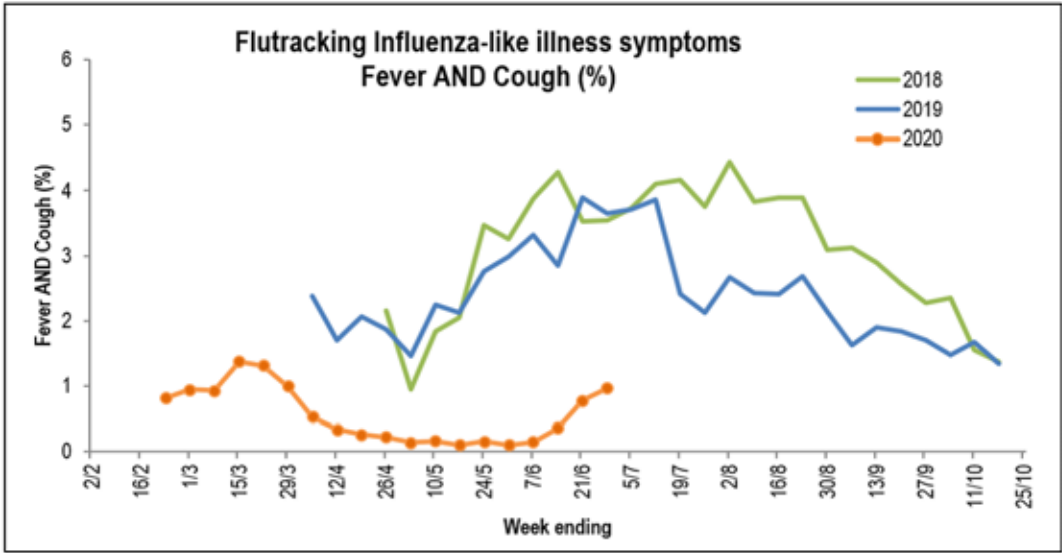
The strains of influenza virus that reach New Zealand each year are usually different from the season before. The virulence of strains can vary from year to year or a new strain can emerge to which people are not immune.

Annual immunisation is recommended for two reasons: protection lessens over time and each year influenza can be caused by different influenza strains, that may not be represented in the previous year's vaccine.

Immunity develops after you have been exposed to a particular strain of the virus through infection or immunisation. Influenza immunisation prepares and boosts your immune system to help you fight the influenza viruses expected to be circulating each year.

Seasonal influenza vaccinations are recognised as being the single most effective way of reducing the impact of seasonal influenza – especially for those most at risk of complications. This can be particularly true for the elderly.

**Stop the flu before it gets you. Get immunised. Don't spread the flu to your family and friends. Immunisation may be FREE for you. Ask your doctor or nurse today.**





**The Kiwi Access Card supports diversity and inclusion so everyone has access to goods and services in New Zealand - no matter your age, occupation or disability.**

The former 18+ Card rebranded so that it is inclusive of all age groups, it's now known as the Kiwi Access Card.

The Kiwi Access Card is a form of photo identification for kiwis, that is also beneficial for older kiwis, those who are blind or have low vision. As people near retirement, not having valid photo identification can be an issue, especially if you no longer drive or your passport has expired. For those kiwis who have low or no vision (young or old), we have added braille to our card so low and blind vision kiwis can feel the braille on this card and identify their Kiwi Access Card as their photo identification in their wallet or purse.

The Kiwi Access Card is beneficial as it contains personal details such as your full name, date of birth and photograph, which brings feelings of identity and inclusion.



Here are the 10 top things you need to know about the Kiwi Access Card:

10. Anyone can apply for a Kiwi Access Card including long-term or short-term visitors, international tourists as well as Kiwis.
9. The application is only NZD\$55 (GST inclusive) and the Kiwi Access Card is valid for 10 years!
8. Kiwi Access Card applications can be processed at participating AA New Zealand and New Zealand Post locations nationwide giving you wider access and wider choice of locations across New Zealand.
7. Kiwi Access Cards can be used as evidence of age and/or photographic identification in New Zealand (far safer than walking around with your passport if you are a long-term visitor or tourist).
6. Kiwi Access Card processing time with a successful application is less than two weeks.

5. Kiwi Access Cards can be used as photographic identification to access banking services in New Zealand such as opening a bank account). It is a great cost effective option important for anyone who cannot get a Passport or Driver's Licence. (Far cheaper than applying for a New Zealand Passport).
4. Oh yes! If you are 18 years of age or over, you can apply for and use your Kiwi Access Card to provide evidence of your age to enter bars and clubs or purchasing products at dairies, supermarkets or stockists that require you to be 18 years of age or over.
3. Kiwi Access Card enables access for people and offers life without limits for many more. You may have had to return your Driver's Licence - apply for a Kiwi Access Card as an alternative. You may be blind or have low vision - Kiwi Access Card has had braille features added for safety and security.
2. We operate a New Zealand based helpdesk where you can ask specific questions or follow-up on your application on +64 4 381 9937.
1. Follow us on Facebook or Instagram but the most useful website you can look at would be [www.kiwiaccess.co.nz](http://www.kiwiaccess.co.nz) and our FAQs page.



Local people supporting our local community

**03 578 4719**

Cnr Hutcheson & Parker Sts, Blenheim

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

GEOFFREY T SOWMAN

FUNERAL DIRECTORS

**Steady As You Go**

**Are you missing your weekly exercise classes?**

**Well good news.**

Our classes restarted on Monday 15th June. Please note that the Wednesday class will now be held at the Marlborough Community Centre, where our office is located, at the same time 1.30-2.30pm.

**SAYGO**

We currently have 5 weekly SAYGO classes running.

**Monday** 10.30 - 11.30  
The Foundry in John Street

**Tuesday** 11.30-12.30pm  
St Christopher's Church Hall

**Tuesday** 1.45 - 2.45pm  
Bright Centre in Dillons Point Road

**Wednesday** 1.30-2.30pm  
Marlborough Community Centre

**WHAT IS SAYGO?**

SayGo is a weekly exercise class that concentrates on strength and balance and these two together statistically help with Falls prevention, not to mention a social time. These classes have been going throughout New Zealand since 2003 and we have over 50 participants in Marlborough each week.

For more information, please contact the office Phone 579 3457.



**Nelson Denture Clinic**

Our Nelson Denture Clinic is lead by Thomas Gu who has studied and worked at the Otago University's Faculty of Dentistry in Dunedin for over 10 years. He has led various departments in removable prosthetics including partial dentures, full dentures, implant supported prosthetics, and orthodontic appliances. In addition, he has worked at a private clinic in Christchurch, for 4 years. As a result, Thomas has an extensive and wide array of experience from complex and highly specialised hospital cases, to the conventional dentures and prosthetics.

With the combination of specialised expertise and his down to earth and friendly demeanour, Thomas and his team are looking forward to provide you with the finest quality dentures that are comfortable, functional, and aesthetically pleasing, to give you your natural smile back.

**To make an appointment for a complimentary, obligation-free consultation, phone Margaret on (03) 548 1478.**

*The Experts in Denture Care*

**Nelson Denture Clinic**

- Latest technology dentures
- Excellent fit and extremely natural appearance
- Cosmetic dentures to support and improve facial structures
- Implant assisted dentures

- Immediate and replacement dentures
- Denture repairs
- Insurance quotes
- Total professional care for denture patients

*NZ made by NZ registered and qualified dental technicians*

**Ph. (03) 548 1478**

[reception@nelsondentureclinic.co.nz](mailto:reception@nelsondentureclinic.co.nz)

35 Waimea Road, Nelson

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



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*Thanks*

Sour Cream Lemon Syrup Cakes



- 125 g Butter
- 150 g Caster sugar
- 200 g Plain flour
- 1 tsp Baking powder
- 3 Eggs
- 125 g Sour cream, or natural yoghurt
- 1 Lemon, large, finely zested, plus 1 Tbsp juice

Lemon syrup

- 100 ml Lemon juice
- ½ cup Caster sugar
- 100 ml Water

Directions

1. Heat the oven to 160C. Grease and flour 8 ramekins or one 20cm cake tin (lined with baking paper).
2. Using your hands, rub together the butter, sugar, flour and baking powder until pale crumbs form. Make a well in the middle and mix in one egg at a time until incorporated.
3. Stir through the sour cream or yoghurt. Then the lemon and lemon zest.
4. Pour into the ramekins or cake tin and bake for 30-40 minutes until a skewer comes out clean.
5. For the lemon syrup, put the lemon juice, sugar and water in a small pot and simmer until thickened (coats the back of a spoon). As soon as the cakes come out of the oven, spoon over the syrup. Serve with freshly whipped cream.



Meals for Senior Citizens & Others in Need

Phone: Blenheim 577 9400 or Picton 573 7654  
Email: [lindagrace@xtra.co.nz](mailto:lindagrace@xtra.co.nz)  
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Order the day before or by 8.30am same day

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Age Concern Marlborough would like to thank the following organisations for their financial support, who enable us to provide the services we do.



Good Bitches Baking

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Payments may be made either to the office or online to our bank account: Westpac 03 0599 0475319 00. Please ensure your name and 'subscription' is shown as a reference. Sorry, no eftpos at the office.

We welcome Donations and Bequests which help us to continue to promote the welfare of older persons in Marlborough.

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## How to solve sudoku puzzles

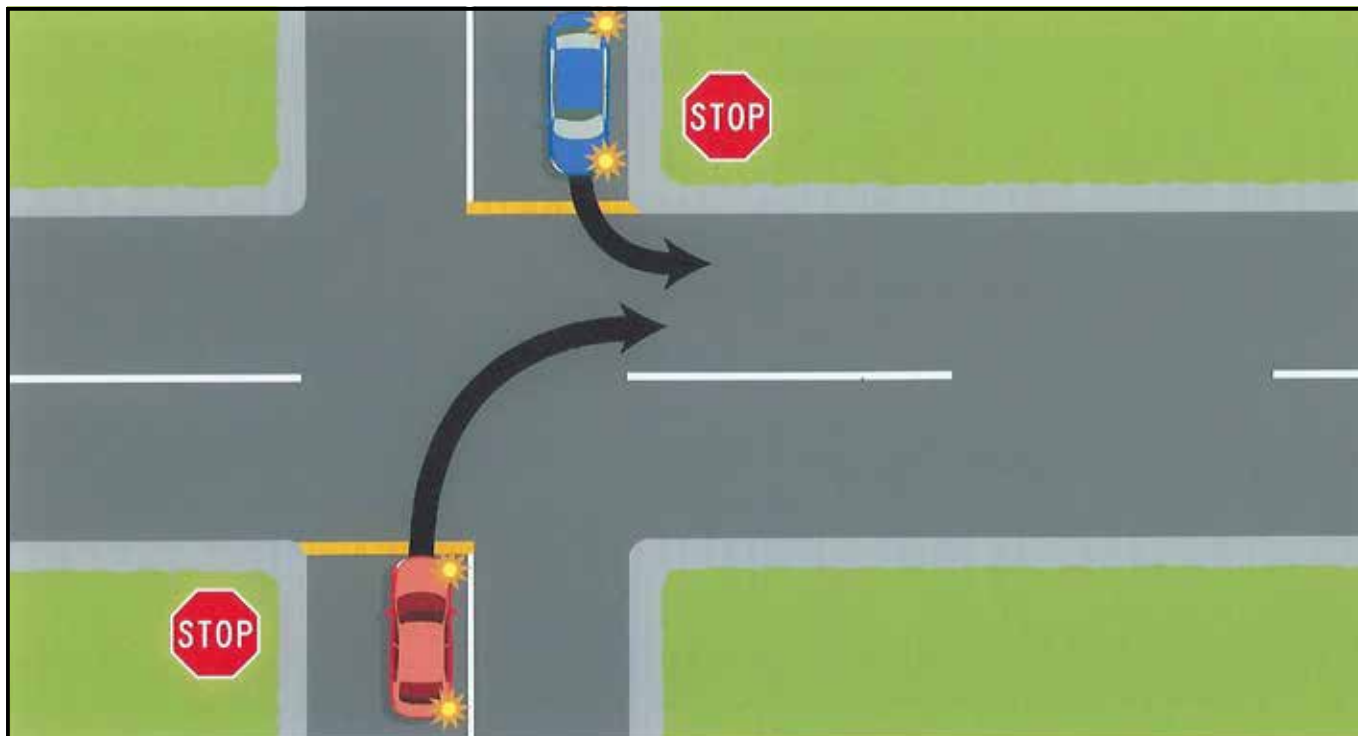
No math is required to solve a sudoku. You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear in a column or row in the larger grid.

2	6	3	9	1	4	7	8	5
5	4	7	2	3	8	1	6	9
8	9	1	5	6	7	2	3	4
6	3	2	7	5	9	8	4	1
9	1	8	6	4	3	5	2	7
4	7	5	8	2	1	3	9	6
7	2	6	4	8	5	9	1	3
3	8	9	1	7	6	4	5	2
1	5	4	3	9	2	6	7	8

*The difficulty on this puzzle is easy.*

2		3			4		8	
					8			
				6	7			4
6						8		1
9		8				5		7
4		5						6
7			4	8				
			1					
	5		3			6		8



**Do you know what car gives way?** Perhaps if the answer is no, then you should consider attending one of our Staying Safe Driver refresher courses. We run these once a month and they are free to attend. If you wish to know more, or would like to register, please call the office.

**Our next course is on Monday 14th September from 10am-2.30pm.**

*And the answer to the question is the red car.*