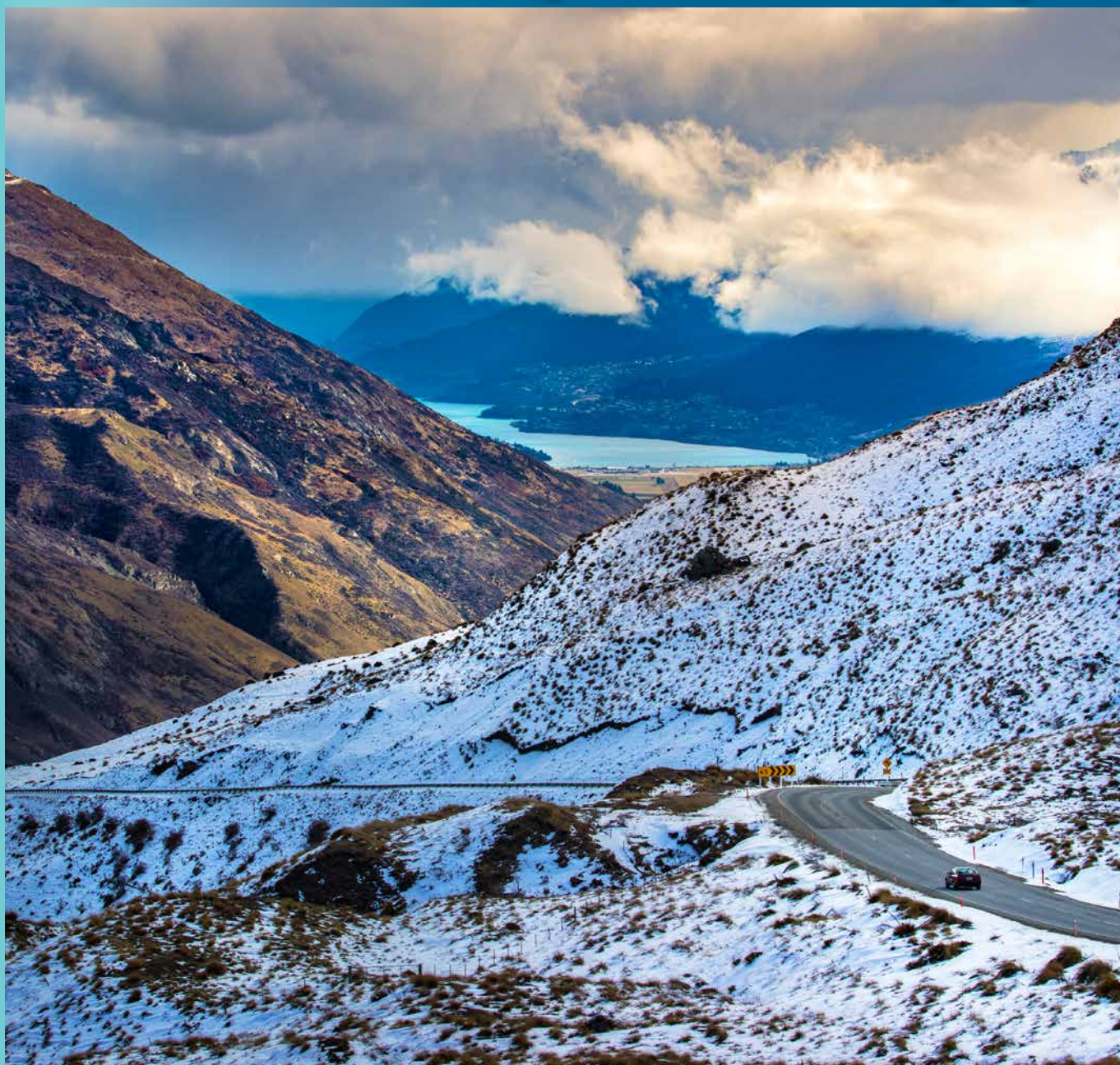


WINTER 2021 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



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 to our second magazine for the year.

We are now heading into cooler months please let us know if there is anything we can do to help you keep warm.

The Centre continues to be a busy place with lots of things happening please check out our notice board for any new events coming up. Please see the notice in our magazine about our Expo coming up in regards to banking, Brain health, movement, online banking and grocery shopping this is on the 31st May anyone can attend.

**The Winter Energy Payment
will restart on 1 May 2021
until 1 October 2021.**

Janette Turner

Age Concern Southland Manager

follow us facebook

**Follow us on facebook
type 'Age Concern Southland'**



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

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.**

**Is 2021 the time to sell
your property?**

**Find out the value of your
property today!**

For more information contact me
I am your local consultant covering
Invercargill, Winton, Southland and
Surrounds

Melanie Eade
021 231 2417

melanie.e@prored.co.nz

Professionals Licensed REAA 2008 - www.professionals.co.nz
283 Dee Street, Invercargill. Ph (03) 214 4529
MacPherson Realty Ltd - MREINZ



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STONE**

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221 Yarrow Street, Invercargill

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or 027 5939009

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NZ Master Monumental Mason's Association

DRC Disabilities Resource Centre
Southland
Charitable Trust

Making Daily Living Easier

**Your One Stop Shop For
Independent Living Aids**



Come in and see the friendly DRC team!

25 Gala St, Invercargill | 0800 100 531

www.drcsouth.co.nz

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

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

“I believe the second half of one’s life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it.”

~Frances Lear

When you understand why a pizza is made round, packed in a square box and eaten as a triangle... Then you will understand women"



WELCOME. MAKE YOURSELF AT HOME.

*Join a vibrant retirement community in the heart of the Queenstown Lakes District. Thoughtfully designed two and three bedroom villas are available now, priced from just \$635,500**

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
www.arrowtownretirement.co.nz

*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.

Community Services Card

The Community Services Card can help you and your family with the costs of health care. Always carry your card to make it easy to get the benefits, like paying less on some health services and prescriptions. Information.

- You don't have to be on a benefit to qualify for the card.
- You can also use the card for your dependent children under 18.

We administer the Community Services Card on behalf of the Ministry of Health.

Open allsections
Who can get it?

You may get the Community Services Card if you:

- are 16 or over
- are not a dependent child
- either:
 - are a New Zealand citizen
 - are a permanent resident, or
 - have, or have applied for, refugee or protection status
- normally live in New Zealand and intend to stay here.

You may also be able to get it if you either:

- are 16 or 17 and studying full-time at a University or polytechnic, or
- get paid from Veteran's Affairs either a:
 - Scheme 1 Weekly Income Compensation, or
 - Scheme 2 Weekly Compensation.

It also depends on how much income you and your partner get.

By income, we mean any money, goods and services you or your partner get from any source, such as:

- wages
- salary
- New Zealand Superannuation
- Student Allowance
- interest or dividends from investments
- income from a business or a family trust
- maintenance payments from child support
- Working for Families Tax Credits from Inland Revenue
- ACC payments
- private pensions



- income from rents
- any regular benefits you get, like free board, meals or transport.

Income limits You may be able to get a card if you're...	And your yearly income (before tax) is less than...
Single - living with others	\$27,909
Single - living alone	\$29,618
Married, civil union or de facto couple - no children	\$44,290
NZ Superannuation single, sharing accommodation	\$29,677
NZ Superannuation single, living alone	\$31,568
NZ Superannuation married, civil union or de facto relationship - no children	\$47,378
Family of 2	\$54,098
Family of 3	\$66,589
Family of 4	\$76,822
Family of 5	\$86,873
Family of 6	\$97,937

For families of more than 6, the limit goes up another \$9,926 for each extra person.

Get a private pension

If you also get New Zealand Superannuation, only half of your private pension may count as income. If you don't get New Zealand Superannuation, the whole amount of your private pension will be counted as income.

Tara's titbits: Did you know

There is a Super Gold Card app which notifies you to all discounts available. Age Concern can assist with loading the App onto your phone.

If you are receiving a NZ Super or a pension and find yourself in financial hardship, Winz may be able to assist with.

- Housing costs eg. repairs, rent, rates, power bills.
- Health costs eg. prescriptions, doctors' visits.
- Emergency or unforeseen costs.
- Caring for children.
- Caring for your spouse or partner at home.

Once you retire and your income is below a certain threshold you can apply for a community Service's card the day after you retire. The community services card will be attached to your super cold card.

Banks are offering support for those accustomed to paying by cheque. Assistance is available for this transition. Please contact your bank or Age Concern for assistance.

Winter has begun, if you require assistance with testing or installing a smoke alarm. Please contact Age Concern, we will redirect you to a FREE service.

We offer a door to door pick up and drop off service to Age Concern on certain days. The cost is \$2 one way or \$4 return. Due to high demand if all participating could be ready at 10:30 this will

allow the Captain of the bus time to cater for all your needs.

Pineapple dissolves mucus in the lungs. It's a great natural cough suppressant.

Did you know the seeds in grapes contain melatonin which can help you sleep better. They also have antioxidants and flavonoids that can help reduce inflammation and stress.

Eating a banana can cheer you up, bananas are the only fruit to contain both tryptophan and vitamin B6, which together help the body to produce serotonin, the natural chemical which alleviates mental depression.

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.



EARS UNPLUGGED
Professional Wax Removal

Invercargill's friendly, professional & locally owned ear wax removal clinic

- Safe methods of wax removal
- Appointments as soon as possible
- Competitive pricing and discounts
- Provider for ACC/Veterans Affairs
- Rest Home visits



Small things matter



Ears Unplugged, 83 Don Stret, Invercargill

Phone 027 4035016

Linda Winder | Registered Nurse



PRLaw^{PR}

Getting your Will and Enduring Powers of Attorney sorted is important, but it doesn't have to be difficult.

Get in touch.
We've got your back.

Anna Elder | 03 211 0080 | prlaw.co.nz

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

Braised Steak

Chicken Casserole

Chops

Cottage Pie

Crumbed Fish (when Fish available)

Curried Sausages

Fish Pie

Lasagna

Liver & Bacon

Meatloaf

Mince

Pork Casserole

Rissoles

Roast Beef

Roast Chicken

Roast Hogget

Roast Pork

Sausages

Shepherd's Pie

Silverside

Steamed Fish

Stew & Dumplings

Stuffed Sausages

Sweet & Sour Chicken

Tripe & Onion

Soup: \$4.00 Member

\$5.50 Non Member

Chicken

Tomato

Leek & Potato

Vegetable

Pumpkin

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.

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.

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

1. Put all ingredients in a bowl and mix to combine



DISCOVER ELEGANT RETIREMENT LIVING

- Stand alone villas for independent living
- Assisted living in serviced apartments
- Hospital
- Rest Home
- Specialised secure care
- Elegant recreation areas to relax in

For further information
and to arrange a viewing

Contact Lynley Irvine

51 Durham St, Waikiwi

Ph 03 215 6966

reception@clarehouse.co.nz

www.clarehouse.co.nz



CLARE HOUSE
RETIREMENT VILLAGE



Age Concern Southland's 'Interactive Expo'

When: Monday 31st May 2021
Drop in anytime from 10am until 3pm
Where: 50 Forth St, Invercargill

Come along and have a look at:

- Invercargill Library's Digital Programme
- Disabilities Resource Centre's pedal exercises
- Alternative options to using cheques from Westpac bank
- Work and Income
- Brain health games
- Home security
- NZ Fire Service smoke alarm promotion
- Have a go at Table Tennis
- Online grocery shopping assistance
- Musical therapy with Lauren
- Poi demonstration
- Southern Mobility
- AND MUCH MORE!!!

PLUS blood pressure and health checks with Tara

ELDER ABUSE HITS CLOSE TO HOME

Call 0800 EA IS NOT OK or Age Concern 0800 65 2 105



ELDER ABUSE AWARENESS 15 - 22 JUNE

What is considered as elder abuse?

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. An older adult is someone age 60 or older. Emotional or Psychological Abuse refers to verbal or nonverbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult.

Key findings include:

- > Around one in ten older people did report some form of abuse (most closely linked to vulnerability and coercion)
- > There were significant differences between women and men. Across each measure, women experienced a greater sense of vulnerability, dependence and dejection. However men experienced higher levels of coercion.
- > Older people who were divorced, separated or widowed people felt considerably more sad and lonely, or were uncomfortable with someone in their family
- > Older Māori experienced a significantly greater level of abuse than non-Māori. Māori report being coerced more than 2.5 times the rate for non-Māori, meaning they are forced to do things they don't want to do and people take things from them without their permission
- > Failure to address current levels of elder abuse is likely to have significant effects in the future. This is because the report shows statistically significant reductions in physical and mental health and wellbeing, as well as increases in loneliness and depression associated with elder abuse
- > Projections indicate that the number of older people experiencing elder abuse and neglect will increase significantly in the next 20 years, alongside a doubling of the 65 and over population

Unfortunately, Age Concern Elder Abuse statistics show:

- 86% of cases include psychological abuse
- 50% of cases involve financial abuse
- 81% of alleged abusers are family members
- 57% of the alleged abusers are adult children or grandchildren
- Alleged abusers are almost as likely to be female as male

Older people are valuable members of our society and should be treated with dignity and respect – yet every year, thousands of older New Zealanders are being abused, in many cases by family members. It's our collective responsibility as a community to ensure that older people are included and safe.

During the pandemic, New Zealanders have been asked to support older people in our neighbourhoods and many kind efforts have been made. But for some, elder abuse has worsened with the increasing economic and social pressures that relatives have experienced. For many reasons elder abuse remains hidden and is not reported straight away, nevertheless older people are being hurt emotionally, financially, or physically,

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.

Let's not confuse retirement village living with home ownership

A housing crisis is gripping the country and every day we hear reports of New Zealanders losing out on their dream home, queues at open homes and 'standing room' only at auctions.

Owning your own home is seen by many Kiwis as a birthright, and despite recent Government announcements, property remains a popular investment choice for many people.

Retirement village living is also riding a wave of popularity with 100 people moving into a village across the country every week. However, in most cases, residents are choosing to sell their homes, release the equity and forgo home ownership in favour of a different model. The most common model is called "Licence to Occupy".

A licence to occupy means a resident purchases the contractual right to occupy a property such as a villa or an apartment at a village, but has no legal ownership of the property itself or the land. The purchase of this right to live in a residential unit is often at a substantial discount to the average price of a freehold property in that area.

In return, the village operator assumes the ownership risks for the property such as long-term maintenance, renovations, storm or earthquake damage, pays rates and insurance and continues to invest in the village by providing an age care facility, upgrading the common areas, or rebuilding units to appeal to a new generation of residents. These investments are made at no risk or cost to the resident.



Arena Living | Retirement Villages NZ | Peninsula Club

In addition, 60% of villages fix weekly fees so the resident is insulated from any increases in rates, insurance, staff salaries, and general overheads. For example, village residents on fixed weekly fees won't worry about Wellington City Council's proposed 17% rates hike.

Many of our residents tell us they like the model because it provides them with certainty of costs. Unlike owning a home, they aren't exposed to risks. So why is this important? Well, just like a licence to occupy model is not like owning a home, it also means that in most cases, residents or their estate do not share any capital gains when the property is re-licensed to another resident.

Any 'gains' made on the re-licensing of units is used by an operator to off-set the risks of owning the property such as maintenance and necessary expenditure. 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.

In my experience, the residents I talk to understand this. They are astute, they've done their research and due diligence and have, as is required by the law, sought independent legal advice before moving into a village.

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!



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.

Have you thought about prearranging and prepaying your funeral

75 Fox Street, Invercargill

03 218 9021

Funeral Directors
Monumental Masons

We offer:

- ☞ 24 hour service
- ☞ Care for families throughout Southland
- ☞ Assist with Preplanning and Prepayments of funerals
- ☞ Prepayments managed by the FDANZ Funeral Trust
- ☞ Chapel and Catering Lounge
- ☞ Monumental headstones and plaques

We are Registered Members of the
Funeral Directors Association of New Zealand (FDANZ)



Steady As You Go[®]

Falls Prevention Exercise Groups

SAYGo Exercises improve balance and leg strength, flexibility, general fitness and wellbeing

Southland group locations and times:

- **Age Concern Southland Hall**
– Tuesdays 11am | 50 Forth St, Invercargill
- **Age Concern Southland Lounge**
– Thursdays 11am | 50 Forth St, Invercargill
- **Wyndham Group**
– Mondays 10.30am | Wyndham Evangelical Church, Balaclava St
- **Fortrose Group**
– Mondays 10.00am | Fortrose Community Centre, 40 Neva St
- **Bluff Group**
– Tuesdays 10.30am | St John’s Community Centre, Lees St
- **Windsor Group**
– Mondays 1.30pm | Windsor Community Church, Windsor St

- **Wallacetown Group**
– Mondays 10.00am | Wallacetown Community Centre, 57 Dunlop St (starting 8/7/19)
- **Myross Bush Group**
– Wednesdays 11.30am | Myross Bush Community Hall, Mill Road North
- **Te Anau Group**
– Wednesdays 10.30am | Fiordland Community Centre, Te Anau-Mossburn Hwy
- **Queenstown Groups** (contact Emma for details)

Cost for each group may vary; duration of 1hr.
No SAYGo group in your area? Get a group of people together with the help of Age Concern Southland. Contact Emma for more information.

Enquiries to Southland SAYGo Coordinator:
Emma Lovett, Age Concern Southland
03 218 6351, emma@acinv.org.nz



Age Concern Southland Membership Form

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

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

TOTAL Payment \$.....

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

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

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

Office Use Only

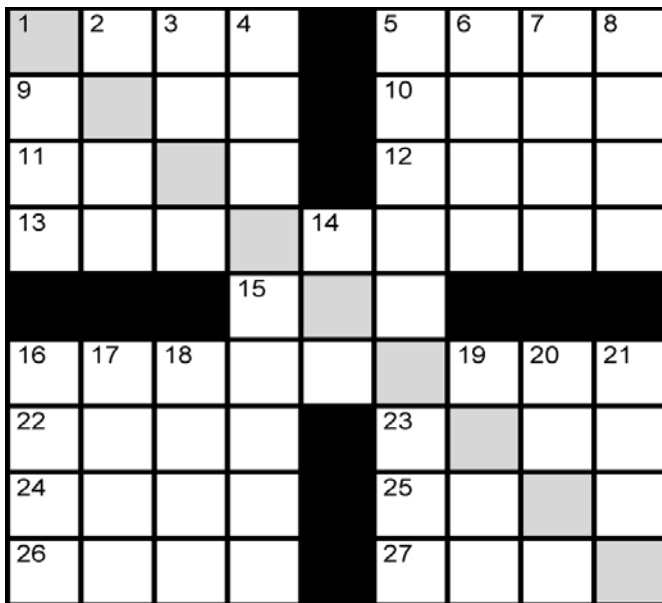
Date Received:

Method of Payment:

Membership Card #:

Entered on Database:

Glamorous Kin of Coffee



Across

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

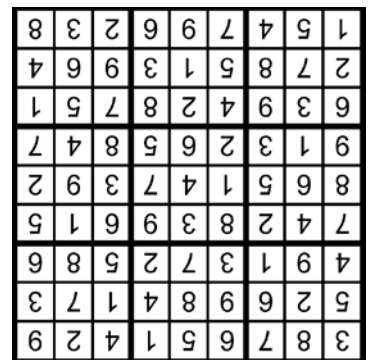
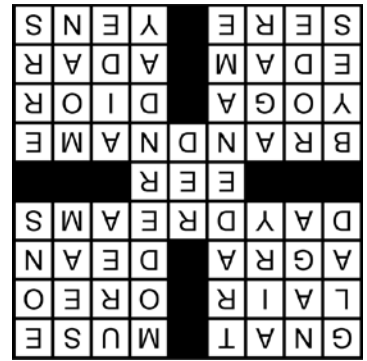
12. Campus V.I.P.

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

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

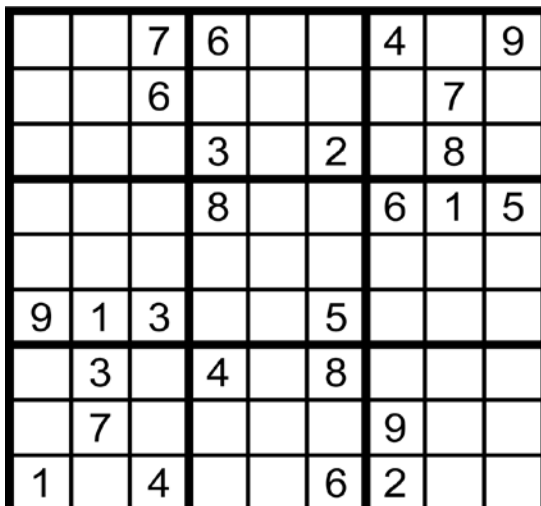
Down

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

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	



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.*