

SPRING 2021 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Marlborough

Serving the needs of older people



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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

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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.

Our volunteers save lives

At Age Concern Marlborough we care about the safety of our team, our volunteers, and the elderly we care for. That is why we thought it was important to provide both our staff and our volunteers the opportunity to complete their first aid training. We aim to keep our team safe in the workplace, and your families safe at home. Our staff and volunteers had a wonderful time learning new skills! If you would also like to become a volunteer for Age Concern Marlborough, do not hesitate to call the office.



A Word from the Chair

Greetings to all our Members and Friends,

It has been a tricky time lately with bad weather and floods affecting much of our region. If there are any of you that may need some support or advice to help cope with difficult conditions, please ring our Blenheim Office (phone 579 3457) so that we can talk the issues through with you.

COVID has been dominating our lives for over a year. While we have been reasonably fortunate at the low levels of COVID in NZ we must not be complacent – one person with the virus can spread the disease at an alarming rate. I hope you have all been able to receive the vaccination but if you are still waiting or if you need further assistance, once again phone our office (579 3457) at any time and leave a message and we will get back to you as soon as possible. There are details elsewhere in this Newsletter to help you book.

The very best thing you can do to help protect our community is to get vaccinated. It is safe and it is reliable and it is free.

There is information on page 3 about Age Concern's AGM and I do hope you will be able to come, to meet Bobby, our new Community Welfare Co-ordinator, to have an update of the work of Age Concern and to enjoy a lovely morning tea with our staff and Board. Save the date: 16th September at 10:30. I look forward to meeting you there.

Please look after yourselves in these wintery conditions and please contact us if there is anything we can do to help.

My very best wishes, *Marge Scott*
Chair of the Board of Age Concern Marlborough



When supporting the advertisers within this magazine **PLEASE DO 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

Message from the Unite Against Covid Team:

COVID-19 Vaccine & Immunisation Programme

Manatū Hauora | Ministry of Health

Vaccinating against COVID-19 reduces the risk of the virus to you, your whānau, and your community.

The more people that vaccinate the stronger we will be. The Ministry of Health is giving everyone over 16 the opportunity to get their free vaccine this year, vaccinating those at greater risk first.

Now people in Group 3 can call the COVID Vaccination Healthline on 0800 28 29 26 to book their vaccination if they don't already have an appointment.

You're in Group 3 if you:

- Are aged 65 or over.
- Have a relevant underlying health condition.
- Are disabled or caring for a person with a disability.
- Are pregnant (any trimester).

Anyone who has received an invitation to book is encouraged to use the link in the invitation to book online.

Any people in Group 3 that haven't received an invitation can make a booking by calling 0800 28 29 26 between 8am and 8pm 7 days a week. Translators are available if needed.

Age Concern Marlborough's

ANNUAL GENERAL MEETING

All Age Concern Marlborough's members are welcome to come along to our Annual General Meeting. It will be held on **16th September 2021 at 10.30am** in the Community Room at the **Marlborough Community Centre.**

Do you know what to do in an emergency?

It's easy to be over-whelmed by all the information that's around, telling us how to prepare for emergencies. No matter who you are or where you live, there are some key things that can make it easier to get through an emergency.

Know your neighbours. They don't have to be the people next door, but it might be someone else in your street. Know how to contact the people who usually support you.

Prepare yourself. Put together a grab bag in case you need to evacuate your home. Include a couple of snacks, a bottle of water, some identification, spare glasses or a folding cane and personal hygiene supplies. If you do have to evacuate, take your medication with you and don't forget your pets.

Know what to do in an earthquake. If you're in bed, don't get up. Cover your head and stay there until the shaking stops. If you use a walker or wheelchair, lock your wheels, get as low and possible, cover your head and neck and hold on.

Know how to get information in an emergency. Listen to your radio. If the power is off, listen to a car radio or a battery-operated radio.

You can find out more information about emergencies and how to prepare for them, from Marlborough Emergency Management, by phoning the Council on 03 520 7400.



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www.aberleigh.co.nz

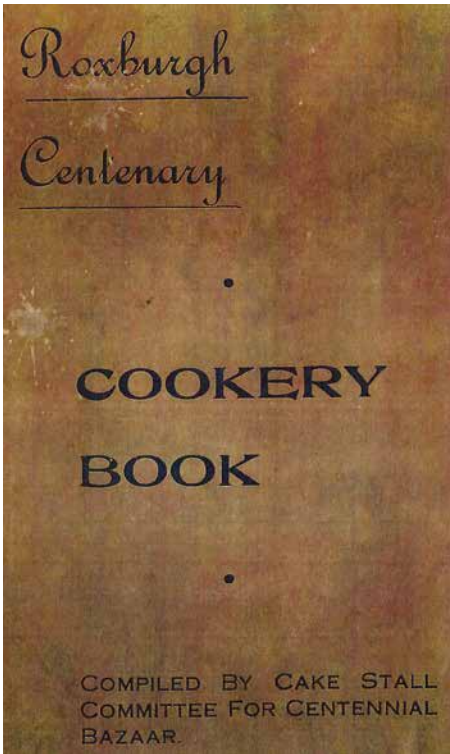
1940 Roxburgh Centenary Cookbook

This little treasure was found last year in Cromwell, destined for landfill, salvaged, and brought back to life. The rest is history! Literally!

We have dated this book 1940. We presume it was written by these women as their contribution to Roxburgh's fundraising efforts to celebrate the colonization of New Zealand.

According to papers past 300 pound was raised overall, a magnificent achievement for that time. Enjoy a couple recipes!

By extraordinary women, in extraordinary times.



Texting FOR Seniors

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

Age Concern Marlborough's Volunteers becoming Dementia Friends

Age Concern Marlborough are taking part in the Dementia Friendly Recognition Programme, and our wonderful volunteers are taking part to become 'dementia friends'.

By becoming Dementia Friends our volunteers, and staff get educated around dementia and the impact it has. We now have a much better understanding of dementia and how to interact more meaningfully with our clients that have dementia.

It aims to assist people to continue living well with dementia by being supported within their communities.

People with dementia repeatedly tell us that it is the attitudes of others which has the biggest impact on their lives. So, congratulations to our wonderful volunteers who have both taken part in the education, and those that are booked in for the education.



22 Roxburgh Centenary Cookery Book.

PUDDINGS

FRUIT PUDDING. Mrs T. Sandes.

1 cup flour, 1 teasp. B.P., ¼ cup sugar, salt Rub in 2ozs. butter and mix to stiff dough with milk Roll out thinly and divide in two. Place one half in meat dish and put layer of gooseberries or finely cut rhubarb or blackberries. Sprinkle with sugar. Place other half on top and cook for ½ hour.

LEMON PUDDING. Miss M. Kinaston.

2 tabsp. flour, 1 tabsp. butter, ¼ cup sugar, 1 lemon, 2 eggs, 1 cup milk. Cream butter and sugar, and add flour, juice and rind, beaten yolks, milk in that order. Fold in whites (beaten). Bake one hour in slow oven in basin of water

STEAMED PUDDING. Mrs A. Merrilees.

8 tabsp. flour, 2 tabsp. sugar, 2 tabsp. jam, 1 teasp. soda, butter size of a walnut, 1 cup milk. Mix all in a bowl and add melted butter and milk. Steam for 1½ to 2 hours. Do not lift lid of pot for an hour. Serve with sauce.

APRICOT EGGS. Anita Elder

As many stewed apricots as required. A plain sponge cake, 1 pt. thick cream. Cut cake while warm in rounds size of a breakfast cup, place on a dish and put an apricot on the centre of each round to represent the yolk. Whip the cream and place round the apricot to look like the white of the egg. Grate a little nutmeg over to represent pepper. Serve cold.

100 YEARS OLD PLUM PUDDING. Miss Haughton

½lb. each of flour, breadcrumbs, grated suet and sage, 2 tabsp. treacle, ½ raw minced carrot, ½lb. raisins, ½lb brown sugar, ½lb currants, 2ozs. minced peel, pinch salt, 1 teaspoon spice. Mix with treacle only. Boil 6 hours.

APPLE CARAMEL. Miss A. Pannett.

Slice apples very thinly in pudding dish and put over top following mixture:—¾ cup brown sugar, ½ cup flour, ½ cup butter. Mix together thoroughly and spread on top. Bake in moderate oven 20 mins. to ½ hour.

JELLY SWEETS. Mrs W. L. Martin.

1 packet jelly dissolved in 1 tabsp. hot water. Beat yolks of 2 eggs with 1 dessp. sugar, and mix with jelly. On top of this pour 1 pt. boiling milk and mix well Beat whites stiff and mix all together.

Roxburgh Centenary Cookery Book 23

FRUIT MERINGUE.

Cut stewed apricots and peaches into small pieces and put into piedish. Squeeze a little lemon juice over and add some of the syrup. Then whip the whites of 2 eggs stiffly, fold in 2ozs castor sugar, and spread this mixture over the fruit. Dredge the top lightly with castor sugar and bake in cool oven for about 10 minutes to set the meringue. Allow to cool and serve.

LEMON CUSTARD. Mrs Lynskey, Wellington.

1 pt. milk, 2 tabsp. cornflour, lump butter, 1 teacup castor sugar, 1 lemon, 2 eggs. Put 1 pt. milk in saucepan, and mix cornflour with 2 tabsp. milk. Add butter and mix as for white sauce. Mix sugar, beaten yolks, and rind and juice of lemon. Allow white sauce to cool. Then pour over lemon sugar and eggs. Beat whites stiffly and put on top.

BROWN SAUCE FOR PLUM PUDDING. Mrs Webster.

Brown a good sized nut of butter and ¼ cup sugar (iron pot for preference). When properly brown add 1 teasp. flour mixed to a smooth paste in a cup of lukewarm water Vanilla to flavour.

ICE CREAM. Mrs Henderson.

Base:—1 qt. milk, 1½ cups sugar, saltspoon salt, ½ cup flour. Mix flour and sugar and pour over it the boiling milk stirring all the time. Store in refrigerator. To make up ice cream whip 1 cup cream with 1½ teasp. vanilla and add to 1 cup of the base. Then freeze.

RUSSIAN TRIFLE. Mrs J. H. Martin.

Beat 4 egg yolks, 4 tabsp. sugar, dissolve 1 tabsp. gelatine in 1 cup boiling water and add juice of 1 orange. Add stiffly beaten whites of eggs and beat again. Set to cool.

GEM PUDDING.

6 tabsp. flour, 2 tabsp. sugar, 1 small teasp soda, 1 small teasp. cinnamon, pinch of salt, piece of butter the size of an egg. Method: Mix all dry ingred. with a little milk, then add two tabsp. of jam, and lastly melted butter. Boil for 2½ hours in the basin you mix it in.

HINT. Mrs C. Waigh.

When making an apple-pie line dish with flaky pastry, but cover stewed apples with sponge mixture. Bake in quick oven.

“Be safe on the road and safe at home.”

Dawn Morris
Driving Miss Daisy

MVIP.co.nz
Marlborough Violence Intervention Project

Marlborough Champion

IT IS OK TO ASK FOR HELP in Marlborough

21°C The Healthy Temperature
Keeping rooms you live in heated to 21°C helps prevent cold related illness

Below 16°C
there is an increased risk of respiratory illness

Below 12°C
there is an increased risk of having a stroke or heart attack

Below 9°C
there is an increased risk of hypothermia

LILLE Healthcare

HOW TO CHOOSE CONTINENCE PRODUCTS

Problems with bladder control can increase as you get older, this is known as ‘incontinence’. Many people may feel embarrassed and find it difficult to address the problem which can diminish the quality of life for those affected.

There is a range of easy-to-use products that can help, but it’s important to choose the right one!

Correct style - The product needs to suit the user’s lifestyle. There are pads that can be placed into underwear or pull ups that are an all-in-one style to be worn instead of regular underwear.

Correct absorbency - Pads and pull ups have different absorbency levels from light to heavy. It’s important to have the right one to avoid overly moist

skin and the associated skin irritation and infections. If you are wearing the pad and still have spillage then we will recommend a higher absorbency. If you are feeling reasonably dry, then it’s the right one for you. Of course, the absorbency level you need can change over time.

Correct size - The continence product you choose must fit properly to avoid leaking and inconvenience. There are sizes to fit all body shapes. It’s hard to know which product will best suit your needs, which is why Lille Healthcare offers free samples for you to try before you buy.

Lille Healthcare has a wide range of products that can help you manage incontinence. If you require further advice, contact a continence specialist, nurse or doctor, or visit our online store for more information.

Properly managed incontinence improves independence and confidence, making everyday life more enjoyable.

editorial supplied by Lille Healthcare NZ

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.

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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

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

editorial supplied by Lille Healthcare NZ

Upright&Able Falls Prevention

This FREE session is for anyone who is at risk of, or has had a fall.

Information is shared in a relaxed, informal group setting.

Simple strength and balance exercises that you can do at home are included in the session.

Topics include; Maintaining independence, causes of falling, Strength and balance exercises, making your home safer, maintaining bone strength, how to get up from a fall and eating well to stay on your feet.

Light refreshments are required

2021 TIMETABLE—Session Time: 9.30am - 12noon

DATE	VENUE
Tuesday 31st August 2021	Marlborough Community Centre — Meeting room 28 Alfred Street, Blenheim
Tuesday 26th October 2021	Marlborough Community Centre — Meeting room 28 Alfred Street, Blenheim
Tuesday 14th December 2021	Marlborough Community Centre — Meeting room 28 Alfred Street, Blenheim

CONTACT
Victoria Greenwood-Loose
Community Falls Prevention Coordinator
Email: vic.greenwood-loose@nbph.org.nz
Phone: 021 409299



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

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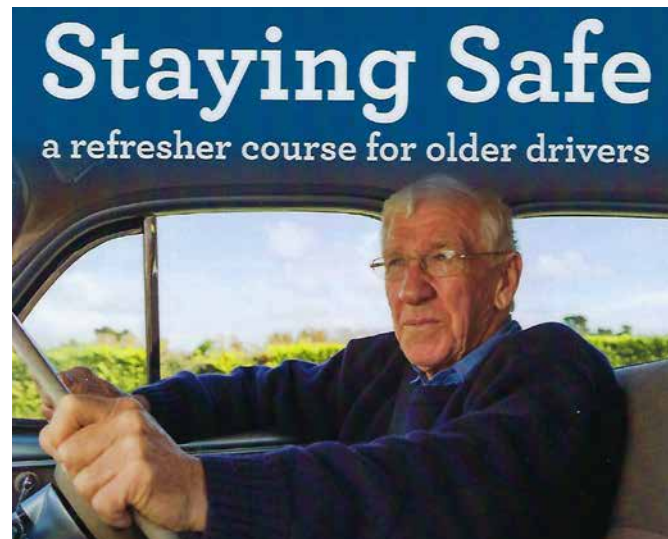
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Authorised by Stuart Smith MP, Parliament Buildings, Wellington.

Staying Safe Driving Course Back up and Running



Staying Safe
a refresher course for older drivers



We are delighted to have Liz Fargher join the Age Concern Marlborough team as our new Driving Facilitator. Liz has been involved with Age Concern Marlborough and is passionate about the wellbeing of the elderly in our community. Liz is in the process of undertaking her training to enable her to facilitate the classes, so expect to see the classes back up and running this month!

The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns.

During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in. Alternatively, if you have already put your name down for the course, Liz will be in contact soon!

RVA RELEASES A BLUEPRINT TO TAKE US FORWARD

The Retirement Commission's White paper advocating a review of retirement village legislation makes some valuable points, but the legislation framework protecting residents' consumer rights is robust and doesn't need a review. However, the RVA accepts that some aspects of operators' commercial terms could be improved and clarified, and we have issued a Blueprint to do exactly that.

In particular, the blueprint includes providing residents with a stronger voice, strengthening the complaints process and working with the CFFC to monitor re-licensing times so best practice standards can be developed.

The first major change is the appointment of an Independent Member to the RVA's Executive Committee to ensure that the residents' voice is heard. We are delighted that the Hon Tracey Martin, a former Minister for Seniors has accepted our invitation to step into that role. One of Tracey's first jobs is to chair a series of consultation meetings with resident committee chairs to discuss the various proposals to improve some of the commercial terms.

Slow re-licensing times that mean outgoing residents' families have to wait for their payment is a source of ongoing concern. As part of the blueprint, the RVA will survey all members annually to examine emerging trends and work with stakeholders to design a best practice approach to re-licensing that reflects the reality of the local real estate market, yet ensures residents' estates do not wait an unreasonable period of time for a refund.

The blueprint also sets out plans to review Occupation Rights Agreements (ORAs) to address any perceived unfair terms or confusing clauses and ensure clarity around what the resident and operator are responsible for, in particular, repairs, maintenance and replacement of operator-owned chattels.

We will work with our members, residents and the Retirement Commissioner to identify best practice for future ORAs which define each party's responsibilities, so that residents are not responsible for usual maintenance and replacement of operator-owned chattels, whilst protecting operators from bearing the cost of making good resident abuse or damage to chattels.

We're pleased that already some operators have moved towards this position and we anticipate the majority of operators will follow quickly.

Last year, the RVA signed a Memorandum of Understanding with the Retirement Village Residents Association of New Zealand to work together on issues. These include guidelines on dealing with the media, ensuring complaints raised via either organisation are dealt with expeditiously and fairly, implementing a comprehensive village manager training programme, and regular meetings between both the RVA and the RVRA's Executive Committees.

editorial supplied by Retirement Villages Association

Who would you like to speak for you if you can't?

If you have dementia, having an advance care plan means people will know your wishes, even if you can no longer tell them. An advance care plan is a way for people to think about, talk about and share what matters to them now in case they are unable to say it later. Find out more about advance care planning and dementia, including a series of videos at www.myacp.org.nz

Sarah Togher - Dementia Wellington

Advance care planning for people with dementia takes time and needs sensitivity, says Sarah Togher, an educator and advisor with Dementia Wellington.

'Talk to your whānau and others close to you about things like where you would want to be cared for, who you would like with you towards the end, who you would like to speak for you if you can't, and your worries or concerns about being ill or dying.'

Sarah says it's important for people with dementia to start having their advance care planning conversations early, when they have the ability to understand what they're documenting.

'However, it's also important to be sensitive to where a person is in their dementia journey.'

'Talking about advance care planning can be overwhelming if someone has just been given a dementia diagnosis. It's an emotional time. I've found some people are keen to make a start, while others aren't ready to think too far ahead.'

She says advance care planning for people with dementia often ties in with them 'getting their affairs in order' and perhaps appointing an enduring power of attorney.

'Take time with it. Talk about how you're feeling and share that with your loved ones. It can be simple, such as wanting to make sure your feet are never cold. It may be about how it would be nice to overlook a river if you are in residential care.'

It's important for someone with dementia to review their advance care plan often to make sure it still reflects their wishes.

'When someone with dementia no longer has the capacity to make decisions, an advance care plan eases that very emotional time for those making decisions on their behalf, knowing they've had the conversation,' says Sarah.

Terry and Colin

Terry Webb recently helped his brother Colin complete his advance care plan. Colin has dementia and began his advance care plan when he and Terry attended a 'Living well with dementia' course run by Dementia Wellington. Colin later completed a draft of his plan and then he and Terry went through it together, removing any ambiguities.

Colin's plan details what matters to him, what he would do if his time were limited, how much he wants to know about his treatment, how much he wants his loved ones to know about his health, and whether he wants to be kept alive on life support.

Terry says Colin having an advance care plan is very helpful for the family. 'We're not worried about what to do because Colin's intent is very clear.'


Sarah, Colin and Terry feature in new videos discussing advance care planning for people with dementia.



editorial supplied by Nelson Marlborough Health

Meal Delivery Options in Marlborough

	<p>THE QUEST CATERING COMPANY</p> <p>"Mobile Meals" - which are meals for the elderly & people in need.</p> <p>These meals are cooked fresh daily in our licenced kitchen and delivered to Picton & Blenheim, glad wrapped for reheating.</p> <p>Healthy, fresh, local produce where possible.</p>	<p>Call us now to order or to discuss your needs.</p> <p>Blenheim: (03) 5779400 7.00am - 2.00pm</p> <p>Picton & After hours (03) 5737654</p> <p>www.thequestcateringco.co.nz</p>
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	<p>FRESH 2U ORGANIC FOOD DELIVERY</p> <p>Fresh2U is a convenient and cost-effective weekly delivery service providing fresh organic fruit and vegetables to the top of the South Island.</p> <p>Every Wednesday we put together an exciting box of fresh seasonal produce sourced from local organic growers and other sustainable farms around New Zealand.</p>	<p>Email Fresh2U</p> <p>eat@fresh2u.co.nz</p> <p>Phone (03) 548 8737 Nelson</p>
	<p>MEALS ON WHEELS SERVICE</p> <p>Meals are prepared by Medirest, dispatched from Wairau Hospital and delivered by the Meals on Wheels Service to people living at home.</p> <p>Meals are available from Monday to Friday only. (Not on weekends or public holidays,)</p>	<p>Meals on Wheels</p> <p>Access to Meals on Wheels is by referral from GPs, Hospital, and District Nursing, Needs Assessment Service</p>

	<p>Bbcatering</p> <p>Dunedin catering firm that provides excellent quality frozen meals delivered straight to your door anywhere in New Zealand.</p> <p>17 different meals to choose from.</p>	<p>Order online</p> <p>www.bbcondiments.co.nz</p> <p>or call</p> <p>or phone (03) 453 1000 Dunedin</p> <p>info@bbcatering.co.nz</p> <p>Courier cost will be charged.</p>
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Medical Alarm Options in Marlborough

Company	Medical Alarm	Phone Number
ADT (Amour guard)	Eve /Erica GSM	0800 238 272
Alarm Watch	Medico	0800 33 99 99
Bupa Care Services Ltd	Connect +/-Caress/Erica/Erica GSM/Eve GSM	0800 60 80 99
Call Safe/ Belmont Security	Medi Alarm/ Paramedic	03 578 6041
Chubb Medical/Vital Call	Erica/Erica GSM/Erica Eve	0800 20 30 40 option 3
Homeguard Medical Alarms	Smart Link/ Ness Medi/ Medico	0800 66 01 66
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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 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.



The Good Bitches Baking know that kindness matters!

Good Bitches Baking is a network of people who want to show kindness to those in their communities who are having a tough time. They do this by baking them a delicious treat.

The Good Bitches Baking believe that there are too many people out there having a tough time: families with children in hospital; those using food banks and soup kitchens; residents in hospice and their loved ones; women and children fleeing domestic violence. And they hope to give them just a moment of sweetness in their time of crisis.

People tell us that knowing someone cared enough to make them a treat helped them through the toughest of days. So thank you to our friends at The Good Bitches Baking, your kindness doesn't go unnoticed!



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In-branch workshops to help you set up internet and mobile banking.
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How to bank online.
Get step-by-step guides to learn about internet and mobile banking.
asb.co.nz/how-to



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If you're 65 and over, call our priority line.
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SUPERMARKET DELIVERY
AND SHOPPING ASSISTANCE OPTIONS

Arrangements for grocery orders, delivery and payment need to be made with Store Managers.
Otherwise stated there may be a charge for the selection, packing and delivery of groceries.

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New World 4 Freswick Street Blenheim	• Pick and pack orders Pick up or Courier delivery	Ph (03) 520 9030 www.newworld.co.nz
Countdown Redwood 93 Weld St Blenheim	• Online shopping www.countdown.co.nz Pick up or Delivery	Ph (03) 520 6770
Fresh Choice Mariners Mall Picton	• Pick and pack on Wednesday. Pick up or delivery by Fresh Choice Van.	Ph (03) 573 6463
Countdown Springlands 133 Middle Renwick Road Blenheim	• Online shopping www.countdown.co.nz Pick up or Delivery	Ph (03) 520 8490
Renwick SuperValue 78 High St Renwick	• Pick and pack orders Pick up or delivery available (locally)	Ph (03) 572 8259
Spring Creek Food Centre Main Road Spring Creek	• Pick and pack orders Pick up or delivery available	Ph (03) 570 5891
Havelock 4 Square 68 Main Road Havelock	• Pick and pack orders Pick up or delivery available (locally)	Ph (03) 574 2166

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



Good Bitches Baking



Thank you, to our wonderful volunteers!

National Volunteers week was held in June 2021, so it's a perfect opportunity to acknowledge our amazing Age Concern volunteers, who support us in so many ways. Our volunteers are superstars who visit older people in their homes, help out with events, provide care for our elderly and run our great Steady As You Go classes. Without you, it would not be possible, we are immensely grateful. Thank you!



AGE CONCERN MARLBOROUGH
MEMBERSHIP RENEWAL/NEW



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

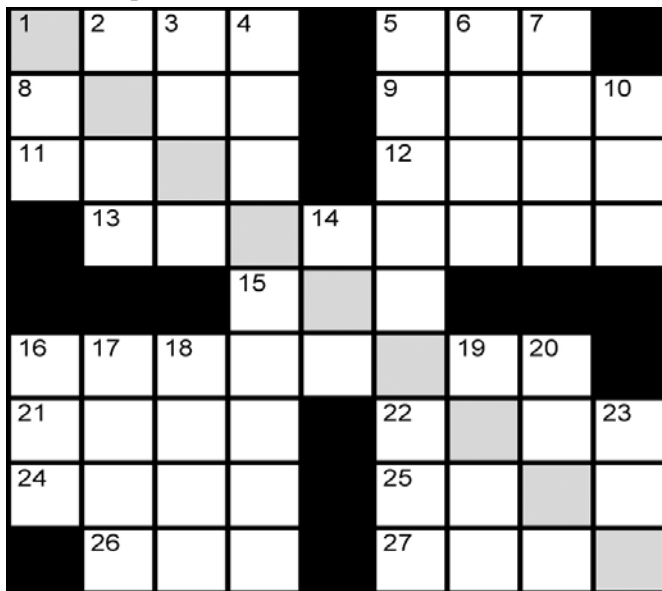
Date:	Subscriptions:
Name:	Single (\$20.00) \$
Address:	Married Couple (\$35.00) \$
.....	Donation: \$
Telephone:	Total : \$
Email:	

Payments may be made either to the office or online to our bank account: Westpac 03 0599 0475319 00.
Please ensure your name and 'subscription' is shown as a reference. Sorry, no eftpos at the office.

We welcome Donations and Bequests which help us to continue to promote the welfare of older persons in Marlborough.

OFFICE USE ONLY:		
RECEIPT NUMBER:	MEMBERSHIP CARD GIVEN:	ENTERED:

Chompers



Across

1. Street fleet
5. "60 Minutes" network
8. "Tosca" tune
9. Slangy assent
11. It's a gas
12. Bulgarian currency
13. Attributes
15. Elephant's weight, maybe
16. Domed buildings
21. "The very ___!"
22. Brawl
24. Juicy fruit

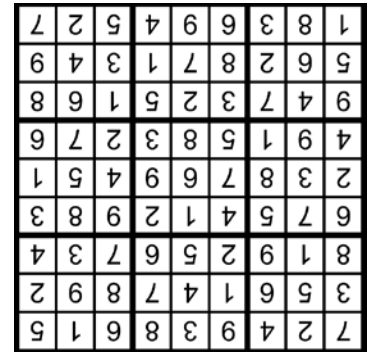
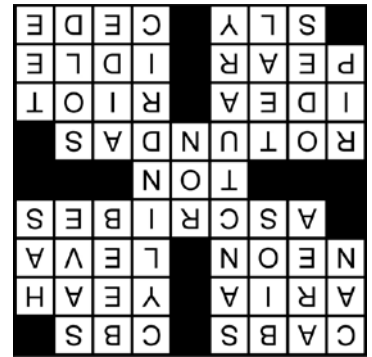
Carpals	Mandible	Scapula
Clavicle	Manubrium	Stapes
Coccyx	Maxillae	Sternum
Cranium	Nasal	Talus
Femur	Palatine	Tarsals
Fibula	Patella	Tibia
Humerus	Phalanges	Ulna
Hyoid	Pubis	Vertebrae
Ilium	Radius	Vomer
Incus	Ribs	
Malleus	Sacrum	



25. Not busy
26. Like a fox
27. Formally surrender

Down

1. Is able
2. Length x width, for a rectangle
3. Life stories, for short
4. Refuge
5. Shaped like a rounded tube
6. Network on the telly
7. Bank
10. Possesses
14. Howard of "Happy Days"
16. Tear
17. Praiseful poems
18. Blue shade
19. Auxiliary
20. Auctioneer's closing word
23. Kicker's aid



BONES



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.*