

WINTER 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.*

### Check on those people you love and care for.

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

## HANDYMAN AVAILABLE

For any maintenance jobs, in or around the house, call one of our experienced handymen from Home and Grounds Maintenance for a **FREE, no-obligation quote.**



**Phone Henning on 021-2088-882**  
(After Hours Phone 577-8732)

**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*

## COVID-19: Vaccine Roll-out

Older people in the community are being prioritised in the COVID-19 vaccine roll-out.

The Government recently announced the COVID-19 vaccine roll-out plan, focusing on targeting those most at risk of getting the coronavirus and those most at risk of getting seriously ill.

The roll-out is being staggered, with the population divided into four main groups.

### Group 1: Started in February

This group consisted of 50,000 border and MIQ workers, their household contacts and the people they live with. This group will now have had at least one dose administered.

### Group 2: Started in February and will continue through to May

This group covers frontline workers and people living in high-risk settings. This includes older people in the Counties Manukau District Health Board (DHB) district, home support workers, and those living in aged residential care.

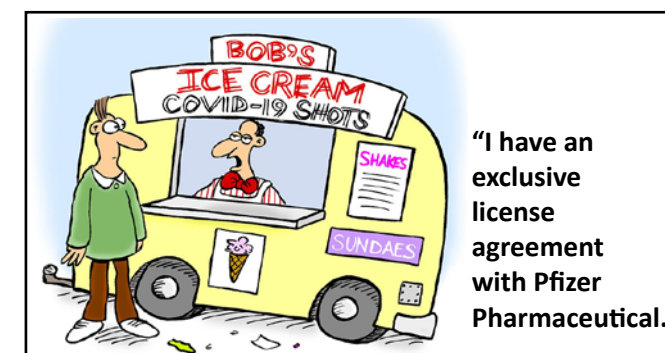
### Group 3: Planned to start in May

The rest of the senior population is in group three, with those aged 75 and over being vaccinated first, followed by seniors aged 65-74. This group also includes those with underlying health conditions and disabilities.

### Group 4: Planned to start from July

The remainder of the general population.

For the most up-to-date information on the vaccine roll-out, including a more thorough breakdown of the people included in each group, head to the Unite Against COVID-19 website.



## Are you Over 55?

The Marlborough District Council are creating a positive ageing plan for Marlborough and would like your input into what this should look like.

Marlborough has the second-highest median aged populations of all regional councils in New Zealand. This ageing demographic will significantly impact the Marlborough community in many areas such as work, community events and engagement, transport, accessibility and health services.

We need to get this right, and this is your chance to have your voice included.

We have included a copy of the survey for you. Once you have completed it, please return to either Age Concern Marlborough or the Marlborough District Council reception.

The survey can alternatively be completed online through this link <https://www.surveymonkey.com/r/MarlboroughOver55>, or you can find physical copies in the Picton and Blenheim Libraries and at the council reception.

If you would like to discuss this survey, please contact Jodie at [Jodie.griffiths@marlborough.govt.nz](mailto:Jodie.griffiths@marlborough.govt.nz)



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



## Would you and your family be prepared if your health suddenly changed?

We should be proud of our ongoing response to COVID-19. Being prepared is important. Having a plan in place, so you already know what kind of care you or your family would like to receive, takes some stress away if your health changes.

Advance care planning is the process of thinking about, talking about and planning for future health care and end-of-life care. You can start an advance care plan at any time.

Advance care plans highlight what is important to you. If you experience a sudden and critical change in your health, it is as important for your family to think about the future as it is for you.

Starting an advance care planning conversation can be hard. To help you know where to begin and what questions to ask yourself or your family there are plenty of resources available, including tools to guide the discussion and capture the information you need.

Start your advance care plan today. If you would like a hard copy, pop in and see us at Age Concern Marlborough. For resources, guides and more, go to:

**[www.hqsc.govt.nz/our-programmes/advance-care-planning/information-for-consumers](http://www.hqsc.govt.nz/our-programmes/advance-care-planning/information-for-consumers)**.

### Kia rite – be ready!



If your health changed suddenly, would your whānau know what care you would want?

Kia kōrero  
Let's talk  
Advance care planning

# SCAM ALERT

Please be aware that Age Concern Auckland have received a worrying notification of someone running a scam.

The scammer is posing as a representative of Age Concern. They are claiming that as cheques are being phased out, people will need to use credit cards, and are asking for these details over the phone.

We have not heard of it happening in Blenheim, but please be aware that Age Concern are not making calls of this nature. If you receive a call like this, please do not give out your credit card details.

If you have any concerns or questions, you can call our office on **03 579 3457**

## Our wonderful friends at the Beavertown Lions Club

You don't have to look too far to find kind people in Blenheim! The members of the Beavertown Lions Club have been busy fundraising for our elderly community. They fundraised using raffles and managed to raise \$1000 for us! They then made us some wonderful food hampers that we could distribute to our elderly clients.

Its fair to say that everyone loved their food hampers!

"You don't get much for free these days", one man smiled and said.

"The grandies will fight me for these chocolates", another woman said.

*Thanks again  
Beavertown Lions Club!*



From left: Bobby Houlahan (Community Welfare Coordinator), Christine, Carol and Suzie (our friends at the Beavertown Lions Club)

**FIGHT  
COVID-19  
coronavirus**

## GET YOUR COVID-19 VACCINATION



**Getting a COVID-19 vaccination is the best way to protect yourself your family and your community.**



Alistair Sowman

Faye Partridge

Thelma Sowman

Paula Aires

Barry Holmwood

Graeme Webby

Bob Barnes

Terry Ryan

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## Let's not confuse retirement village living with home ownership

With 100 people moving into a village every week across New Zealand, clearly the sector is doing something right.

We know our residents are looking for financial security when they sell their capital-intensive family home and move to a village. The risks of home ownership – earthquake and storm damage, weather-tight issues, repairs and maintenance, keeping the garden under control, inflationary pressures in rates and insurance – are just getting too much. A retirement village offers a warm, secure age-appropriate place to live, and if they're in one of the 60% of villages that fix weekly fees, residents no longer have to worry about the rates shooting up (as they are in Wellington City, by 17%) or whether they can continue to get insurance at a reasonable rate.

But just because the resident doesn't have to worry about those risks, it doesn't mean they've gone away. The village operator, who also owns the land and buildings, takes on those risks. The operator offsets the risk by retaining any gains on re-licensing the unit when a resident vacates it, and by retaining 20-30% of the resident's initial capital payment (this is called the Deferred Management Fee, or DMF).

The resident, with no ownership stake in the village, is not liable for any unexpected property costs.

Understandably, many of our residents recognise they can't have one without the other – either they can share the risk of ownership and the unexpected costs, or they forgo capital appreciation in the security of knowing they do not face these costs.

We know that 96% of our residents (as surveyed by UMR Insight in January 2021) are satisfied, very satisfied or neutral about their decision to move to a village, and there's no doubt financial security is a central part of that very high level of satisfaction.

Arena Living | Retirement Villages NZ | Peninsula Club



editorial supplied by Retirement Villages Association

## Check out our biggest 'Steady As You Go' class yet



The team at The Foundry enjoying one of their weekly Steady As You Go classes

The class at The Foundry is that good that it is getting so big!! Everyone loves to socialise and exercise at the same time. Increasing their strength and balance and having fun while doing it. Well done, Jude our 'Steady As You' leader, for making such a good environment that people want to be involved in.

**If you would like to join one of our Steady As You Go classes, give either Bobby or Sandy at Age Concern Marlborough a call today to find out more.**



**Stuart Smith**  
MP for Kaikoura

Amberley 03 314 7441

Blenheim 03 579 3204

0800 STUART (0800 788 278)

stuart.smithmp@parliament.govt.nz

stuartsmith.national

**National**  
Authorised by Stuart Smith MP, Parliament Buildings, Wellington.



# Seniors' Expo a great success



Marlborough's more 'mature' residents turned out in force to support the Council's Seniors Expo.

Around 450 people came through the doors to make the most of the information gathering opportunities available. These were provided by more than 150 stallholders and demonstrators, representing 52 Marlborough organisations, services and groups. Community Partnerships Advisor Jodie Griffiths said people attending the day were very positive about the event.

Comments included: "We always come to this as it has good information for us"; "the expo has a lovely positive atmosphere"; and "we enjoy the muffins and a cuppa whilst talking with others".

Of particular highlight this year were the great performance and demonstrations by A Cappella Bells, Age Concern Marlborough's Steady As You Go demonstration, Te Piki Oranga's Noho Pakari Tū Kaha Sit and Be Fit, St John & Riverside Railway along with a number of canine stars.

"These really added to a great day," said Jodie. "The expo also offers a great opportunity for services to network and meet one another."

The Council's updated Positive Ageing booklet was released at the Expo. If you missed the expo the new version is now available at Council offices, Marlborough District Libraries and Citizens Advice.

## 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*

## COVID PHONE SCAM

We have heard that there are a couple of scams asking for payment for COVID vaccines about please be careful if you get a phone call from anyone you do not personally know.

Never in any circumstances give any financial details such as credit card numbers, bank account numbers or PIN numbers over the phone. Even if the caller sounds very official. There is NO charge for the COVID vaccine and Banks do not telephone customers asking for these details - your bank already knows this stuff.

**Scam: Phone call about the vaccine being for sale**

First appeared: 20 February 2021

**Details:** The scammer calls to advise the vaccine is available for \$49.99. You are given the choice to press 1 to continue or 2 to cancel.

This is a way to automate getting people on the line for a scammer to then get their credit card details, gain access to their computer or exploit them some other way.

So our advice is **HANG UP!**  
Do not press 1 or 2, simply hang up.

Kia kōrero

Let's talk

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

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with an Advance  
Care Plan

Nelson Bays Primary Health  
Hauora Māhau ki Te Tai Ahurei

Marlborough Primary Health  
Hauora Māhau ki Te Tai Ahurei

Nelson Marlborough Health



## Stay healthy this winter

Last year, despite the risks of a COVID-19 outbreak, there was a low incidence of seasonal flu in New Zealand. This was in part due to a high uptake of the annual Flu vaccine. The 2021 Flu Vaccine should be available from mid-April. It takes around two weeks to develop immunity once vaccinated. Ideally, immunisation should be carried out before the main influenza activity in May to September.

Seasonal influenza vaccinations are recognised as being the single most effective way of reducing the impact of influenza – especially for those most at risk of complications.

### Following basic hygiene practices will help you stay healthy:

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol-based hand rub
- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a lined bin
- Cough or sneeze into your elbow if a tissue is not readily available
- Avoid touching your eyes, nose and mouth
- Don't share drinks

- Avoid crowded places
- Stay home if you are sick
- Use a facemask when you are out and about

Flu can be anywhere. The best chance to protect yourself is to get immunised. Immunisation is **FREE** to those over 65. Ask your Doctor, nurse or Pharmacist for your free vaccination. Equally importantly, if you do become unwell, stay at home until you are better.

The roll out for a FREE COVID-19 vaccine is expected to start in the second half of 2021. The vaccines that have been approved for use in New Zealand have been tested and assessed by New Zealand Medicines and Medical Devices Safety Authority (Medsafe). It is Medsafes responsibility to approve all vaccines for use in New Zealand, so while the process for COVID vaccines have been streamlined and they have pushed them ahead of other vaccine applications, **they have all met the same standards for safety that all vaccines used in New Zealand are expected to meet.**

Your Doctor or Health Care Professional will contact you when you are able to be vaccinated for COVID-19. Please be aware there are some scams currently running asking you for a payment to secure your COVID-19 vaccine. **Remember the COVID-19 vaccine is free. At no point will you be asked to pay for the vaccine.**

## Tips to help Older People fall-and stay Asleep

A third of people over 65 take something to help them sleep, but these medications can pose risks.

**But what can I do?** These two startling statistics are a worry. After all sleep is one of our most fundamental needs-right up with water and food. Healthy Aging polls show how serious sleep issues are for seniors. Side effects for drugs include, urinary retention, and constipation because of these antihistamine aids. Medical Guidelines warn these drugs, even prescribed can increase confusion, dizziness, memory loss, lead to falls, car accidents and more.

### What we can do?

Before using aids try sleep habit changes to foster sleep.

- Keep the same sleep schedule every day.
- Stick to bedtime routine. (read, soothing music, warm wash, to wind down.)
- Keep gadgets & screens out of the bedroom. (smart phones, T.Vs, laptops, no Blue lights.)
- Limit or stop consuming caffeine in afternoon & evening.
- Try not to nap during the afternoon or evening. (Ruins cycle.)
- Avoid alcohol for sleep, and liquids filling the bladder in night.
- Exercise, especially late afternoon. Make it brisk with some deep breathing.
- Relaxation. Note what works for you so it can be a regular daily activity.
- Try to keep the bedroom well aired, darker quiet place for rest & sleep.
- Be calm, quietly prepare for bed. Positively take on the routine.

We can change things that are in our control. Do try this out!



## Annual increase to NZ Super

New Zealand Superannuation and Veteran's Pension payments are adjusted each year to reflect increases in the cost of living, inflation, and the average wage.

### From 1 April payments increased to:

- \$768.92 each before tax or \$672.22 each after 'M' tax for a married couple who both qualify
- \$506.64 before tax or \$436.94 after 'M' tax for a single person living alone
- \$466.03 before tax or \$403.33 after 'M' tax for a single person sharing accommodation.

The first full payment at the new rate was on 13 April.

For a full summary of the new rates go to the Work and Income website and search for 'benefit rates 2021'.

## FAMILY VIOLENCE IS NOT OK

*We're here to help!*



**MVIP.co.nz**  
Marlborough Violence  
Intervention Project

*Marlborough  
Champions*

**IT IS OK  
TO ASK  
FOR HELP**  
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Marlborough  
region



## Steady As You Go® Falls Prevention

**Did you know 1 in 3 people over 65 fall every year, this increases to 1 in 2 for people over 85. Almost 4000 people over 50 fall and break a hip.**

Our team at Age Concern Marlborough have just completed the most recent training for Steady As You Go and want to get the word out!!

**Participating in our Steady As You Go class reduces your risk of a fall by 27%**

### What is Steady As You Go?

- Simple exercises, seated in a chair, standing and walking.
- Proven to improve balance, flexibility and leg strength.
- Participants feel physically better and more able.
- Class members enjoy being with a friendly group of likeminded people.
- Classes are for one hour, once a week.
- Only \$2 per class

Falls in older people are almost always associated with weakened leg muscles and poor balance. Strength and balance exercise programmes can reduce falls, and even the most serious injuries from falls. This enables older people at risk of falls to remain independent and well at home.

At Age Concern Marlborough we have a genuine



Age Concern staff participating in the 'Steady As You Go' classes



Age Concern team graduating 'Steady As You Go' refresher in Dunedin early March

interest in the wellbeing of older people and want to help, get in contact with us today about joining one of our classes. These people love Steady As You Go, and so will you.

### Physical benefits

- "I can walk better...now I walk a lot straighter".*
- "I don't have to pull on the seat when standing at church".*
- "I can reach the top of my windows to clean them without getting up on a step now".*

### Social benefits

- "We come because it's an outing".*
- "I am developing a new circle of friends".*
- "I live on my own and find that the companionship is lovely".*

## Steady As You Go®

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
- Tuesday** 1.30 - 2.30pm  
Marina Cove Resthome, Picton
- 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.



# Yee-ha!!

Congratulations Valda, the winner of the Lightweight Easy fold Walker Prize raffled off at The Seniors Expo.

Valda was over the moon to win the walker, and said it was the first big thing she has ever won! It couldn't have come at a better time, as she had been thinking about getting one.

Valda will be able to enjoy those nice walks that little bit more now, even being able to stop and have a seat when she wants.

Thank you to everyone who participated and helped make this contest a success!

Once again, **congratulations Valda!**



Valda Dwyer, the winner at the Seniors Expo

## 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



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Life’s simplest pleasures:  
9 things that makes everyone happy!

by Maggie | Apr 1, 2021 | Health & Lifestyle Feature

Whether you dream of a new car parked on the driveway or a fabulous holiday when the world returns to normal, most of us have a material goal that we’re working towards. As the old saying goes though, the best things in life really are free.

From breathing in lungfuls of fresh summer air to walking barefoot in the sand, there are plenty of inexpensive highs that can bring a smile to your face, without burning a hole in your wallet. We’ve found a handful of simple pleasures that pretty much everyone can enjoy. No million-dollar lottery win necessary.

**Fresh bed sheets** - Stripping the bed and changing the sheets is always an effort, but there’s nothing more delicious than tucking up for an early night in freshly-laundered sheets.

**Finding a \$10 note in your pocket** - It’s probably a rare occurrence, but when you find forgotten money in a random coat pocket, it can turn a really bad morning into a good one.

**Crossing off the last thing in your to-do list** - Writing and actually tackling the to-do list is never fun, but ticking off every item is one of the most satisfying things you’ll ever do leaving you free to read a book, enjoy some music or catch up with a friend.

**The buzz after a hard workout** - It can be difficult to find the motivation to exercise, but if there’s one thing that will get you moving, it’s the thought of all those feel-good post-workout endorphins.

**Laughing until it hurts** - Whether it’s a hilarious friend or re-runs of your favourite comedy show or a Zoom with family to cheer you up, there’s no greater feeling than a bellyache from too much loud giggling.

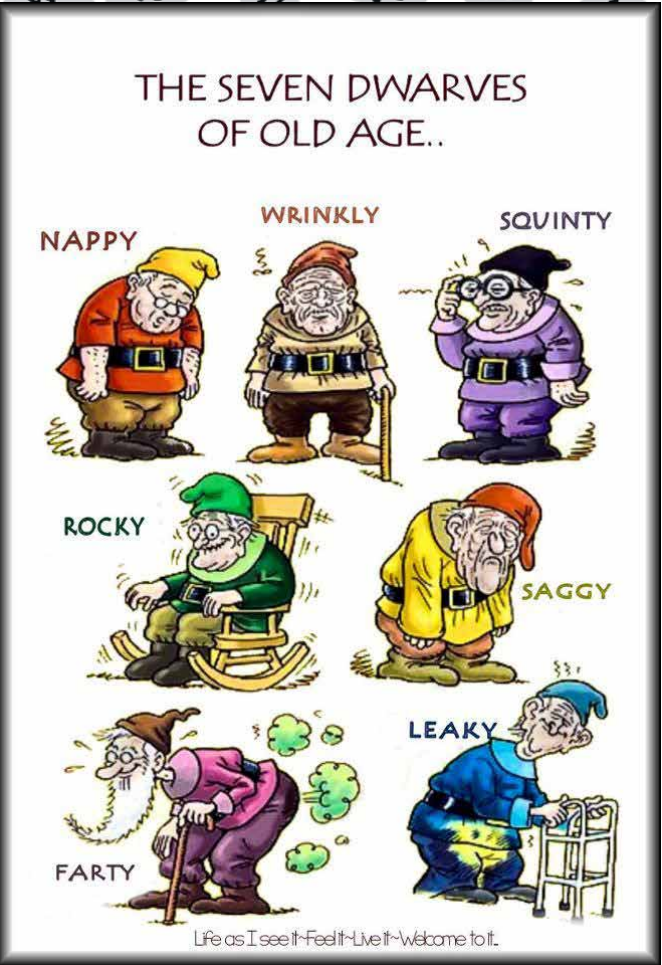
**Relaxing in a warm bath** - When you were a kid, you probably detested having to get into the bath, but now you look forward to a good, long soak – especially if there’s a glass of wine and some bubbles involved.

**Walking in the fresh air** - Going for a walk on a sunny day, enjoying the fresh air and boosting yourself with some much needed Vitamin D, nothing quite compares to a stroll outside, especially if you have a four-legged friend to accompany you. Up a hill, along a beach or by the river whatever you have close to where you live.

**Getting a bargain** - Ever taken something to the till, only to find out it’s way cheaper than the ticketed price? Then you’ll know exactly the rush of pleasure we’re talking about.

**Freshly-mown grass** - Is it just us, or does the amazing smell of a cut lawn instantly take you back to happy summer days from your childhood?

Yep, it really is the simple things in life that make us feel most content.



**The Wet Kitchen Floor** - A police officer called the station on his radio, “I have an interesting case here. An old lady shot her husband for stepping on the floor she just mopped.”  
“Have you arrested the woman?”  
“Not yet. The floors’ still wet.”



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

Logos: Lions International, Blenheim Lions and Beavertown Lions, COGS Community Organisation Grants Scheme, NZ Lottery Grants Board, Blue Door, Geoffrey T. Sowman, Marlborough District Council, Good Bitches Baking.

### AGE CONCERN MARLBOROUGH MEMBERSHIP RENEWAL/NEW

Please complete the following and return to  
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Telephone: \_\_\_\_\_

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Single (\$20.00) \$ \_\_\_\_\_

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Donation: \$ \_\_\_\_\_

Total : \$ \_\_\_\_\_

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.

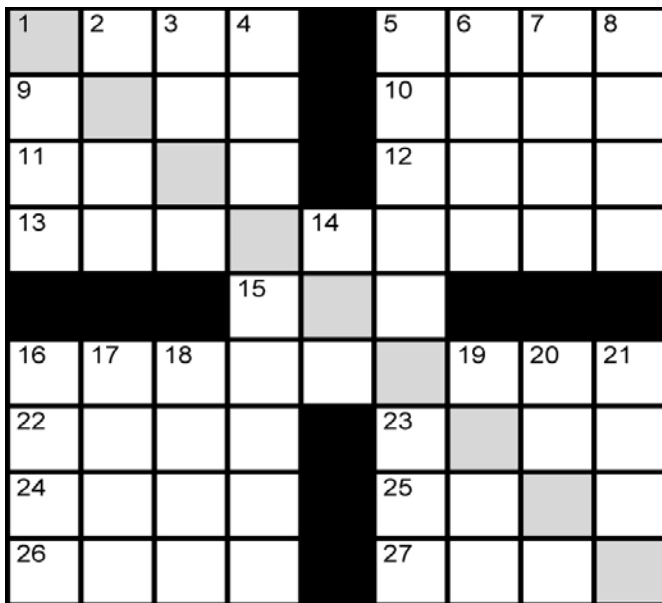
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Serving the needs of older people



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5. Artist's inspiration
9. Lion's den
10. Snack often twisted apart
11. Site of the Taj Mahal

12. Campus V.I.P.

13. Flights of fancy
15. Always, in verse
16. Coke or Pepsi
22. Lotus position discipline
23. Last name in fashion

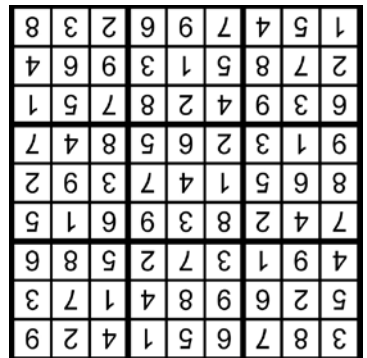
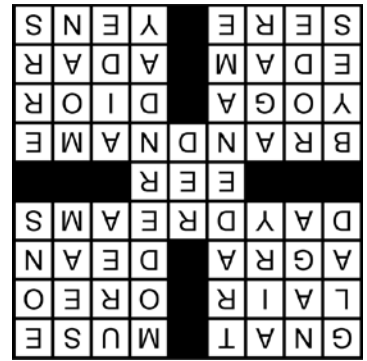
AFFIDAVIT	HEARSAY	SUBPOENA
APPEAL	INNOCENT	TESTIFY
CHARGE	JUDGE	TRIAL
COURT	MISTRIAL	TWELVE
DEFENDANT	OVER RULED	VERDICT
DOCKET	PANEL	VOIRE DIRE
EVIDENCE	PLAINTIFF	WARRANT
FOREMAN	PLEA	WITNESS
GUILTY	SIDEBAR	



24. Wax-coated cheese
25. Sixth Jewish month
26. Bone-dry
27. Cravings

Down

1. Happy
2. Serpent of Hindu myth
3. Breezy
4. Product identifier
5. Characteristic of the present
6. Fertilizer chemical
7. Tailor's line
8. A long, long time
14. Danger color
16. Tournament passes
17. Went on horseback
18. Biology lab supply
19. Assistant



20. Complain
21. Commits a faux pas

## Jury Duty 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.*