

SUMMER 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

A Kiwi Publications Limited publication | www.kiwipublications.co.nz | Please refer to website for disclaimer

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.

TARA – Co-ordinator for Elder Response Service Extension 5

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 last edition for the year and what a year it has been, we look forward to warm summer weather, as we move out of a very wet Spring.

You will have noticed a few staff changes throughout the year, we have had Julie O'Neill filling in for Emma while she is on Maternity leave, Emma will be back in January. Tara Fraser has taken over the role of Coordinator for the Elder Abuse Response Service and we also welcome on board Deanna O'Brien training to be a Diversional Therapist. Ann Reedy has a permanent position with us and you will all be familiar with Peter who has taken over the Van drivers role.

If you haven't been in the Centre for a while come and check out our Foyer upgrade.

Janette Turner

Age Concern Southland Manager

Kia ora tatou, My name is Tara, I am the new Coordinator for Elderly Abuse and Neglect with Age Concern. Having a background in nursing, I am excited and enthusiastic about integrating into this role and look forward to being apart of this amazing service offered throughout Southland. Please feel free to visit my office,

the door is always open. *Tara*



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

We wish you a Merry Christmas We Wish you a Merry Christmas

Ho Ho Ho what a year we've had. I think we all deserve something special for being so well behaved and there is nothing better to give, or to wish for, than a Driving Miss Daisy Gift Voucher.

A Driving Miss Daisy Gift Voucher can be purchased directly from your local Daisy and whether receiving or giving it makes such a thoughtful gift.

But you don't have to wait for Santa; there is plenty to do with Driving Miss Daisy to fully enjoy the festive season:

- Christmas lights tours
- Festive coffee mornings with friends
- Christmas carol services

Then there are the Christmas chores that Driving Miss Daisy can take care of with you:

- Christmas Shopping and don't forget they will do the posting
- Shopping for that special Christmas Day outfit
- Airport Transfers
- A companion to end of year functions and events

But you really don't need a reason to call on Driving Miss Daisy, as just getting out and about and enjoying the company of your Daisy driver is good for the soul by simply having a good time, creating positive memories. So, don't sit inside lonely while the world buzzes along, there are very few reasons not to have a little fun. If needed many of our vehicles are fully equipped with Wheelchair access, to assist with walkers and wheelchairs.

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

To end I wish you all a very Merry Christmas after what has been a most challenging year for all of us. So please help us, help you, by considering buying a Driving Miss Daisy **Gift Voucher** or dropping the hint to family that it would be an ideal gift for yourself. It's as easy as calling your local Driving Miss Daisy Franchise owner.

Looking forward to taking care of you in 2021

Melanie | Co- Founder

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

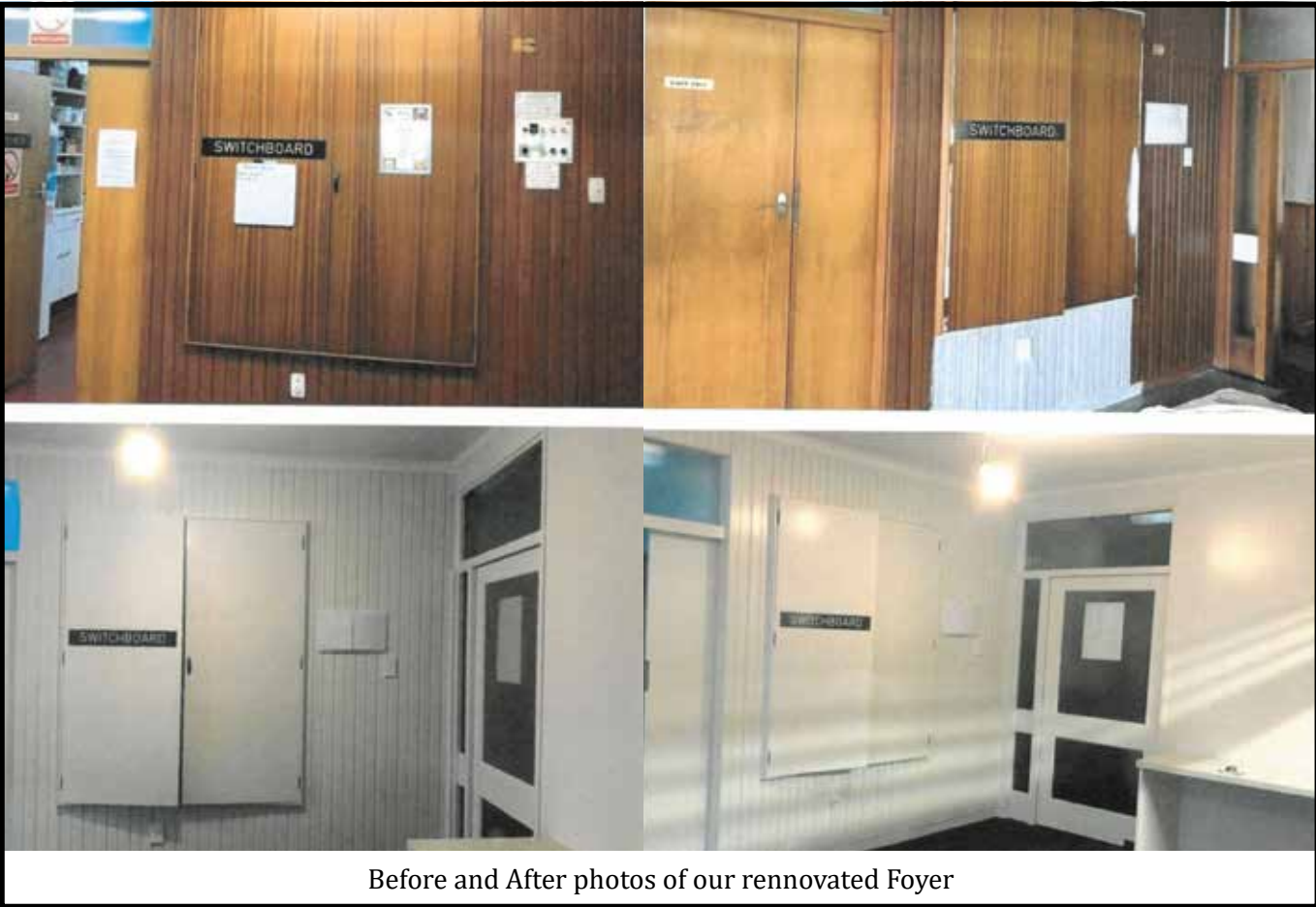
Please visit Age Concerns web site for more information. [Just type in the google bar Age Concern]



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



Before and After photos of our rennovated Foyer



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, 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.



AGE CONCERN SOUTHLAND IS CREATING A COOKBOOK

Attention Age Concern Members - We need your recipes!

We want your favourite recipes that evoke 'memories of family' to publish in a cookbook that will be sold as a fundraiser for Age Concern Southland.

We are looking for recipes in categories: Main Meals, Desserts and Baking. Recipes can be hand written and given to Heather at reception or emailed to emma@acinv.org.nz

Include your name and contact number on your recipe (numbers won't be published) so we can get in touch with you if we need to.

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 4	Janette Manager/ Social Worker
Extension 5	Tara Coordinator for Elder Response Service
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

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

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 Disabilities Resource Centre
Southland
Charitable Trust

Making Daily Living Easier

*Your One Stop Shop For
Independent Living Aids*



Come in and see the friendly DRC team!

25 Gala St, Invercargill | 0800 100 531

www.drcsouth.co.nz

*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.

LifeCurve™ is coming!

Age well, live better, reduce decline.

Quickly discover how you are ageing by using the LifeCurve™ App

What is LifeCurve™?

An easy to use App for your phone.

What does it do?

Compares your function levels against others your age. Then shows ways to improve those levels, helping you to age well.

How does it do it?

Uses 15 daily activities, which indicate how well someone is ageing, to show where you are on the LifeCurve™. Knowing this empowers you to make choices to improve your health and wellbeing.

Why use it?

Early intervention and prevention are proven to be the best ways to maintain health and function as we age. Stay active and age well with LifeCurve™.

When will it be available?

LifeCurve™ should be publicly available by December, 2020.

How do I find out more?

For more information or to ask a question email kathy.everitt@bopdhb.govt.nz



"The LifeCurve™ App offers practical ways to maintain health and function through your later years. It's an easy way to engage with health promoting activities and interests and help you live life to the fullest."

Professor Ngaire Kerse, University of Auckland, Head of School of Population Health.

Elder Abuse Response Service

I don't know if any of you have ever seen the 1944 film 'Gaslight', about a woman whose husband slowly manipulates her into believing that she is going insane in order to distract her from his criminal activities. I saw it again recently and it reminded me of how this type of behaviour is real and happens more often than you would think.

You'd ask yourself why do people gaslight? One of the most common reasons people gaslight is to gain power over others. Like most cases of abuse, gaslighting is about control and as it progresses, the victim often second-guesses their own memories and thoughts. Gaslighting is a form of emotional abuse. It happens when someone manipulates you into doubting your own reality, or undermines your confidence by making you seem "crazy" or "too sensitive."

Gaslighters typically use the following techniques:

1. They tell blatant lies.

You know it's an outright lie. Yet they are telling you this lie with a straight face. Why are they so blatant? Because they're setting up a precedent. Once they tell you a huge lie, you're not sure if anything they say is true. Keeping you unsteady and off-kilter is the goal. You know they said they would do something; you know you heard it. But they out and out deny it. It makes you start questioning your reality—maybe they never said that thing. And the more they do this, the more you question your reality and start accepting theirs.

2. They use what is near and dear to you as ammunition.

They know how important your kids are to you, and they know how important your identity is to you. So those may be one of the first things they attack. If you have kids, they tell you that you should not have had those children. They will tell you you'd be a worthy person if only you didn't have a long list of negative traits. They attack the foundation of your being.

3. They wear you down over time.

This is one of the insidious things about gaslighting—it is done gradually, over time. A lie here, a lie there, a snide comment every

so often...and then it starts ramping up. Even the brightest, most self-aware people can be sucked into gaslighting—it is that effective. It's the "frog in the frying pan" analogy: The heat is turned up slowly, so the frog never realizes what's happening to it.

5. Their actions do not match their words.

When dealing with a person that gaslights, look at what they are doing rather than what they are saying. What they are saying means nothing; it is just talk. What they are doing is the issue.

6. They throw in positive reinforcement to confuse you.

This person that is cutting you down, telling you that you don't have value, is now praising you for something you did. This adds an additional sense of uneasiness. You think, "Well maybe they aren't so bad." Yes, they are. This is a calculated attempt to keep you off-kilter—and again, to question your reality. Also look at what you were praised for; it is probably something that served the gaslighter.

7. They know confusion weakens people.

Gaslighters know that people like having a sense of stability and normalcy. Their goal is to uproot this and make you constantly question everything. And humans' natural tendency is to look to the person that will help you feel more stable - and that happens to be the gaslighter.

8. They project.

If they are a drug user or a cheater, they constantly accusing you of that. This is done so often that you start trying to defend yourself, and are distracted from the gaslighter's own behaviour.

9. They try to align people against you.

Gaslighters are masters at manipulating and finding the people they know will stand by them no matter what—and they use these people against you. They will make comments such as, "This person knows that you're not right," or "This person knows you're useless too." Keep in mind it does not mean that these people actually said these things. A gaslighter is a constant liar. When the gaslighter uses this tactic it makes you feel like you don't know who to trust or turn to-and that leads you right back to the gaslighter. And

that's exactly what they want: Isolation gives them more control.

10. They tell you or others that you are crazy.

This is one of the most effective tools of the gaslighter, because it's dismissive. The gaslighter knows if they question your sanity, people will not believe you when you tell them the gaslighter is abusive or out-of-control. It's a master technique.

11. They tell you everyone else is a liar.

By telling you that everyone else (your family, your friends) is a liar, it again makes you question your reality. You've never known someone with the audacity to do this, so they must be telling the truth, right? No. It's a manipulation technique. It makes people turn to the gaslighter for the "correct" information-which isn't correct information at all.

The more you are aware of these techniques, the quicker you can identify them and avoid falling into the gaslighter's trap.

Some ways to protect yourself include:

- Recognizing that you're allowed to have strong emotions
- Keeping your own social system strong
- Focusing on facts and the consequences of the gaslighter's behaviour
- Understanding that sexism often plays a role in gaslighting
- Keeping a paper trail pointing to facts and events
- Refusing to engage a gaslighter or default to apologizing

If you feel this could be happening to you and you want to chat about it, please call me. Tare Fraser on 218 6351 extension 5



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

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



ENDURING POWER OF ATTORNEY (EPA)

There may come a time through an accident, serious illness or incapacity, when you become unable to make or communicate decisions yourself. Many people assume that in this situation, their partner or a close relative will legally be able to make decisions for them. In fact, the law doesn't work like that. The law allows you to plan ahead by making an enduring power of attorney (EPA). If you do not have an EPA, an application would need to be made to the Family Court to appoint a Welfare Guardian, who can then act on your behalf, to make these decisions. An EPA is separate from your Will. On your death the EPA has no further authority and your Will takes effect instead.

There are two types of EPA

Personal Care and Welfare – this EPA only comes into effect when you are deemed to have become incapable of making or communicating your own decisions. You appoint a person (called your 'attorney') to make decisions about issues like where you'll live, who'll look after you and what medical treatment you might need. An EPA for Personal Care and Welfare can only be given to one individual. The EPA can authorise the attorney to act in relation to your personal care and welfare generally, or only in relation to stated aspects.

Property – you can give authority for this EPA to come into effect straight away or only if and when you lose 'mental capacity'. You may appoint one or more people or a Trustee Company as your property attorney. You can give them a general power to deal with all these issues, or you can limit them to dealing with, for example, a particular bank account.

Your Attorney

Your attorney must act in your best interests at all times and must not abuse the trust you've placed in them. They have to act with absolute openness and fairness towards you, exercise reasonable care and avoid any conflict of interest with you. Your attorney must always promote and protect your welfare and best interests. They can't use money for their own benefit (unless your EPA allows this), invest it unwisely, or act in a way that you haven't authorised in the EPA. Your attorney must also involve you in decision-making as much as possible: they must

consult with you when making decisions and must try to get you to develop and exercise whatever capacity you have to make decisions for yourself. Your attorney's specific responsibilities will depend on the type of EPA and the instructions you've included in it.

Therefore, it is crucial that you trust the person(s) you appoint and are confident that they will act in your best interests. At some stage you may be absolutely reliant on that person(s). If your attorney for Personal Care and Welfare or Property stands to benefit from your estate, they may have to make decisions that have financial implications for them personally. It is important to be aware of this when you choose your attorney.

You can require your attorney to consult with family members and your GP about matters concerning your personal care and welfare.

The skills needed to look after personal care and wellbeing are often quite different from those needed to look after someone's financial affairs. Consider appointing one person as attorney for your Personal Care and Welfare and a different person or persons for your Property.

The person you appoint as your attorney for Personal Care and Welfare will have to work closely with your Property attorney. You will need to feel confident that those you appoint can work together. However, either of them can go to the Family Court for directions if they cannot resolve a disagreement about your needs.

You can change, vary or revoke (cancel) your EPA at any time while you are mentally capable.

When Does my EPA Come Into Effect?

Your EPA will come into effect when it is decided you have lost 'mental capacity' (apart from if you have chosen for your Property EPA to take effect when you signed it). You should be aware that under this law every person is presumed to be mentally competent until the contrary is shown.

You've become "mentally incapable" if:

- In relation to Personal Care and Welfare, you can no longer make or understand decisions, or foresee their consequences; or you can no longer communicate them to other people.
- In relation to Property, you are no longer completely competent to manage your own money or property.

It is not your attorney who decides when you are no longer mentally capable. The question of whether you're still mentally capable must be decided by a health practitioner who is qualified to carry out this assessment. Without a certificate from a health practitioner, your attorney can't make any significant decisions for you under an EPA for personal care and welfare.

Setting up an EPA

To set up an EPA you will need legal advice; this could be from a lawyer, a legal executive or an authorised officer of a Trustee Company.

Before setting up your EPA you can get copies of the forms from the Ministry of Justice website (www.justice.govt.nz and search for EPA). This will allow you to read and discuss them with your family/whanau and the people whom you propose to name as your attorneys. You may also be able to reduce the cost of setting up your EPA's by filling in as much of the information you can before your appointment.

Questions to consider

1. Am I certain that the person I am appointing as attorney will always act in my best interests?
2. Will I appoint one attorney for Property, or two, or more? Or will I appoint a Trustee Company?
3. Do I want to give my attorney authority to take care of everything to do with my personal care and welfare, or only some things?
4. Do I want to give my attorney authority to take care of everything to do with my property, or only some things?
5. Do I want my property attorney to take over things now, or later when I am no longer able to manage my affairs?
6. Who do I want to decide if I am no longer mentally capable? I can specify a particular type of health practitioner, provided they are qualified to make this assessment.
7. Do I want my attorney to be monitored and supported in their role by consulting with others?
8. If I have an EPA already, have I checked to see that it still meets my needs, especially if my circumstances have changed (such as the loss of my spouse or having a new partner)?
9. Have I read the guidance notes in the EPA forms?

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



Chris, Jamie, Donna, Nigel, Christine & 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

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: _____

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

Donation:
Donations of \$5 and over are eligible for a tax credit under the terms of Section 1 D1 of the Income Tax Act 2007.

\$10 ☐ \$20 ☐ \$30 ☐ \$40 ☐ \$50 ☐ Other ☐ \$.....
(Please tick box applicable for the amount you wish to donate) Donation

TOTAL Payment \$.....

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

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

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

Office Use Only

Date Received:

Method of Payment:

Membership Card #:

Entered on Database:

PUZZLE TIME

Raptor Search

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

ACCIPITERS
 BIRD OF PREY
 BROAD WINGS
 BUTEOS
 BUZZARDS
 CARNIVOROUS
 EAGLES
 FALCONS
 HARRIERS
 HAWKS
 HUNTERS
 KITES
 LARGE
 OSPREY
 OWLS
 POWERFUL
 QUIET
 SERIEMAS
 SHARP BEAKS
 SOLITARY
 VULTURES

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

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 once in a column or row in the larger grid.

(The difficulty on this puzzle is easy)

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