

**AUTUMN 2021 QUARTERLY NEWSLETTER**

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



# Age Concern Marlborough

*Serving the needs of older people*



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

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## Contact Information

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

### OFFICE HOURS

**Community Welfare Coordinator**

Bobby Houlahan

9.00am - 3.00pm Monday to Thursday

**Office Administrator**

Sandy Stowell

10.00am - 1.00pm Monday to Friday

**Volunteer Coordinator**

Sandy Stowell

[admin@ageconcernmarlb.org.nz](mailto:admin@ageconcernmarlb.org.nz)

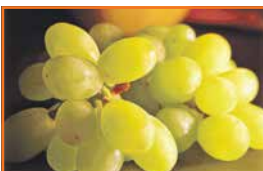
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*The views expressed in this newsletter are not necessarily those of Age Concern Marlborough. The inclusion or exclusion of any product does not mean that the publisher advocates or rejects its use.*

## NEVER LEND BOOKS.

They never get returned.

The only ones I have in my library are ones I have borrowed.



**Aberleigh**  
MARLBOROUGH

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

**We offer every level of aged care**

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

17-19 McCallum Street, Springlands, Blenheim 7201

Please contact us on (03) 578 7966

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

**The new look Life Tubes 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.**



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*

## Introducing Bobby Houlahan, the new Community Welfare Coordinator for Age Concern Marlborough



Thanks for joining me in welcoming Bobby Houlahan to the Age Concern team. Bobby and her family returned home from Australia two years ago, where they have settled back into Blenheim well.

Bobby brings a wealth of knowledge and experience to

her new role. Bobby's background is in healthcare, where she worked as both a midwife and midwife coordinator for the last 10 years. Although she has not worked directly with the elderly before, she believes that two groups at risk in the community are the very young, and the elderly. This area, of course, she is an expert in, and we are certain that these skills can easily be translated to her new role at Age Concern Marlborough.

Age Concern's mission is to promote the wellbeing, rights, respect and dignity for older people, and she is a keen advocate for this.

Bobby is excited to build on the great work that Age Concern does for our community, and to learn from our community, where their needs lie and under the guidance of Age Concern Marlborough provide those services.

## Blenheim Library

### Free Computer courses now available

Want to improve your computer skills? Marlborough District Library's popular Stepping Up courses are now available to book.

Upcoming courses include Ancestry, smartphones and Google Drive.

The courses run on a Tuesday and Thursday morning from 9 am to 11 am. There are limited places so be sure to register.

You can also register by coming into the library or contacting us by phone 03 520 7491 or email [library@marlborough.govt.nz](mailto:library@marlborough.govt.nz)

## THE SUPERGOLD APP

The SuperGold smartphone app is the easy way to find discounts and offers when you're out and about, it's a good way to find discounts near you, whether you're close to home or travelling in New Zealand.

If you have a smartphone or tablet, you can download the SuperGold App from the Google Play Store (Android users) or the App store (Apple users) it's easy to do, but if you're new to downloading Apps you'll find instructions on

[www.supergold.govt.nz](http://www.supergold.govt.nz)

Once you have downloaded the SuperGold App this will let you search for SuperGold savings near you, or where ever you plan to be. There's over 10,000 places throughout New Zealand to use your SuperGold card so give it a go.



## Why are safety ratings important?



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

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

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

**MARLBOROUGH ROAD SAFETY**

[rightcar.govt.nz](http://rightcar.govt.nz)



# Have you heard about Carer Relief?

Marlborough is privileged to have a large elderly community who have wonderful stories and experiences to share. However, we are also a community where many of these people do not have family local, or family are carrying a heavy workload in caring for their loved ones.

Age Concern can help in some of these circumstances with the support of kind and friendly volunteers.

In this role, a volunteer provides support to older people with a disability by relieving their primary caregivers for half a day (3.5 - 4 hours). You might like to have a cuppa and a chat, take a small walk, play a game of cards or scrabble, read the newspaper together, or listen to the person's life stories.

Volunteer Relief Carers do not provide personal care. Relief carers are there to provide company and facilitate participation in activities in the community only.

You will be providing an invaluable service that allows an older disabled person to remain living at home and participating in their community. You will also be helping the primary carer by allowing them to participate in the things they like to do without the worry of who is going to care for their family member.

Full training and support are provided to all volunteers.

This is a volunteer position, but a 'Relief Carer



Contribution' is paid to reimburse the costs of the volunteer.  
Flexible times and locations.

Relief carers are primarily needed on weekdays, but occasionally weekend time slots will be available.

Volunteers of any age are welcome to apply.

**Requirements:**  
No experience necessary. We are simply looking for kind, friendly, reliable people, with general communication skills.  
Referees required.  
A Police background check is required for this role.

*Sandy Stowell*

## Farewell to Catherine

On 22nd January 2021 Catherine Donnelly left her position as Community Welfare Coordinator at Age Concern Marlborough for a new position as manager at Alzheimers Marlborough.



Catherine started with Age Concern Marlborough in early 2014 as a committee member, shoulder-tapped by Jenny Andrews. In February 2015 she commenced employment as the Community Support Worker, the position she held until her departure (albeit with position name changed).

During the past years Catherine has worked closely with the executive committee to obtain and administer various contracts benefitting the older persons in our province. She became well-known in the area for all sorts of advice and questions and was often approached for comment by the news media.

The committee and other staff at Age Concern Marlborough wish Catherine well with her new position and are pleased that her expertise is not being lost to the Marlborough region.

*Patricia Clay*

## Mixed Bean Salad (2-3 serves)

Quick, Easy and Mighty Tasty

- Ingredients**
- Canned 4 bean mix, drained
  - Canned, whole kernel corn, drained
  - 2 Tbsp Mint, chopped
  - 1 Spring onion, sliced or half red onion, diced
  - ¼ cucumber, diced
  - 2 Tomatoes, diced or 8 cherry tomatoes, halved
  - 2 Tbsp lemon juice
  - 1 Tbsp olive oil

- Instructions**
- Put all ingredients in a bowl and mix to combine



Alistair Sowman, Faye Partridge, Thelma Sowman, Paula Aires, Barry Holmwood, Graeme Webby, Bob Barnes, Terry Ryan

## Security For Older People Property and Valuables.

### Callers at your Home

- Never open the door automatically after a knock - insist that all callers identify themselves.
- Never allow persons off the street to use your telephone or check your appliances.
- Always keep a safety chain on or have a peep-hole installed to check on who is calling.
- Ask for and verify credentials. Then ring the organisation to check on the individual before allowing entry.

- Never admit that you are alone in your house.
  - For women living alone a good idea is to leave an old pair of men's shoes at your front door.
- Protect your Money**
- Beware of unknown persons offering goods or services at low rates.
  - Don't give money to door to door collectors for charity unless you know the charity and they have verification.
  - Never talk to strangers about your financial affairs.
  - Only deal with reputable firms for repairs etc.
  - Do not rush into any financial proposal or contract without consulting an expert or family member.

### Safety of Valuables

- Never keep large amounts of cash in your home.
- Consider keeping valuables such as jewellery you do not wear often, share certificates or other important documentation such as deeds in safe custody at the bank.
- Never show your jewellery to persons who help around the home and always keep them in a safe place out of sight.
- Have a trusted family member take photos of your most prized pieces and have them valued so they can be identified should they go missing.

Geoffrey T  
**SOWMAN**  
FUNERAL DIRECTORS

*Local people supporting our local community*

03 578 4719

Cnr Hutcheson & Parker Sts, Blenheim

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



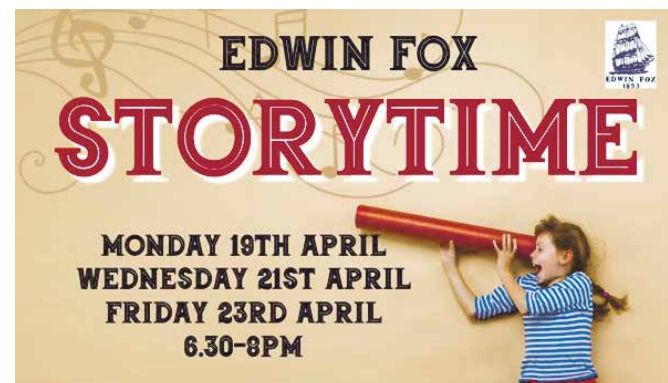
## Events happening in Marlborough, enjoy the last of that sunshine!

### Story Time at the Edwin Fox

**Monday 19th April and Wednesday 21st April, 6.30 pm Edwin Fox Maritime Museum, Dunbar Wharf, Picton**

Join the Edwin Fox crew and hear some of the real-life stories of the Edwin Fox passenger, hot chocolate and cookies included. Bring a cushion and blanket and snuggle up.

\$5 each, bookings essential on 03 573 6868. Children under 14 need to be accompanied by an adult.



### Film + Feast: Yesterday

**Saturday 27th March, 7.30 pm  
Picton Foreshore, Picton  
7.30pm Feast starts | 8.30pm Film starts**

Bring your picnic blanket and cushions down to Picton Foreshore for a film night with a difference. It's free, it's themed, it's family-friendly and there's a variety of food vendors serving up culinary delights

Our final film in the series is the romantic comedy 'Yesterday'. Jack, a struggling musician, meets with an accident during a blackout and wakes up to find out that only he remembers The Beatles. Later, he starts singing the band's songs to gain fame.

See entertainers from Jugglers Rest Picton and Community Artworks Nelson. And make sure you wear your best flower power outfits and be ready to sing along to the best of The Beatles!

Film + Feast is proud to work with Envirohub Marlborough to produce zero-waste events. You can support us by bringing your own picnic set.

Film + Feast is aligned with Feast Marlborough's 'Summer Feast' programme supported by Marlborough District Council



### Genealogy Drop-in

**Where:** Marlborough District Library, 33 Arthur St, Blenheim, Marlborough

**When:**

Wed 10 Mar 2021, 1:00pm–3:00pm  
Wed 17 Mar 2021, 1:00pm–3:00pm  
Wed 24 Mar 2021, 1:00pm–3:00pm

If you need help with your family history research, come along and speak to a member of the Blenheim Family History Group. With lots of experience and a passion for tracking down ancestors, a member of the Blenheim Family History Group will be able to answer your questions and provide hints and tips. No appointment is necessary.

### Earth Day: Picnic in the Park

**Pollard Park, Parker St, Blenheim, Marlborough  
Sunday 18 April 2021 10:00am – 3:00pm**

Celebrate Earth Day with a family fun day at Pollard Park; sustainability workshops, live entertainment, a market featuring only sustainable/climate-friendly goods, food vendors, conservation displays and workshops, children's game area and much more. Details to be confirmed soon.

- Bring your own picnic
- Relax and listen to local artists
- Discover ways to be more sustainable at home
- Learn about the environmental projects of Marlborough
- Environmental activities for the whole family
- Be in to win awesome giveaways

Get ready to be part of yet another fantastic zero waste event in Marlborough. All enquiries to [info@marlboroughevents.co.nz](mailto:info@marlboroughevents.co.nz).



### Texting FOR Seniors

<b>BFF</b>	- best friend fell
<b>BTW</b>	- bring the wheelchair
<b>TTYL</b>	- talk to you louder
<b>BYOT</b>	- bring your own teeth
<b>LMDO</b>	- laughing my dentures out
<b>FWIW</b>	- forgot where I was
<b>IMHAO</b>	- is my hearing aid on?
<b>OMMR</b>	- on my massage recliner
<b>ROFLACGU</b>	- rolling on the floor laughing and can't get up

### Did you know about the Housebound Library Service?

The housebound service is a free service for Marlborough residents who are permanently, or temporarily, unable to get to a library themselves.

All library materials may be borrowed through this service, including large print books, talking books, DVDs and magazines.

Prospective housebound members are interviewed in their own homes by our Housebound Library Assistant, to establish eligibility and create a reading/listening profile. A volunteer is then allocated who selects and delivers items at a mutually convenient time.

All our volunteers are police-checked. If you would prefer to nominate a family member, neighbour, or friend to borrow on your behalf and deliver your items, please contact us.

If you're interested in using the housebound service, you know someone who would be eligible, or are interested in becoming a volunteer please contact the Marlborough District Library on 03 520 7491.

### Knit and Natter

**Where:** Marlborough District Library, 33 Arthur St, Blenheim, Marlborough

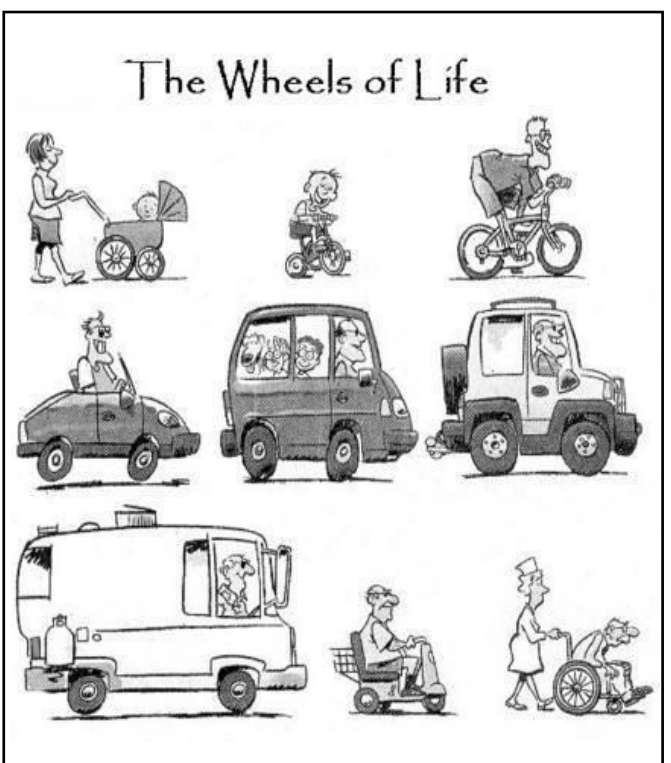
**When:**

Thu 11 Mar 2021, 10:30am–12:00pm  
Thu 25 Mar 2021, 10:30am–12:00pm  
Thu 8 Apr 2021, 10:30am–12:00pm  
Thu 22 Apr 2021, 10:30am–12:00pm

Are you looking to meet new people?  
Are you interested in knitting?

Join a group of social knitters. Bring along your knitting project or get inspiration from the other knitters. Enjoy the company of other knitters and admire their beautiful work.

Tea and coffee will be available as well. Free.





## Come along, have some fun, learn something new, and lunch on us!

Age Concern Marlborough provide a free driving course monthly that everyone thoroughly enjoys!

Staying Safe is a refresher course for older drivers, however there is no age limit. So, age aside, if you would like to refresh on your road rules then give us a call! 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.

### Messages from previous participants

"An atmosphere where you can ask questions and not

feel at all silly if you are doing something wrong"

"Very worthwhile, very relaxed"

"very good venue, comfortable chairs and good lighting"

"Relaxed atmosphere to ask the questions I have wanted to know the answers to for ages. And learnt even more!"

100% of our participants said they would encourage others to do the driving course too. So why not, ring Age Concern Marlborough and book your spot today! 03 579 3457



## SCAM

It has been reported that there is a scam going around. People are being rung up and being told that they can get their covid injection earlier if they pay for it. It has been reported that a few of our old folks have done this in Christchurch and it is quite a worry as these scammers know that a lot of people now work from debit cards and visa's. If you get a phone call about this do not action it. It is a group of people trying to get money illegally just hang up on them no matter how nice they are to you on the phone. Take care out there.

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

*editorial supplied by Nelson Marlborough Health*

Kia kōrero

Let's talk

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



Plan for your  
future healthcare  
with an Advance  
Care Plan

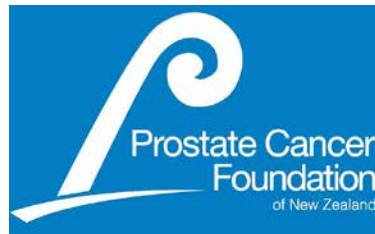
Nelson Bays Primary Health  
Hauora Whangai ki Te Tai Aorangi

Marlborough Primary Health  
Hauora Whangai ki Te Tai Aorangi

Nelson Marlborough  
Health







Prostate cancer tends to progress slowly and less aggressively than many other types of cancer. If you detect prostate cancer in the early stages, there's a

very high chance of survival.

Prostate cancer can be classified into four different stages, depending on how advanced it is.

In the first stage, the tumor is only affecting your prostate and hasn't spread to other tissues. At stage 4, the tumor has spread to tissue beyond the prostate and possibly to distant parts of your body.

Knowing the risk factors for prostate cancer can help you determine if and when you want to begin prostate cancer screening. The main risk factors include:

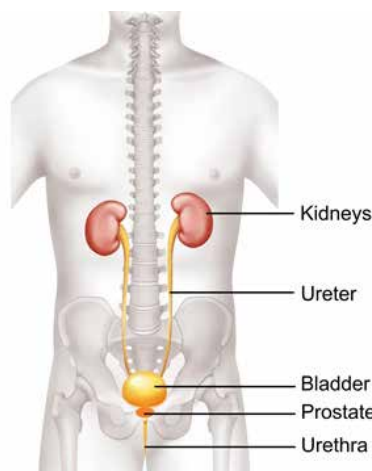
**Age.** As you get older, your risk of prostate cancer increases. After age 50, your chance of having prostate cancer is increased.

**Race.** For reasons that aren't well-understood, black men have a higher risk of developing and dying of prostate cancer.

**Family history.** If a close family member — your father, uncle or brother — was diagnosed with prostate cancer before age 65, your risk of the disease is greater than average.

**Inherited gene mutations.** Gene mutations associated with prostate cancer risk include BRCA1 and BRCA2. These genes are most closely associated with breast cancer, but they increase the risk of other types of cancer, too. Your doctor might recommend considering genetic testing if you have a strong family history of cancer or if a blood relative has been diagnosed with a gene mutation.

**Diet.** A diet that's high in animal fats and low in vegetables may increase your risk of prostate cancer.



## Sleep Awareness

Sleep Health Awareness week happens in March! We all know that sleep is important, but did you know the following fact about sleep? There is no denying that sleep is an important part of our health and wellbeing.

- Sleeping on your back is the healthiest position to be in. It allows your neck and spine to rest in a neutral position and even reduces wrinkles!
- Falling asleep should take you 10-20 mins. Falling asleep any sooner might be a sign that you are over-tired or not getting enough sleep.
- Humans are biphasic (physically designed for two sleeps a day). The after-lunch slump is therefore not a myth! A 20–30-minute nap after lunch is just you responding to your natural sleep rhythms.
- It is a myth that as we age, we need less sleep. 7-9 hours sleep is optimal for adult humans, regardless of age. Experts advise us to keep regular sleep habits – go to bed and wake up at the same time each day. Also try to get outside for a walk early in the day – sunlight and exercise stimulate us into “awake mode”.
- We lose our sense of smell when we're asleep. That is why fire alarms are so important!

## More banks announce the removal of cheques

Both the BNZ and ANZ banks have joined Kiwi bank in phasing out the issue and acceptance of cheques.

BNZ has stopped issuing cheque books and will stop accepting cheques by July 2021. Go to [www.bnz.co.nz/personal-banking/everyday-banking/cheques](http://www.bnz.co.nz/personal-banking/everyday-banking/cheques).

The ANZ will stop issuing cheque books after 30 November 2020 stop accepting cheques after 31 May 2021.

Go to [www.anz.co.nz/comms/cheque-removal](http://www.anz.co.nz/comms/cheque-removal).

If you use cheques to receive or make payments, you may need to find an alternative option.

## GARDENING CAN BE DANGEROUS

Safe handling of potting mix and compost is needed. Legionnaires disease, if caught, can be deadly. It is a type of pneumonia caused by bacteria that commonly live in potting mix, compost and soil. It can be breathed in via dust.

People over age 60 or those who are current or former smokers or those with pre existing conditions, are more at risk from death from this disease. Flu-like symptoms can appear two to ten days after exposure.

Symptoms present may be a cough, shortness of breath, fever, muscle pain, stomach aches, headache, diarrhea or nausea and vomiting. If you experience any of these symptoms it is recommended you contact your medical advisor and tell them of your recent gardening activities. Early treatment is usually effective but serious illness can require hospital care.

Care is needed when using potting mix. It is sensible to wear a well-fitting mask and wear gloves. Open bags carefully with scissors, and reduce dust by damping down the potting mix or compost.

Work in a well-ventilated area outside. And wash your hands before you remove your mask.

The disease can also be caught from infected water droplets from air conditioning systems.

Enjoy your gardening but keep safe!



## Seniors Expo

Come along to The Seniors Expo being held at the Marlborough Convention Centre with a wide range of community exhibitors providing relevant information to the region's seniors.

The expo has been running for many years with the intention of highlighting the variety of health & well-being support available to older people and our community.

**The Expo will be held on  
Tuesday 30 March 2021  
10am to 2.00pm**

On offer will be health checks, information stalls and demonstrations. There will also be free tea, coffee and muffins for older people attending.

The Blenheim Bus Service will be operating as usual free to Super Gold Card holder. The bus stops at the Convention Centre as part of its normal route and people are encouraged to use this and avoid parking congestion. Parking is available near the venue in the Alfred Street carpark building with the first hour free.



**Meals for Senior Citizens & Others in Need**

Phone: Blenheim 577 9400 or Picton 573 7654  
Email: [lindagrace@xtra.co.nz](mailto:lindagrace@xtra.co.nz)  
Mobile: 027 573 7654

**Order the day before or by 8.30am same day**



## Managing an unexpected hospital stay

### Get up, get dressed, get active, return home

Getting patients out of bed, dressed in their own clothes and walking, helps them feel stronger, recover more quickly and they are less likely to fall.

To help this happen we encourage the family of patients aged 50 or older coming in to hospital, either planned or by ambulance from home or aged care residences, to bring in suitable clothing and well-fitting shoes.

Research now shows that well-fitting shoes or sandals (or even bare feet) are more effective than the anti-slip red socks. With suitable clothing and shoes patients can get up, get dressed, get active and are less likely to fall.

After consultation with nursing staff, clinical leads, the Consumer Advisory Council, patients, whānau and St John the falls steering group, has developed a Managing an unexpected hospital stay brochure. This lets whānau know what they should bring in to hospital.

St John staff are giving the brochure to family members of patients being transported and it is also available in ED and MAPU in Nelson Hospital, and in ED in Wairau Hospital.

All healthcare staff are asked to help share the benefits of getting patients out of bed, dressed and moving.

They are encouraged to let families know they can help their loved one feel better, more independent and mobile by bringing in a change of clothes, well-fitting walking shoes, sandals or slippers (which are easy to put on) and also to support them to get up, get dressed and, with support, back walking.

#### What to pack: advice for whānau

- Light fitting clothes for a couple of days and a bag for laundry (plus someone to do the laundry).
- Good fitting shoes, sandals, or slippers to help avoid a fall.
- Daily toiletries, moisturiser and lip balm to protect skin and lips. Glasses, hearing aids (and the case) with spare batteries.

- Pack all medicines in a container and include health aids: CPAP, inhalers, walking aids. Yellow medicine card if current.
- Keep jewellery and valuables at home (wedding ring or pounamu are okay). Small amount of cash only. The hospital does not accept responsibility for their security.
- Cell phone and charger to stay in touch. Ear buds or headphones in consideration of other patients.
- Reading material, iPad, tablet, laptop and charger.

For more information see our website: <https://www.nmdhb.govt.nz/patients-and-visitors/preparing-for-a-hospital-visit-or-stay/what-to-bring-to-hospital/>

## 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.



## Avoiding Dehydration

As the hot weather continues, here is a reminder to you to keep your fluid levels up! We all know that hydration is important and that becoming dehydrated can lead to health issues. Older people are more prone to dehydration for several reasons and the health impact can be more significant. Professor Carol Sham, health researcher at Massey University has recently published a pilot study that found that only 15% of older people studied met the recommendations for fluid intake. 16% of participants were clinically dehydrated and a further 27% had impending dehydration – a total of 43%!

Interestingly, as we age our thirst perception becomes impaired – we simply do not feel thirsty as much, even if our bodies are not receiving enough fluids. Does this ring true for you? Our kidneys function also naturally declines as we age, so maintaining adequate fluid intake is so important. As we age, we cannot rely on responding to our thirst alone, we need to build fluid intake into our daily routines. Consider having a glass of water at set times or when you watch a certain TV programme or listen to the news on the radio. Or if you are tech savvy, perhaps you could set alarms on your device to remind you.



## Nelson Denture Clinic

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

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

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

### The Experts in Denture Care

## Nelson Denture Clinic

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

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



**NZ made by NZ registered and qualified dental technicians**

**Ph. (03) 548 1478**  
[reception@nelsondentureclinic.co.nz](mailto:reception@nelsondentureclinic.co.nz)  
35 Waimea Road, Nelson  
[www.nelsondentureclinic.co.nz](http://www.nelsondentureclinic.co.nz)

The Benefits of Pets

Want to start 2021 with a cuddly companion? If you are considering pet ownership, there are lots of great reasons to bring a ‘fur baby’ into your life.

“Extensive research shows that interacting with animals has multiple physical and mental health benefits for seniors,” according to a spokesperson for the SPCA.

These benefits include the unconditional companionship and comfort pets offer, especially to those who are lonely or isolated. A recent study found that people aged 65 and over were 29% more likely to be lonely if they were living alone. By 2034 it is estimated that people in this age bracket living alone will make up 55% of all people living alone.

“Older people tend to make responsible animal guardians and typically have a lot more time to give to an animal, which is mutually beneficial for both animal and the owner,” the SPCA adds.

Do not want to commit? Volunteer! There are several opportunities to work with organisations across the country, including at the SPCA whose 5,000-strong volunteer workforce covers roles such as fostering animals before they are ready for adoption.

Alternatively, you can research your options at Seek Volunteer and Volunteering New Zealand.

If you are fortunate enough to be able to commit to owning a pet, be sure to pick your pet with care, the SPCA advises. For example, dogs generally need a lot of exercise and are ideal if you regularly go out on long walks. However, smaller breeds need less exercise, so are usually easier to look after.

If you are already a pet owner, creating an Enduring Power of Attorney (EPA) can give you peace of mind by choosing someone you trust to make important decisions about your furry friend, in event you are not able to.

Even without an EPA, you can start working with a friend or family member who is happy to care for your pet if you cannot.



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.

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



Blenheim Lions and Beavertown Lions



COGS Community Organisation Grants Scheme



NZ Lottery Grants Board



Good Bitches Baking

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: .....	Subscriptions:	
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: .....

105 and Non – Emergency

Always call 111 in an emergency such as:

- When a crime is happening now – and the offenders are still there or just left
- Someone’s in danger or badly injured
- There’s a serious risk to human life or property
- You see a major public hazard, like trees blocking a road

If you need to talk about something else then you can call 105.

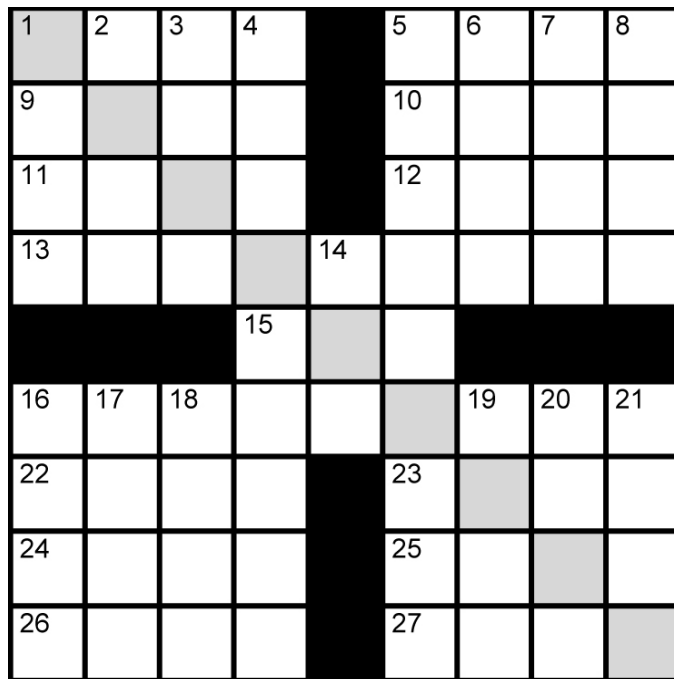
The number is available from both mobile and landline phones.

It’s a free nationwide service available day and night for New Zealanders and overseas visitors.





## Maximum hip



Across

1. Snail mail org.
5. Union foe
9. Skirt feature

10. Continental currency

11. Car
12. Like Death Valley
13. In frightened manner

15. Place for a stud

16. Type of optical telescope

22. Mélange

23. Vagabond

24. Norway's capital

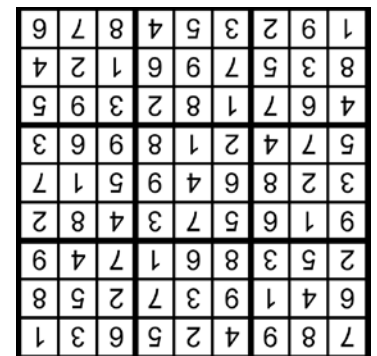
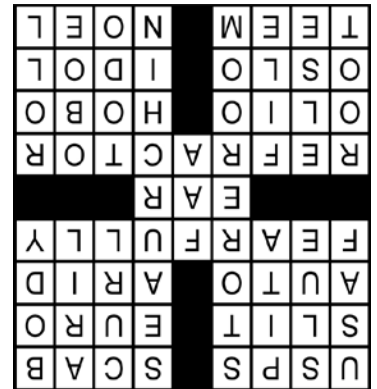
25. Matinee hero

26. Be rife (with)

27. Coward of note

Down

1. Thunderbirds' org.
2. Pivot
3. Hummus holder
4. Place for supplies
5. Sand-dollar relative
6. Ringlet
7. Seed covering
8. Torso
14. J.F.K. regulators
16. Tooth part
17. Choice word
18. Manicurist's tool
19. \_\_\_ list



20. Wind instrument

21. Throw, as dice

## Jigsaw Search

ANIMALS

ART

BEACHES

BIRDS

CATS

CHRISTMAS

CORNER PIECE

DOGS

EDGE PIECE

FANTASY

FLOWERS

FOOD

FRAME

GLUE

HISTORY

HOBBY

LANDMARKS

LANDSCAPES

MARINE

MUSIC

NATURE

OUTER SPACE

PAINTINGS

PIECES

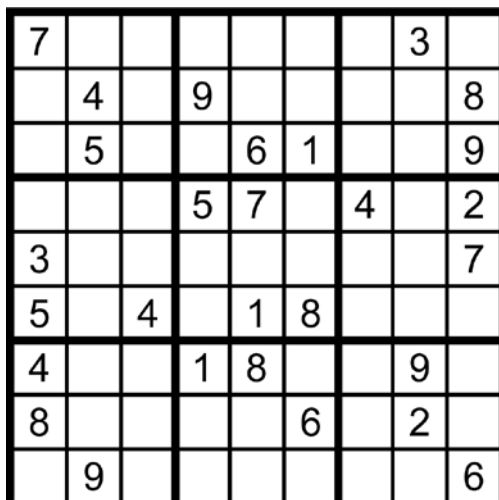
ROLL UP

SKYLINES

SORT

SPORTS

THEME



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

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.)