

SUMMER 2020 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Marlborough

Serving the needs of older people



Photo taken by Johnathan Donnelly

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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

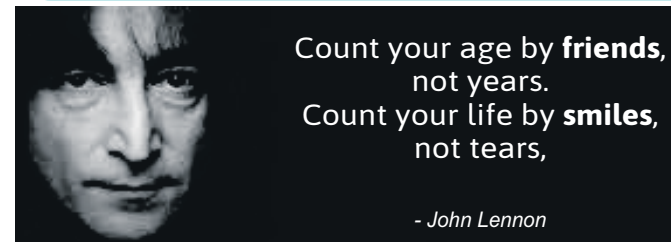
Volunteer Coordinator

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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.



Count your age by **friends**,
not years.
Count your life by **smiles**,
not tears,

- John Lennon



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

News from the office...

Greetings from the Age Concern Office.

December 2020, we have finally made it to the end of the year! Together we have worked hard to keep ourselves, our family and friends and New Zealand safe from this pandemic. For that we say thank you all.

Membership. Just a reminder that if you have not paid your 2020 Membership it is not too late. We have 2 ways of being able to pay

- Visit the office, where we will take cash or cheques
- Online banking

We would also like to thank our kind sponsors, including Kiwi Publications, who help with this newsletter. With your funding and donations from our members we are able to provide the services that we currently do.

**Our office will be closed from
12 noon on Monday 21 December
and reopening on
Monday 11th January 2021.**

The team at Age Concern would like to take this opportunity to thank you all for supporting us during this strange year. We look forward to working with you and seeing you again in 2021.

Merry Christmas and a Covid Free 2021

Regards from the Team in the office

Catherine, Sandy, and Sue



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

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!**

Marlborough

Phone: (03) 579 3162

Mobile: 021 503 354



Driving Miss Daisy®

www.drivingmissdaisy.co.nz



Burglary, Theft & Theft-ex-car Crime Prevention Information



- ALWAYS secure/lock all windows and doors to your dwellings, garages and out-buildings when you're preparing to leave the property. Most burglaries occur by day when owners are not present, and access is usually via insecure windows (& sometimes unlocked doors). Stays that are designed to allow a window open just enough to let air in without allowing access to people, are NOT effective as an anti-burglar device. Always secure windows when leaving the property. Very few burglaries occur as a result of the criminals breaking glass or forcing their way in because they generally find a property where they can enter through an insecure door or window. The toilet window is the classic, it's often left open 24/7.
- DON'T leave valuable items lying around the property or in plain view. Thieves will be drawn in off the road if they see an opportunity to steal something and then once on the property, they are more likely to commit more crime. Valuables can include things like lawnmowers, bicycles, power tools, motorbikes, quad-bikes, and boats along with boating accessories.
- DON'T leave your garage doors open or unlocked when you're in other parts of the property or away from home. A garage is often used as storage and it's a supermarket for thieves
- ALWAYS park motor vehicles off the roadway if possible when at your property and never leave a vehicle insecure or unlocked when you walk away from it, no matter where it's parked. NEVER leave valuables on display inside a vehicle. Theft from parked vehicles is one of the most common

crimes in our area and thieves will damage a lock or break glass to get to items that are worth a lot less than the damage they cause getting to it. Take all valuables out of the vehicle when you park it preferably, but if that's impractical, at the very least put valuables out of view. Valuables can include wallets, purses, electronics like smart-phones and laptop computers, cash, portable GPS mappers, and label clothing. Even your old gym bag sitting on the back seat can tempt a thief into breaking into your vehicle to see what's in the bag.

- ALWAYS note down registrations of suspicious vehicles with time, date and place as burglars and thieves often scope places out first. Pass these onto your local Police. If you have trouble contacting someone, ring 'ten-five' (105), the Police non-emergency number and report the suspicious activity. If a crime is being committed, or you see something suspicious and the offenders are still there or have just left, call **111** immediately and ask for Police.
- Consider starting a Neighbourhood Support Group. Community Constables in your area will have the information you need.
- Register serial numbers of your valuables on the SNAP website at <http://www.snap.org.nz> - this is a Police and Government sponsored database for households to store their valuables details on a database so they can be recalled if they become victims of property loss. This can be helpful to both Police and insurance companies.



TIPS TO HELP WITH ANXIETY ATTACKS

Look around you.

Find five things you can see

Four things you can touch

Three things you can hear

Two things you can smell

and **One thing you can taste**

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.

Have you ever considered volunteering to work with older people? It is thoroughly rewarding and here are some of the reasons why:

You are making a difference – what you find when you work with people who are vulnerable and rely on you, is that you are genuinely making a difference in their daily lives. You will feel as though you are having a positive impact on your community

There is the potential to learn daily lessons about your own health - working with those nearing the end of their lives is quite likely to make you take stock of your own health – both mental and physical. This may make you more aware of what you are eating, how much you are exercising and what you are doing to keep your mind sharp and your outlook positive.

You develop a deep respect for resilience - it is easy to get bogged down in the daily struggles of your own life. Resilience in life is key and when you see in older people the way resilience builds over the course of a lifetime you start to really “get it” for yourself.

A deeper understanding of social connectedness – when you work with older people you see how much any small interaction or visit means to them, how much they brighten when you sit down and have a chat with them. Understanding this can hopefully make you work harder on your own relationships with family and friends.

You witness miracles! – whether it be a dementia patient reacting to animal therapy or music, or a stroke patient learning to talk again. When you work in aged care you see things that people thought were impossible.

At Age Concern we are constantly on the lookout for kind, caring people willing to give up a bit of time to brighten someone else's day. Please call Sandy at the office 5793457 to find out more.

Thank you As this rather strange year draws to a close, we want to pay special tribute to our amazing volunteers. Their support, encouragement and reliability help us to meet the needs of some of our clients and members. Our Volunteers are an important part of Age Concern Marlborough and help us with

- Our Steady As You Go exercise classes. We run 6 of these classes a week and have over 100 participants per month.
- Our Volunteer Visitors. Sometimes our Volunteers are the only people our clients see.
- Our Carer Relief visitors. These volunteers come into the home and give the Carer a much-needed break
- On Call Volunteers. This amazing group are on call to help our clients with small tasks like changing light bulbs and helping us with our Driving Course and other events we hold, such as the Senior Dance/High Tea or our Mobility Scooter workshops.

Without you, we as an organisation would not be where it is today. From the bottom of our hearts we say Tena Koutou and thank you.

Walking With Nana

*I like walking with Nana,
Her steps are short like mine.
She doesn't say "now hurry up"
She always takes her time.*

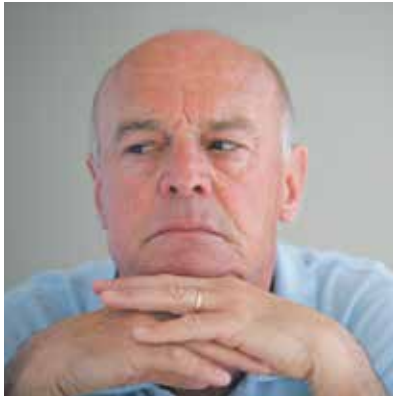
*I like to walk
with Nana,
Her eyes see things
like mine do,
Wee pebbles bright,
a funny cloud,
Half hidden drops
of dew.*

*Most people have to hurry,
They do not stop to see.
I'm glad that God made Nana
Unrushed and young like me!*



Older people may sometimes think about suicide as an option if they are in chronic pain, have a chronic disease or feel they are a burden to others.

The most important thing we can all do when we know someone is at risk is to listen to their story with kindness and compassion and help them find the right supports to get them through this difficult time



Here are some very practical ways to take a minute and help friends, family and even strangers:

Talk

- It is okay to ask someone if they are having thoughts of suicide. If your gut feeling tells you ‘something does not feel right’, or you know that they are suicidal, you might ask them something like, “what you have just talked about sounds pretty hard to cope with right now; sometimes people in those kind of situations start thinking about suicide - are you thinking about harming yourself or taking your own life?”

That question will not trigger further risk. If they say ‘yes’, you can guide them to people who can support them and keep them safe.

Listen

- Often suicidal people are looking for someone to ask them how they are and they do really want to talk to someone about what they are feeling. Once you have asked them the question, it is important to listen to them, to hear them out in a caring and comforting environment and help them to access the support they need.

Get Help

- Know where to go for help in your local community; the emergency services, the counselling services, the person’s GP and anyone in the family, whanau or local community who can be a trusted contact for that person.

See Nelson Marlborough health’s suicide prevention resources at www.nmdhb.govt.nz/suicideprevention for resources and services

available for those working alongside a vulnerable person to help guide them to a safer place.

Seeking professional support to treat underlying pain, health or mental health issues; exercising, keeping connected to others we love and trust, being in nature, mindfulness exercises, reducing your alcohol intake, good food and getting good sleep can all make a huge difference to our mental wellbeing.

Suicide prevention is a whole of community response: from family and whānau support, neighbourhoods, schools, workplaces, counsellors through to mental health services – we are all in this together, working to keep our vulnerable community members safe.

Paul Martin | Suicide Prevention Coordinator
Nelson Marlborough DHB

Where to Go for Help

If the person is at immediate risk, call 111 and ask for Police.

If the person is at high risk but not actively making or planning an attempt, contact Call/text 1737 free phone /text 24 hours 7 days a week

For general concerns about a person at risk, contact the most relevant agencies below:

- Talk to your GP**
After Hours GPs: 03 520 6377
- Brief Intervention Service** –mild to moderate mental health issues free counselling
03 520 6200. Referral by your GP
- Primary Mental Health Initiative (PMHI)**
counselling and therapy via Marlborough PHO
- Supporting Families in Mental Illness**, Blenheim
Ph. 03 577 5491 or sfmarlb@xtra.co.nz
- The Male Room** (Nelson only) 03 548 0403
- Te Piki Oranga** (Nelson Marlborough)
0800 ORANGA (672 642)

One snake says to his friend, “I forget – are we poisonous?”
“Why do you want to know?”
The friend replies. “Because I just bit my tongue!”

COVID-19

Stay strong and resilient

Ko nga pae tawhiti, whaia kia tata
Ko nga pae tata, whakamaua kia tina



Connect
Me whakawhanaunga

Talk and listen
Be there
Feel connected



Take notice
Me aro tonu

Remember the simple things that give you joy



Keep Learning
Me ako tonu

Embrace new experiences
See opportunities
Surprise yourself



Be active
Me kori tonu

Do what you can
Enjoy what you do
Move your mood



Give
Tukua

Your time
Your words
Your presence



Relax
Whakangā

Calm your mind
Rest your muscles



Eat well
Kai pai te kai

Eat healthy food
Drink plenty of water



Sleep
Moe pai

Aim for eight hours



Have fun 5 times a day
Whakangahau

Dance, move, laugh, Interact



Free tools
Patua te taniwha te whakamā

Helplines, apps and supports: www.covid19.govt.nz/where-to-go-for-help

Advance Care Planning Why it's even more important during a pandemic.

Would your family know what medical treatment or interventions you want if you deteriorate or have a sudden event? Or how you want to be cared for when you can no longer manage yourself? Or if you want to be cremated or buried?

During the COVID-19 pandemic many families have not been able to be together, often during a critical time when the health of a family member was affected.

Having an Advance Care Plan in place means the people who are important to you, and your healthcare team, know what you want, or don't want, especially when you can no longer speak for yourself.

An Advance Care Plan is designed by you and is often described as a gift to your whanau and loved ones. It makes it much easier for everyone to know what healthcare you want. 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 - especially if they can't physically be with you.

An Advance Care Plan gives you the opportunity to develop and express your preferences for your future care based on your values, concerns, hopes and beliefs. It communicates your wishes on a range of things when you may not be able to do so.

As more people go through the Advance Care Planning process with their General Practice they report it's like a weight off their shoulders. It gives them peace of mind knowing everything is written down and the doctors and nurses know what they want if they get sick.

The first step to creating an Advance Care Plan 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 Advance Care Plan and make changes whenever you want.

Ask your healthcare team for a copy of My Advance Care Plan & Guide or download your plan at www.myacp.org.nz

**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.**





Kia kōrero

Let's talk

www.myacp.org.nz


Plan for your
future healthcare
with an Advance
Care Plan



Staying Safe

a refresher course for older drivers



This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

Contact Age Concern Marlborough
03 579 3457

To secure your place on our course.
The course is usually held on the 3rd Monday of the month.

© ACNZ together with NZTA

Right-sizing and moving on

Rattling around in a large, and mostly empty house, is depressing and challenging. So what can be done about it? “Downsizing” for many is a term that diminishes age, so let’s try “right-sizing”. Not amazingly original, but it suggests that changes in one’s life are a catalyst for thinking about what’s really needed for the future – and for many older people, a five bedroom late Edwardian villa in the suburbs isn’t it.

***So, right-sizing it is.
And a retirement village
is an increasingly popular
right-sizing option.***



The first and perhaps the greatest challenge in moving to a new place is working out what to do with the accumulated memories and stuff of decades of life. Someone said that “part of the trouble in “getting rid” of stuff is accepting that certain parts of my life are over. For example, I was never a frequent entertainer, but I do have nice tableware that is used for “company.” Letting it go would signal that that part of my life is over. The same could be applied to sports equipment. What I mean is it is more than getting rid of extraneous stuff. It is like saying that part of my life has gone forever -I am moving into decrepitude where I won’t need my silverware or my tennis racquets!”

It needn’t be like that, but we know it’s not easy. The internet has plenty of sites giving advice on how to decide what to keep and what to give away, how to manage things that provide lovely memories with what’s really a non-essential. Perhaps you could create four piles in four corners of a room – stuff that’s essential for your future happiness, stuff that has value which your family and friends might appreciate, stuff that no-one immediately wants but could be worth something to strangers, and – let’s face it – junk. Then just make sure the family takes delivery sooner rather than later, you send the unwanted but worthwhile stuff to a charity shop or sell it on-line, and lastly, get that skip ordered in today!

People decide to right-size for all sorts of reasons. They don’t want to “be a burden on the family” and decide to sort their belongings long before the children have to do it for them. Or perhaps there are good health reasons – the stairs are too much for the knees, the garden’s getting beyond it, or vacuuming all five bedrooms is an exhausting pastime and you have much better things to do.

Releasing equity in the family home has been a major incentive to move. Thanks to the buoyant property market, we’ve known people to sell their family home, move to a retirement village and bank hundreds of thousands of dollars into the retirement savings. It’s a bit like winning Lotto, and the addition to the savings means a quantum improvement in their retirement lifestyle.

Moving to a smaller home also means significant savings in costs too – power, rates, insurance, furniture, maintenance and upkeep all fall away. Retirement village homes are purpose-built for older people, with no steps, insulation and energy-efficient appliances, the economies of scale with rates and insurance, and someone else looks after the maintenance and lawns.

But don’t take our word for it. See what our residents say about the many benefits of right-sizing to a retirement village on our Retirement Life Facebook page here - https://fb.watch/1D_-iOFnML/

editorial supplied by Retirement Villages Association



Slip, Slop, Slap and Wrap Four Ways to be Safe in the Sun

You can be SunSmart and still enjoy the great outdoors. Being SunSmart is about protecting yourself from too much ultraviolet (UV) radiation from the sun.



Slip

- Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun’s UV levels are lower.
- Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.

Slop

- Slop on plenty of broad-spectrum, water resistant sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- The average sized adult should apply at least ½ teaspoon to each arm and to the face (including the ears and neck) and at least a teaspoon to each leg, the front of body and back of body.
- Sunscreen should not be used as a way to stay out in the sun longer. Instead, use it as a way to reduce the risk of damage to the skin when exposure to the summer sun is unavoidable.
- Keep sunscreen in handy places where people are most likely to be reminded of need to use sunscreen e.g. by the door at home or work, or in your swim bag, sports bag or handbag.

Slap

- Slap on a hat with a wide brim or a cap with flaps. More people get sunburnt on the face and neck than any other part of the body.

Wrap

- Wrap on a pair of sunglasses. Choose close fitting, wrap-around glasses that cover your eye area and protect the sensitive skin around them.

Sun Exposure

It is still important for your general health and wellbeing to continue to get some sun exposure even during the hottest months (September to April). This should be a walk (or some other form of outdoor physical activity) 5-6 days a week, planned for the early morning (before 10.00am) or late afternoon (after 4.00pm).

Be SunSmart at any time of the year when you are outside in the mountains or near reflective surfaces such as snow, ice and water.

Source: Sunsmart.org.nz

Keeping track of where we have been is one way we can stop the spread of Covid-19 in New Zealand. The Government has produced a booklet that can be used if you do not have a smart phone. We have a supply of these to give away in the office. Even if you do not need the booklet, you may know of someone who does, we are happy to post these out.



**Local people
supporting our
local community**

03 578 4719

Cnr Hutcheson &
Parker Sts, Blenheim

www.sowmans.co.nz

**GEOFFREY T
SOWMAN**

FUNERAL DIRECTORS

**Special Christmas truffles,
a must for Father Christmas! (That's according to
him). Borrowed from Annabelle White.**



70 grams of passionfruit sauce
125 grams of Whittakers white chocolate, finely
chopped
30 grams toasted sesame seeds

Bring a few inches of water, to a very gentle simmer
in a medium sized saucepan. (you may not need this
water)

In a separate small saucepan, heat and stir the shop
brought passionfruit sauce until hot.

Place the chopped white chocolate into a medium
sized mixing bowl. Pour the hot passionfruit sauce
over the chocolate and leave to stand for 2 minutes.
This will give the chocolate time to soften.

Using a spatula, stir the ganache until thick and
smooth. If all the white chocolate has not melted,
place the bowl over the gently simmering water and
stir for 20-30 seconds to heat the ganache. Remove
and stir until completely smooth. Leave the ganache
to cool. Then place in the refrigerator for around 1
hour to completely set.

Line a tray with cling-film. Remove the ganache from
the refrigerator. Roll heaped teaspoons of ganache
into balls, placing each one on the tray. Place the
rolled balls back into the refrigerator for 30 minutes,
or until firm. Roll the balls in the toasted sesame
seeds.

These should keep for 2 weeks, in an airtight
container in the refrigerator, unless they are found, in
that case they may be disappear rather quickly.

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
35 Waimea Road, Nelson
www.nelsondentureclinic.co.nz

Top of the South
Neighbourhood Support
in Marlborough



On Friday 6 November, we launched Top of the South Neighbourhood Support at Dodson Street Beer Garden. In July 2020, Nelson, Waimea and Marlborough joined together to form one new charitable trust, symbolised by the two coordinators joining a ribbon in the above photo. Thank you Blenheim Sun for taking the photo! Our ability to support our communities into the future is strengthened by working together.

The purpose of Neighbourhood Support is to create safe, resilient and connected communities. Members are encouraged to reach out, look out and help out their neighbours. This was especially important during the recent Covid lockdown, where members were able to assist with shopping for groceries and reducing the feeling of isolation. As we head into the Christmas season and summer holidays, it's a good time to connect with your neighbours and keep a look out on behalf of anyone who is going away on holiday.

If you would like to join Neighbourhood Support, you can go to our website and click on "Join now" button. Or you can contact me. I will help you find your nearest group to join, or to set up a new group in your neighbourhood. I work Mondays and Tuesdays, based at the Emergency Management Centre.

Charlotte Wood | Top of the South Neighbourhood Support Marlborough Coordinator
charlotte@tsns.org.nz | 4 Wither Road, Blenheim
021 573 936 | <https://www.tsns.org.nz/>



WHEN I'M AN OLD LADY

When I'm an old lady, I'll live with each kid,
And bring so much happiness just as they did.
I want to pay back all the joy they've provided.
Returning each deed! Oh, they'll be so excited!
When I'm an old lady and live with my kids.

I'll write on the walls with reds, whites and blues,
And I'll bounce on the furniture wearing my shoes.
I'll drink from the carton and then leave it out.
I'll stuff all the toilets and oh, how they'll shout!
When I'm an old lady and live with my kids.

When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then
shake their head,
When I'm an old lady and live with my kids.

When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat,
I'll gag on my okra, spill milk on the table,
And when they get angry, I'll run if I'm able!
When I'm an old lady and live with my kids.

I'll sit close to the TV, through channels I'll click,
I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!
When I'm an old lady and live with my kids.

And later in bed, I'll lay back and sigh,
I'll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
And say with a groan,
"She's so sweet when she's sleeping!"



We should start referring to "Age" as "Levels", because "I'm at level 50" sounds more badass than just being an old person.

**YOUR
2020
SUBS
ARE NOW DUE**

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

AGE CONCERN MARLBOROUGH
MEMBERSHIP RENEWAL/NEW

Please complete the following and return to
Age Concern Marlborough, Room 1, 25 Alfred Street, Blenheim 7201
Phone (03) 579 3457 / Email ageconble@extra.co.nz

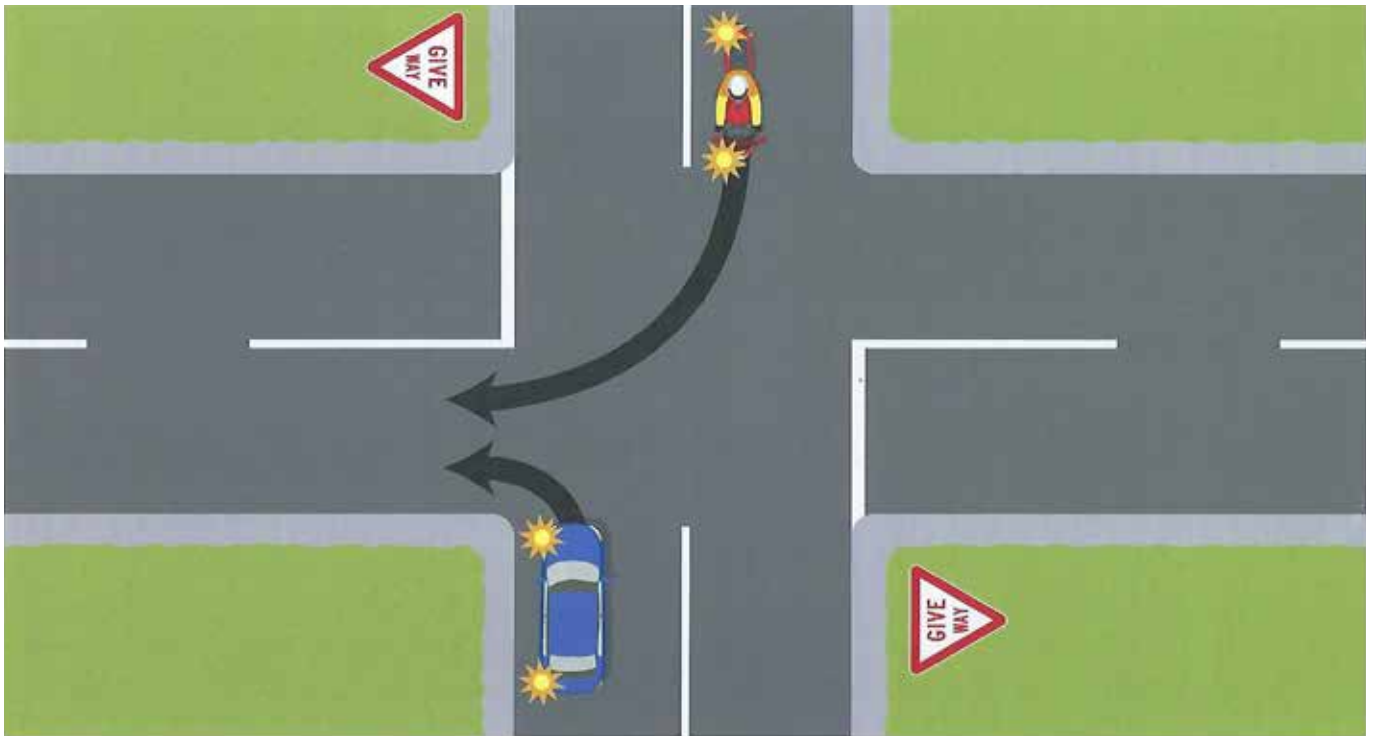
Date:	<u>Subscriptions:</u>	
Name:	Single (\$20.00)	\$
Address:	Married Couple (\$35.00)	\$
.....	Donation:	\$
Telephone:	Total :	\$
Email:		

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.

OFFICE USE ONLY:

RECEIPT NUMBER:	MEMBERSHIP CARD GIVEN:	ENTERED:
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Who gives way in this situation?

If you didn't know it was the motorcyclist, then attending one of our Staying Safe refresher driving courses might be for you. Our courses are run monthly, usually the 3rd Monday of the month. The sessions are interactive and include guest speakers from NZ Police. Morning tea and lunch are provided and there is no cost to attend this course. To register for our next course in January, please phone the office.

V B U Z Z A R D S O F T H A W K 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	Raptor Search ACCIPITERS HAWKS BIRD OF HUNTERS PREY KITES BROAD LARGE WINGS OSPREY BUTEOS OWLS BUZZARDS POWERFUL CARNIVO- QUIET ROUS SERIEMAS EAGLES SHARP BEAKS FALCONS SOLITARY HARRIERS VULTURES
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