

AUTUMN 2021 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Southland

Serving the needs of older people



For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

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Contact Information

INVERCARGILL OFFICE

Phone: (03) 218 6351
Address: 50 Forth Street, Invercargill 9810
Postal Address: PO Box 976, Invercargill 9840

QUEENSTOWN OFFICE

Phone: (03) 441 3490
Address: First Floor, Aurum House, Terrace Junction, 1092 Frankton Road, Frankton, Queenstown 9300
Postal Address: PO Box 1161, Queenstown 9348

Who’s Who at ‘The Centre’?

JANETTE – Manager Extension 4

Janette promotes and runs ‘The Centre’. She also provides a Confidential Advocacy service for clients going through Elder Abuse or any Welfare needs.

HEATHER – Office Manager Extension 1

Contact Heather to book meals, rooms or to answer any queries that you may have.

CHRIS – Accredited Visiting Service Co-ordinator Extension 2

If you feel that you could benefit from this service either as a Visitor or Client please contact Chris.

TARA – Co-ordinator for Elder Response Service Extension 5

Provides a confidential Advocacy service for clients going through Elder Abuse or any Welfare needs.

EMMA – Social Worker Extension 3

For any Community / Welfare needs

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 back to the Centre for another great year, we look forward to moving ahead, hopefully with a vaccine which will help in some way to getting our lives back to a bit more normality.

The Centre is here for you, so if you are feeling lonely, Ann has started up a chat line and if you wish to be called weekly for a chat please give us your details and you can go on the list. For any bigger concerns please feel free to contact one of the staff, we are here to support you.

We have a full team on board with Emma starting back this year to continue her work in the community. Driving Safe Driving Course’s are starting again please ring the Centre and put your name down for a place in one of the courses.

Enjoy the great weather we are having at the moment.

Janette Turner

Age Concern Southland Manager

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Thanks

**RYMAN
PIONEERS**
Certainty

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- From independent and assisted living to resthome, hospital and dementia care.
- Our deferred management fee is capped at 20% - one of the lowest in the retirement sector.
- Our base weekly fee is fixed for the entire time you occupy your townhouse or apartment*

*Some conditions apply

Having certainty inspires confidence. It’s just one of the ways we’re pioneering a new way of living for a new retirement generation.

We currently have a sunny studio serviced apartment available.

Call Julie for more information.

ROWENA JACKSON VILLAGE
40 O’Byrne Street North, Waikiwi, 03 215 9752

rymanhealthcare.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



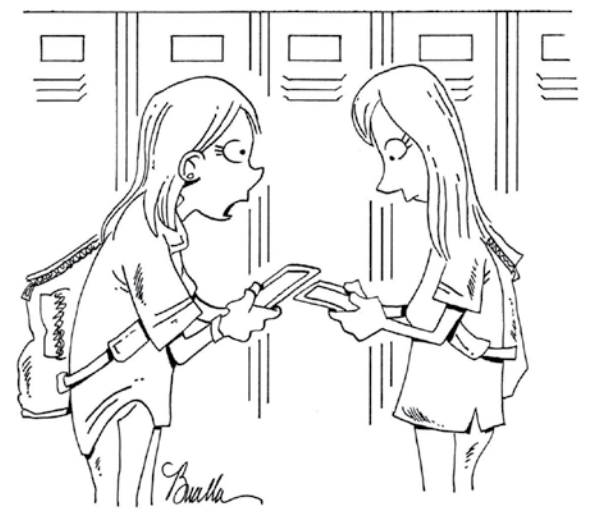
Enrol in a Staying Safe workshop for senior road users. The Staying Safe classroom – based workshop is designed to help improve the road safety of people over 70 years of age.

During the workshop you'll re-familiarise yourself with traffic rules and safer driving practices as well as increased knowledge about other transport options available to help keep you mobile for as long as possible.

Please contact Heather to find out where the course will be. 03 218 6351

I didn't get old on purpose, it just happened. If you are lucky it could happen to you.

Andy Ronney.

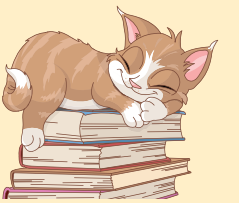


"I'm not sure. I'll have to ask my grandma how people used to express themselves before emojis."

NEVER LEND BOOKS.

They never get returned.

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



WELCOME. MAKE YOURSELF AT HOME.

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Call Call 0800 442 446 to request an information pack.

Open weekdays for viewings, 11am to 3pm
0800 442 446 | 224 McDonnell Road, Arrowtown 9371
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*Sold under occupation right agreement. Ask our sales manager for more information. Villa available for \$635,000 under occupation right agreement at time of printing.

Advances in anti-ageing research: how chemistry could hold the key to better health

Disclosure statement

Lizzy Ostler is a trustee of the British Society for Research on Ageing and receives funding from the Horserace Betting Levy Board.

Given the opportunity to live much longer lives, many of us might feel less than thrilled at the prospect. After all, you might think, who would want to live an extra 20 years dealing with arthritis, dementia or heart problems?

But what if those years could be filled with youthful vigour – or at least middle-aged comfort?

The ability to reverse, or slow down, the degenerative processes that come with increased age has been a long held human aspiration. Indeed it has provided a consistent focus for decades of scientific research on ageing.

But it is only in the last ten years that the replacement of palliative treatments (which suppress the symptoms of age-related diseases) with genuine anti-degenerative medicines (which prevent and repair) has become more than a pipe dream.

This paradigm shift stems from recent research that shows that just a few biological root causes underpin almost all the diseases of old age. Such a discovery is an opportunity to address a wide range of illnesses simultaneously with treatments that target single biological mechanisms. For the first time, ageing has become “druggable”.

One leading cause of age-related changes, including illness, is known as “cell senescence”. This is a consequence of evolution that only really comes into play when organisms outlive their normal reproductive age, or are subjected to a very damaging environment. When cells become senescent they can no longer divide, and typically behave in a way that damages the tissue around them.

For many years, much of the gerontological community had considered cell senescence to be a symptom rather than a cause of age-related decline. However, recent groundbreaking research showed that removing senescent cells from mice not only prevents normal ageing, but actually reverses many of the symptoms. This proof that senescent cells cause ageing finally provides us with the potential to develop a “cure”.

Follow up work has revealed that the positive effects of senescent cell removal in mice extend to myocardial infarction (which causes heart attacks), Alzheimer’s disease and metabolic dysfunction. The challenge now is to translate these findings to treatments in ageing humans.

To that end, major investors have now joined researchers in the search for ways to kill, remove or rejuvenate senescent cells. And they have made exciting progress.

For example, when combined, dasatanib (a leukaemia drug) and quercetin (a natural product found in vegetables), show improved health and lifespan in mice. And early results from clinical trials of this combination have demonstrated the first ever alleviation of physical dysfunction in patients with idiopathic pulmonary fibrosis, a progressive degenerative lung disease with no current effective treatment.

The list of common side effects associated with dasatanib means it would likely be restricted to only the most seriously ill patients. But the trials give hope for medicinal chemists to develop a more palatable second generation of similar drugs.

Miracle molecules

An alternative strategy is the rejuvenation of senescent cells. Resveratrol, found in red wine and chocolate, was shown to be able to rejuvenate senescent cells in the lab, restoring their molecular “fingerprint” and growth to that of normal youthful cells.



Importantly, this work also demonstrated that small synthetic modifications were able to tune the effects achieved -- again demonstrating that a medicinal chemistry approach to the problem is highly likely to be successful.

Elsewhere, Fisetin, a natural product found in strawberries, apples and onions, was recently shown to confer both improvements in health and a reduction in the senescent cell load in old mice. It is now also the subject of clinical trials.

Interestingly, Fisetin also interacts with other key ageing mechanisms, such as nutrient sensing – the biological mechanism that underlies the well known health and lifespan increasing effects of calorie restriction.

It is not yet clear whether this is a new kind of “super-therapeutic” that simultaneously targets more than one cause of ageing, or whether it will reveal a new piece of the jigsaw that allows us to integrate the known paths to morbidity into a coherent whole.

The research conducted so far, just using natural products and existing drugs, has shown unequivocally that small molecules can produce a broad spectrum of anti-degenerative effects.

Drug discovery for ageing is moving beyond its infancy, and preventative medicine that will revolutionise 21st-century healthcare is now genuinely possible. Now we need to add synthetic medicinal chemistry to the mix – to develop safe and effective drugs that will help us all into a healthier and more active future.

DRCDisabilities Resource Centre
Charitable Trust

Southland

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www.drcsouth.co.nz

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Call Anna for no-fuss personal planning

- ✓ Wills & enduring powers of attorney
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- ✓ Estate and succession planning

Talk to **Anna Elder**
Senior Associate, phone 03 211 0080

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www.prlaw.co.nz

2021/2022
Membership Year

DUE
NOW
\$25 - Single
\$35 - Couple

AGE CONCERN SOUTHLAND

MEMBERSHIP TICKET

Issued **February 2021** Expires **February 2022**

M.....

Address

Issued by.....

Secretary

No. 5561

Craig 32115

Age Concern Southland Take-away Meals Menu



Age Concern Southland
50 Forth Street
Invercargill
(03) 218 6351

Meals: \$7.00 Member
\$8.00 Non Member

- | | |
|---|---------------------------------|
| Beef Stew | Rissoles |
| Braised Steak | Roast Beef |
| Chicken Casserole | Roast Chicken |
| Chops | Roast Hogget |
| Cottage Pie | Roast Pork |
| Crumbed Fish (when Fish available) | Sausages |
| Curried Sausages | Shepherd's Pie |
| Fish Pie | Silverside |
| Lasagna | Steamed Fish |
| Liver & Bacon | Stew & Dumplings |
| Meatloaf | Stuffed Sausages |
| Mince | Sweet & Sour Chicken |
| Pork Casserole | 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.

Meals available – Tuesday to Friday – 9:00 a.m. – 4:00 p.m.

Tara's titbit's: Did you know

- * **Deep breathing is one of the body's strongest self- healing tools.**
It lowers blood pressure, reduces heart rate and decreases stress hormones. It oxygenates blood, exercises the lungs, increases physical and mental energy and improves immunity.
- * **Did you know an older person was placed into care and was required to change her funeral plan due to funding for her new accommodation.**
She had paid \$65 per fortnight for 7 years, the funeral plan was for \$5000, she had paid \$11,830. Her insurer made a profit of \$6830. However she lost the whole amount due to changing her policy.
- * **Soak orange peels in vinegar for two weeks in a sealed jar.**
Then pour the vinegar into a spray bottle. This can be used as a general cleaner or bug spray, great for ants.
- * **Did you know when accessing most accounts such as a phone bill, electricity, you need photo identification.**
Once your drivers licence or passport have been expired for 2 years or more you cannot use them as identification. The AA on Gala st can put photo identification onto your Super Gold Card for FREE! All you need is x1 form of photo Id, birth certificate and x1 bill with your address on it, no appointment necessary. **This is worth doing.**
- * **What happens when you put a jasmine plant in your room?**
Having a jasmine plant in your room helps to reduce stress, depression, migraines, and panic attacks and also improves sleep.
- * **Did you know that WINZ offer assistance for dentures, reading glasses, and hearing aids.**

Stay safe Tara



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- Stand alone villas for independent living
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- Rest Home
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51 Durham St, Waikiwi
Ph 03 215 6966
reception@clarehouse.co.nz
www.clarehouse.co.nz

 CLARE HOUSE
RETIREMENT VILLAGE

LILLE Healthcare

BOOST YOUR CONFIDENCE

Social activities and outings should be fun and a thing to look forward to, but unfortunately for some it can also bring up some uncomfortable feelings. When we think of parties and get together, some people tend to shy away from the activities due to fears around bladder weakness or incontinence. Despite these fears, it is important for us to remember that these symptoms are more common than we think – 1 in 5 people experience some form of continence struggles in their lifetime. With these statistics, we need to ask ourselves why we are feeling shy, embarrassed or uncomfortable, and strive to be more confident in who we are. To help with these struggles, here are a few tips to help manage these discomforts and live a life in full view!

1. Keep Hydrated

Some people believe that by reducing fluid intake, they won't have to go to the toilet as often. Well this is what really happens: your urine becomes concentrated (a dark yellow colour) and this irritates the inside of the bladder. Your bladder then wants to squeeze itself to remove the urine making you have to go to the toilet more often. Even worse, some drinks also have this effect on your bladder – drinks that have caffeine in them such as coffee, tea, soft drinks, energy drinks and alcohol should be reduced to help us maintain a healthy bladder.

So how much fluid should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth your water needs depend on many factors; including your health, how active you are and where you live. Consequently, try to drink when you are thirsty but keep in mind that you should be having around 6- 8 glasses of 250 ml of fluids per day. Just remember that water will always be your best choice of fluid!

2. Try to keep alcohol intake in check

To promote a healthy bladder, it is recommended to have at least 2 alcohol free days a week – however the more the better! Both men and women should consume no more than 2 standard drinks on any day (which may be hard during the festivities) where one standard drink is equivalent to:

- One 375ml can or stubbie of mid-strength beer
- 100ml wine (13.5% alcohol)
- 30ml nip spirits
- One 250ml can of full strength pre-mix spirits (5% alcohol)

3. Eat plenty of unprocessed, fresh foods

It all boils down to this simple rule. Processed foods (biscuits, cakes, takeaways, soft-drinks etc.) are all laden with sugar, salt and bad fats – so fresh is best! Don't think of it as a 'diet', think of it as 'eating well'. Remember, it's also a good idea to eat more fibre, which can be found in vegetables, fruits and whole grains. This helps prevent constipation – a cause of urinary incontinence.

4. Toilet Visits

Teach your bladder good habits! Try not to go to the toilet 'just in case'. This can result in a lazy bladder that gets into the habit of believing it needs to be emptied regularly. Try to go to the toilet only when your bladder is full, and you really need to go. Also, whilst you are out and about, to help you be better prepared find a toilet close by for you in advance.

5. Get moving!

Honestly, we all know that we sit on our butts way too much, but we make lots of excuses as to why we can't exercise. Let's change our mindset and decide that it isn't exercise that we are going to do, but just moving. By 'moving' 30 minutes at least a day, you will be doing your body (and its future) a huge favour. This will help by keeping your bowels regular and assist you in losing any extra weight that may be putting strain on your bladder and its supporting muscles. There are lots of different ways to get moving but the trick is to find something that suits you. Try parking the car further away from your destination and walk the extra distance instead. That will be a great start!

6. Use the right protection

Make sure you are using the correct size and absorbency for your continence products. If you are not using the correct product, you may find that the performance will not provide the results you require and you may feel uncomfortable. If you are unsure if you have the right product for your needs, Lille Healthcare NZ can send you a few samples to try before you buy.

7. Personal Hygiene

Good personal hygiene is very important in managing incontinence. If you wear an absorbent product it is always a good idea to have a pack of wet wipes or wet wash gloves on hand for your personal hygiene and wellbeing so that you can refresh when needed.

Please remember, if you have any questions surrounding your bladder discomforts or continence troubles, you can reach out to the Continence NZ Helpline

0800 650 659 or email info@lillehealthcare.co.nz.

Ref: <https://www.ontexhealthcare.com.au/articles/boost-your-confidence-this-festive-season/> December 12, 2018

The **SuperGold Card** recognises the valued contribution our seniors and veterans have made, and continue to make, to New Zealand society. It gives cardholders access to a wide range of business discounts and will facilitate easy access to government entitlements and local council concessions.

The card will automatically be sent to all New Zealand residents who receive New Zealand Superannuation or a Veteran's Pension, or if they are aged 65 years or over and are receiving some other form of assistance from the Ministry of Social Development. Eligible applicants can also apply for a Supergold Card.

Use your SuperGold card as photo ID

SuperGold Card carriers may choose to add a photo to their SuperGold Card. This could be useful if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus, evidence of your address. It's a free service for all SuperGold card holders.

Your photo will be taken and a new card posted to you

- all free of charge.

Staff contacts

To contact staff dial (03) 21 86 351 if no one answers, the phone will give you the extension numbers listed below:

So if you wish to talk with Heather push 1 and it will go to her answer phone. Leave a message as the phones are checked regularly

Extension 1	Heather Office Manager
Extension 1	Kathy Cook
Extension 1	Craig Cleaner
Extension 2	Chris Accredited Visiting Service Coordinator
Extension 3	Emma Social Worker
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



DEDICATED TO CONTINENCE CARE

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at www.lillehealthcare.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.



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.



Avenal Park Funeral Home

We encourage people to take the time to talk. Express your wishes, so that your funeral will be as memorable as you are. The staff at Avenal Park Funeral Home can assist with every step of the process; from preplanning and/or prearranging of funerals, to looking after you when your loved one dies, through to designing and organising of headstones and memorials.

Currently, \$10,000 (held in a recognised funeral plan) is exempt from rest home asset testing. Funeral prepayments made through us are held in the FDANZ Funeral Trust, administered by Gallagher Bassett NZ Ltd. 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 us about prepayments, funerals, or headstones, please visit Avenal Park Funeral Home at 75 Fox Street, Invercargill or phone us on 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)



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.





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
Serving the needs of older people

If you wish to become a Member of Age Concern Southland please complete and return this document, including payment. Each year’s membership commences 1st February.

Age Concern Southland Membership February 2019 / 2020

Name: _____
and _____
(If Membership type is ‘Couple’ please enter other Members name in space provided above)

Street: _____

Suburb: _____

City/Town: _____ **Postcode** _____

Telephone: _____

Email: _____

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

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

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

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

TOTAL Payment \$.....

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

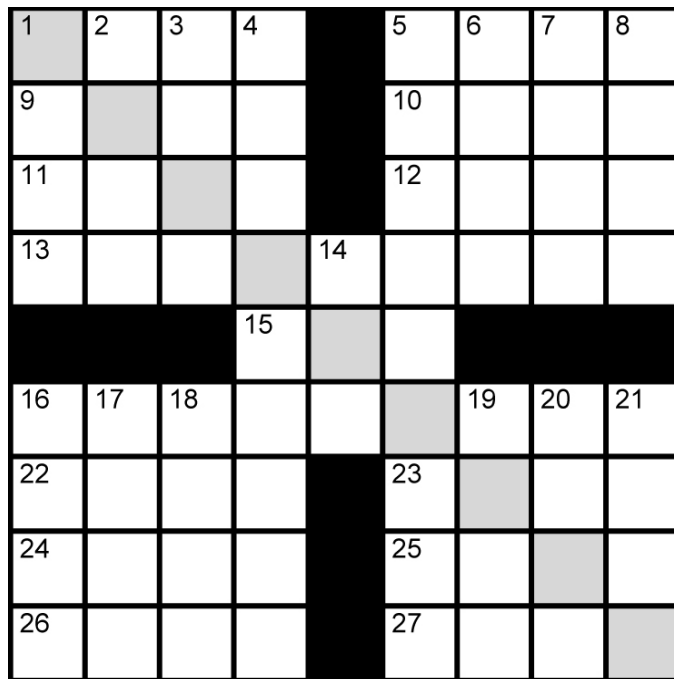
Date Received:

Method of Payment:

Membership Card #:

Entered on Database:

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

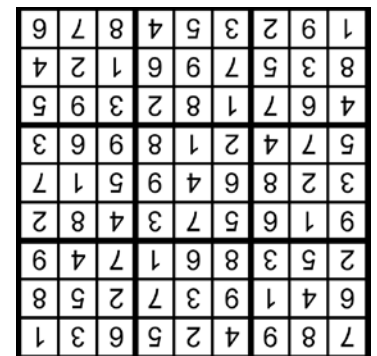
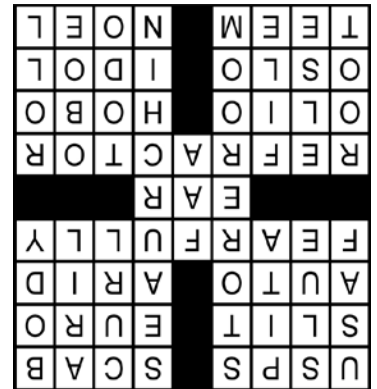
25. Matinee hero

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

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

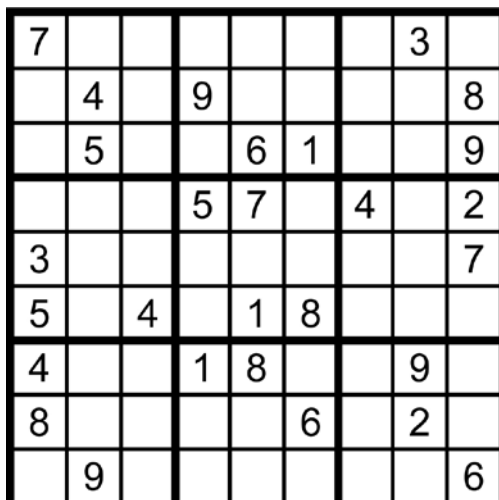
ROLL UP

SKYLINES

SORT

SPORTS

THEME



Jigsaw Search

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.)