

SPRING 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.

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 to our third addition for the year, I'm sure you are all trying to keep warm after our last lot of heavy frost, but what beautiful days we get from them.

If you have concerns around heating please talk to one of the staff we may be able to help you. There have been some amazing Quilts donated to the Centre we may be able to help in some way.

Moving forward we will be holding staying safe Driving courses, please look out for these being advertised and also learning to txt and using a tablet.

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

"Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older." ~Louise Hay

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!

Invercargill

Phone: (03) 216 7763

Mobile: 021 503 334



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Age Concern Southland Brief Overview

Frozen Take-away meals are available daily.

o Main Course	-	Members	-	\$7.00
o Main Course	-	Non Members	-	\$8.00
o Soup	-	Members	-	\$4.00
o Soup	-	Non Members	-	\$5.50

Two course meals are available at 'The Centre'

12:00 noon, Tuesday, Wednesday, Thursday and Friday.

- o Members - \$ 10.00
- o Non Members - \$ 12.00
- o 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**

- o **Gold coin Donation.**

Exercise Class Thursday commencing at 11:15 a.m.

- o \$3.00 Donation payable to the tutor.

SAYGO exercise class Tuesday, 11.00a.m. to 12.00 midday.

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.

Any Welfare needs or questions

Age Concern has resources and information to answer any welfare needs.

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

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]



Like our face book page

Keeping In Touch During Lockdown

Heart-warming stories from the Accredited Visitor Service of when visitors made sure they kept in contact with the older person they visited.

It was a challenging time for us all during the Covid-19 lockdown, especially during Level 4 of the lockdown.

There were many lovely stories that came back to Age Concern about how people stayed connected and the Accredited Visiting Service volunteers were no exception by doing their bit at this difficult time. Making sure the older person (client) they normally visited face to face was still having some social contact even if it may have been on the end of the telephone.

There were some inspiring and innovative stories of what some AVS visitors did do. One visitor was in the USA and sent regular emails back, including photos and stories of what was happening in Beaverton, Oregon. This I was able to email on to one of his clients and post his other one. They were most grateful and interested in how things were different there to what was happening here.

Another visitor organised a surprise for her Scottish client. She asked her client to come to her front door and when she appeared, the visitor was standing at the gate with her granddaughter and the granddaughter started playing the bagpipes. Playing songs that brought tears to the older ladies eyes and she said it was the most special thing anyone had ever done for her.

Many visitors sent letters and cards to their special person as some of the older people are hearing impaired so a quick call and correspondence worked well.

Another visitor collected the daily crossword out of the newspaper as she knew her client who is now in a rest-home was not allowed to share the communal newspaper as per usual and is an avid crossworder. So she left the crosswords on the rest-home steps each day, unsure what they did to sanitize them before passing on to her client.

A young visitor would leave little treats at her clients door, baking, articles to read, or anything she could think of that would put a smile on her clients face.

There were skypes, and texts, emails and letters too-ing and fro-ing all over Southland and beyond. Special people enhancing older people's lives.

Chris Cunningham

Accredited Visitor Service Co-ordinator

Age Concern Southland

P.O. Box 976, Invercargill, Phone 03 218 6351

chris@acinv.org.nz

Working Hours: Tues, Wed & Thurs: 9am – 2pm

Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.



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

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

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 and our FAQs page.



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 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!

DRCDisabilities Resource Centre
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

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.

EITHER YOUR PARENTS OR GRANDPARENTS WERE LIVING DURING THIS TIME PERIOD.

THE YEAR IS 1915

This will boggle your mind!
The year is 1915 "One hundred and five years ago"..
What a difference a century makes!
Here are some statistics for the Year 1915:

The average life expectancy for men was 47 years.
Fuel for cars was sold in chemists only.
Only 14 percent of the homes had a bath.
Only 8 percent of the homes had a telephone.
The maximum speed limit in most cities was 10 mph.
The tallest structure in the world was the Eiffel Tower.
The average British wage in 1915 was £15 per year!
A competent accountant could expect to earn £800 per year.
A dentist £900 per year.
A vet between £600 and £900 per year.
And, a mechanical engineer about £2000 per year.
More than 95 percent of all births took place at home
Ninety percent of all Doctors had no university education!
Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."
Sugar cost two pence a pound.
Eggs were 10 pence a dozen.
Coffee was five pence a pound.
Most women only washed their hair once a month, and, used Borax or egg yolks for shampoo.
Canada passed a law that prohibited poor people from entering into their country for any reason.
The Five leading causes of death were:
1. Pneumonia and influenza
2.. Tuberculosis
3.. Diarrhoea
4.. Heart disease





5.. Stroke
The American flag had 45 stars.
The population of Las Vegas, Nevada was only 30.
Crossword puzzles, canned beer, and iced tea hadn't been invented yet.
There was neither a Mother's Day nor a Father's Day.
Two out of every 10 adults couldn't read or write and, only 6 percent of
All British pupils went to university.
Marijuana, heroin, and morphine were all available over the counter at local corner chemists.
Back then chemists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!" (Shocking?)
Eighteen percent of households had at least one full-time servant or domestic help...
There were about 230 reported murders in the ENTIRE U.S.A.! In 2014 this figure had risen to 14,249
In the UK the murder rate in 1915 was 1420.
In 2015 it was 537. (Perhaps they were doing something right)

Can you imagine how things might be in further 100 years from now ?





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.

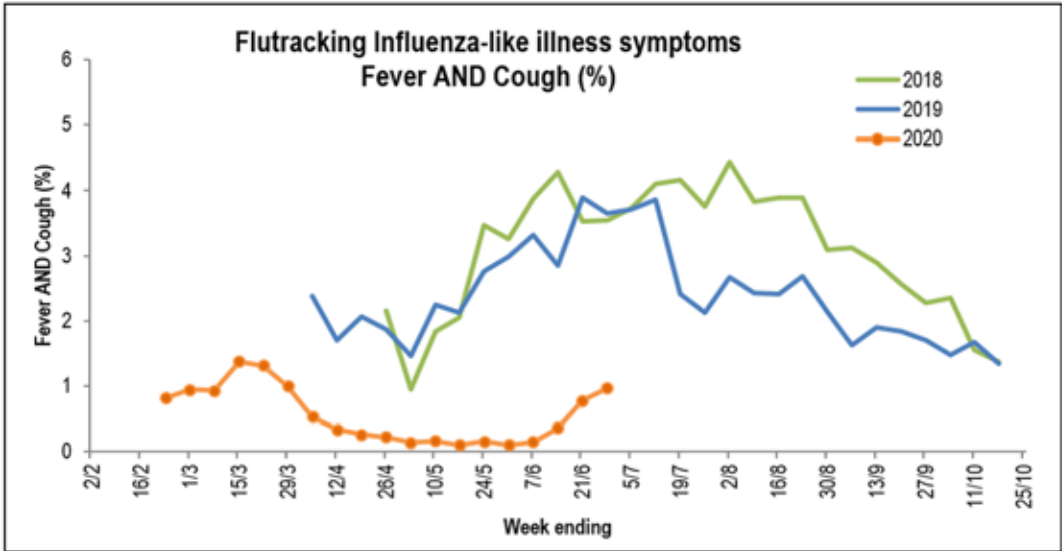
The strains of influenza virus that reach New Zealand each year are usually different from the season before. The virulence of strains can vary from year to year or a new strain can emerge to which people are not immune.

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.



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 for further information.

Keeping things in perspective.

For a small amount of perspective at this moment, imagine you were born in 1900.

On your 14th birthday, World War I starts and ends on your 18th birthday. 22 million people perish in that war.

Later in the year, a Spanish Flu epidemic hits the planet and runs until your 20th birthday. 50 million people die from it in those two years. Yes, 50 million.

On your 29th birthday, the Great Depression begins. Unemployment hits 25%, the World GDP drops 27%. That runs until you are 33. The country nearly collapses along with the world economy.

When you turn 39, World War II starts. You aren't even over the hill yet. And don't try to catch your breath. Between your 39th and 45th birthday, 75 million people perish in the war.

Smallpox was epidemic until you were in your 40's, as it killed 300 million people during your lifetime.

At 50, the Korean War starts. 5 million perish. From your birth, until you are 55 you dealt with the fear of Polio epidemics each summer. You experience friends and family contracting polio and being paralysed and/or die.

At 55 the Vietnam War begins and doesn't end for 20 years. 4 million people perish in that conflict. During the Cold War, you lived each day with the fear of nuclear annihilation.

On your 62nd birthday you have the Cuban Missile Crisis, a tipping point in the Cold War. Life on our planet, as we know it, almost ended.

When you turn 75, the Vietnam War finally ends.

Think of everyone on the planet born in 1900. How did they endure all of that? When you were a kid in 1985 and didn't think your 85 year old grandparent understood how hard school was and how mean the kids in your class were. Yet they survived through everything listed above. Perspective is an amazing art. Refined and enlightening as time goes on. Let's try and keep things in perspective. Your parents and/or grandparents were called to endure all of the above –

you were just called to stay home and sit on your couch.

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.

“You don't stop laughing when you grow old, you grow old when you stop laughing.”
~George Bernard Shaw



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.

AVENAL PARK
FUNERAL HOME
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)



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



Age Concern Southland Membership Form



If you wish to become a Member of Age Concern Southland please complete and return this document, including payment. Each year’s membership commences 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: _____

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

Office Use Only
Date Received:
Method of Payment:
Membership Card #:
Entered on Database:

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

IMPRESSIONISTS

G L M K A T E C T R V O Y
 S X A R E T B T E G R O R
 D Y D N A O O T N R C S I
 Y R O S N S A Q A A A O T
 I M S N I R F S M G I B N
 G A A R U N S M E A L O E
 C R O E E I P D V U L U G
 D M S P P S U G N G E D R
 N E L L I Z A B U U B I A
 O W F A R G O H Y I O N S
 S A E N N A Z E C N T I I
 N S O K Z U T V E Q T G S
 I S R I P A X R K O E Z L
 B O I T W A C H T M A N E
 O R E L T S I H W O N T Y
 R C W F S L M A S S A H G

BAZILLE
 BONNARD
 BOUDIN
 CAILLEBOTTE
 CASSAT
 CEZANNE
 CHASE
 CROSS
 DEGAS
 GAUGUIN
 HASSAM
 MANET
 MONET
 MORISOT
 PISSARRO
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 ROBINSON
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