

SPRING 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 3rd edition for the year, I hope everyone is keeping warm. If you have any concerns around keeping warm please talk with one of our staff we have heaters and quilts to give away.

If your finding things a bit quiet through winter give us a call and one of our staff can pop out and see what we can do. Spring is on the horizon, so start looking for those daffodils and lambs, there are already a few around the outskirts of Invercargill.

Janette Turner

Age Concern Southland Manager

follow us **facebook**

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type ‘Age Concern Southland’



PRLaw ^{PR}

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

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Anna Elder | 03 211 0080 | 027 212 6870 | prlaw.co.nz

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

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- Rest Home visits

small things matter



Ears Unplugged, 83 Don Stret, Invercargill

Phone 027 4035016

Linda Winder | Registered Nurse

RYMAN
PIONEERS
Togetherness



NEIGHBOURLY-NESS BUILT IN

A big reason why people choose a Ryman village over the others, is knowing we have everything from independent and assisted living to a full range of care options, so if you ever need it, it's there for you. It's another example of how we're pioneering a new way of living for a new retirement generation.



Superbly located in Waikiwi, Rowena Jackson village is named in honour of a pioneering New Zealander who set the standard for others to follow.

Call Julie for more details.

ROWENA JACKSON VILLAGE

40 O'Byrne Street North, Waikiwi, 03 215 9752

rymanhealthcare.co.nz



Age Concern Southland Brief Overview

Frozen Take-away meals are available daily.

- o Main Course - Members - \$7.00
- o Main Course - Non Members - \$8.00
- o Soup - Members - \$4.00
- o Soup - Non Members - \$5.50

Two course meals are available at 'The Centre'

12:00 noon, Tuesday, Wednesday, Thursday and Friday.

- o Members - \$ 10.00
- o Non Members - \$ 12.00
- o If you wish to come, please phone Heather on (03) 218 6351 before 10:30 a.m.

A van is available for pick-up and drop-off, of members who wish to come into 'The Centre' for a meal on a Tuesday, Thursday and Friday. **Just leave a message on the answer phone the night before 032186351**

- o **Gold coin Donation.**

SAYGO Exercise Class Tuesday 11 a.m. - 12 midday

- o \$2.00 per class.

Social Table Tennis Friday morning, 9.30a.m. to 11.30 a.m. \$4 per player.

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 Duncan	Van Driver 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



MAIDEN STONE

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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



"No, it's not a computer monitor. It's a doggy door.
Not everything is technology related."

EXPO

On May 31 we held an Interactive Expo here at Age Concern. The focus was for people to come along and give things a go. We had stalls including the Invercargill Library featuring their digital programme and virtual reality set, Disabilities Resource Centre’s pedal exercises and equipment, alternative options to using cheques from Westpac and BNZ, brain health games from MindJig, Table Tennis, equipment



from Southern Mobility, health checks by Tara, and information from Work and Income, Head Injury Association, Jubilee Budgeting, Enliven Support Link, Avenal Park Funeral Home, SeniorNet, South Alive, and many more. It was packed with information and resources and we had a great turn out and feedback from those who came along. Stall holders are keen to come back to an even bigger and better expo next year so watch this space!



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.

Age Concern Southland Cook Book Fundraiser

Get a copy of our beautiful cook book today!
Only \$24.99
Limited stock, get in quick!

Available for purchase at Age Concern Southland and Sylvan Bank Pharmacy

Walking Stick

Oh, loathsome stick, beloved too, since I have taken up with the likes of you.

Words nearly failed me, when it was suggested we form a partnership of two.

I felt our combined association would announce to the world I was past my best, worn out through and through.

However, I know I still have many healthy, slightly, painful years left in me yet.

So I’ve swallowed my pride and handed over part of my weight to you.

Together, we’re out and about, we’ve increased my speed and most certainly improved my day.

It is safer I feel, and do you know I don’t think now, I could manage any other way.

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Bank with confidence.

We’re here to help make your everyday banking easier.

Better Banking Workshop.
In-branch workshops to help you set up internet and mobile banking.
asb.co.nz/workshop

How to bank online.
Get step-by-step guides to learn about internet and mobile banking.
asb.co.nz/how-to

Your direct line to ASB.
If you’re 65 and over, call our priority line.
0800 272 119

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

**Meals
\$7
Member
\$8 Non Member**

**Age Concern Southland
Take-away Meals Menu**

50 Forth Street, Invercargill
(03) 218 6351

Beef Olives | Beef Stew | Braised Steak | Chicken Casserole | Chicken & Leek Casserole | Chops | Cottage Pie | Crumbed Fish | Curried Sausages | Devilled Sausages | Fish Pie | Irish Stew | 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 | Sweet & Sour Sausages | Swiss Roll | Tripe & Onion

Soup: \$4 Member / \$5.50 Non Member

Chicken | Leek & Potato | Pumpkin | Tomato | Vegetable

No need to order, just come in. Full range of our quality home cooked styled meals may not always be available but check out our daily Menu Board.



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.

ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

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

Order now at www.lillehealthcare.co.nz



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

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**BETTER DIGITAL FUTURES
for Seniors**

FOUR PATHWAYS

- 01 Digital Introductory
- 02 Digital Essentials
- 03 Digital Engagement
- 04 Digital Safety

FREE COURSES **LOCAL VENUES** **2 HOUR CLASSES**

**Digital Introductory
Pathway**

For seniors who want to use digital technologies to pursue hobbies, find the right digital device, communicate with family and friends, and become more independent online. To register your interest, send an email to Sue Kini or call the Invercargill City Library.

For queries about any of our programmes and initiatives contact Stepping UP Programme Manager, Sue Kini sue@diaa.nz Invercargill City Library - 03 211 1444

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51 Durham St, Waikiwi

Ph 03 215 6966

reception@clarehouse.co.nz

www.clarehouse.co.nz



CLARE HOUSE
RETIREMENT VILLAGE

RETIREMENT VILLAGES ASSOCIATION RVA RELEASES A BLUEPRINT TO TAKE US FORWARD

You may have seen some media coverage of the Commission for Financial Capability's (CFFC) White Paper that proposes a review of the retirement village legislation. In our view this proposal is misplaced, as the legislative framework protecting residents' interests in the village is both robust and world-leading. The beauty of the regime is that it permits a huge range of commercial terms that allow residents genuine choice about their village. Looking for somewhere that shares capital gain? There are villages that do that. Want the certainty of a fixed weekly fees? 60% of villages offer that. And so on.

However, we also recognize that there are aspects of the commercial terms, which are the focus of the CFFC's White Paper, that can create problems for residents, especially if units take longer to re-licence than expected and families have to wait longer than desirable for the repayment of the capital sum.

On 25 May 2021, at our Conference, the RVA launched a comprehensive blueprint to introduce a range of improvements in the industry. 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 RVA will also explore establishing an Ombudsman to hear and resolve complaints and invite an independent member of the public to sit on its Executive to represent residents' interests. Retired High Court Judge Hon. Dr John Priestly QC is already the independent chair of the RVA's separate Disciplinary Authority to look at complaints about egregious operator behaviour.

"The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates that we have struck the right balance between robust regulatory oversight and effective self-governance," says RVA President Graham Wilkinson.

"However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. This blueprint sets out the tangible and definitive steps we will be taking to achieve that goal."

As a first step, the RVA has invited the Hon Tracy Martin, a former Minister for Seniors, to be the Independent Member on the RVA's Executive Committee to ensure the residents' voice is heard at our Board level. We are delighted that someone with Tracey's mana and experience has agreed to take up the role.

As part of the blueprint, the RVA has agreed with the CFFC to survey all members annually to examine

emerging trends and work with members, residents and the Retirement Commissioner 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.

"We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Wilkinson.

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.

"Already some operators have moved towards this position and we anticipate the majority of operators will follow quickly."

The RVA has worked with the CFFC to develop best practice standards around the disclosure of information about residents' transfer to care and have called for these to be incorporated into the Retirement Villages Code of Practice.

"We also agree that the retirement sector can encourage best practice standards, as is illustrated by the sector actively encouraging operators to stop charging all fees when a resident moves out," says Mr Wilkinson.

"This is an example of education and market pressure. The practice was extremely rare 20 years ago, but today the majority of villages have adopted this practice and we expect more to follow, although this will always be a challenge for smaller and not-for-profit villages."

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 the Retirement Villages Association

SOCIAL TABLE TENNIS



**Every Friday from 9.30-11.30am
(Starting 11 June 2021)**

**Cost \$4 per player
At Age Concern Southland
50 Forth Street, Invercargill**

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- Improves hand-eye coordination, reflexes, balance
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- Easy on joints
- All equipment provided
- Arrive anytime between 9.30-11.30am and play for as long as you want

**Registrations and enquiries to:
Carolyn Geraghty
cgeraghty@actrix.co.nz
Mobile: 027 245 3424**

Dr Liz Craig
Labour List MP based in Invercargill

Invercargill Office
49 Kelvin St, Invercargill
liz.craig.office@parliament.govt.nz
03 218 8370

/LizCraigLabour

Labour
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Editorial supplied by Freedom Drivers

Sepsis, what you need to know

Knowledge is power and knowing the red flags and signs of sepsis can save your life, and the life of your loved ones.

So - what is sepsis? Sepsis (also known as “septicaemia” or “blood poisoning”) is a life-threatening complication of infection where the body’s immune response starts to damage its tissues and organs. It can affect every part of the body from head to toe.

How serious is sepsis? Some with sepsis make a full recovery, especially if they are treated early. Others are left with lifelong disabilities, particularly where sepsis is not recognised or treated quickly. Overall, at least 10% of older people with sepsis die in hospital, and 60% of adults who survive an admission have a new physical or cognitive disability (a ‘cognitive’ disability is one caused by disturbance of normal brain function).

So why is it so important for the older generation to be aware of? As we get older our immune system is not firing on all cylinders like it did when we were young and sprightly. Some people have medical problems or injuries which make infection more likely. When an infection does happen (such as a urinary tract infection, a skin infection like ‘cellulitis’, pneumonia, or an infection after a procedure or surgery) older people are less able to get it under control before sepsis takes over. The sooner we get medical treatment the better the outcome.

So - what are the signs of sepsis? Sepsis is not a simple cough, cold or fever. In fact, quite a lot of

people with sepsis don’t have a high temperature when they get to hospital, and some even have low body temperatures. People will often have a sense that they are unwell with an infection before developing the following as the poisoning takes hold:

Seek medical help urgently if you or your loved one develops any or one of the following:

Slurred speech or confusion, or difficult to wake

Extreme shivering or muscle pain

Passing no urine (pee/mimi) for a day

Severe breathlessness or breathing very fast

It “feels like you are going to die”

Skin mottled, bluish, or pale or feels abnormally cold to touch

Unfortunately, sepsis still causes deaths in New Zealand - more than breast, bowel and prostate cancer combined. The Sepsis Trust NZ is a team of passionate doctors, nurses, survivors and supporters who all work towards the common goal of eliminating unnecessary harm due to sepsis in this country. The Trust aims to increase awareness of sepsis, improve care for people with sepsis, and support the survivors of sepsis and their families/whaanau. Through our fundraising efforts we’ve been able to appoint a sepsis support nurse, who can offer a friendly ear and practical advice to anyone who wants more information, or who might be struggling with sepsis and its aftermath.

Visit the Sepsis Trust NZ website at sepsis.org.nz for more information. We appreciate donations or regular giving - use the website or get in touch at info@sepsis.org.nz to support our mission.

Helen Wright who has been a volunteer visitor with Age Concern Southlands Accredited Visiting Service for 31 years.



Helen started in January 1990 and also convinced her parents to become visitors at that time as well. Her Dad continued visiting until he passed away and her Mum until failing health forced her to retire.

Helen lives in Gore and has had numerous clients over the years, both male and female. She is a bright and bubbly person who brings out the best in those she takes time to visit.

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.

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

DRC Disabilities Resource Centre

Southland Charitable Trust

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www.drcsouth.co.nz

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03 218 9021

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We are Registered Members of the
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Funeral Directors ASSOCIATION OF NZ

MEMBER



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
- **Wyndham Group – Mondays 10.30am**
Wyndham Evangelical Church, Balaclava 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
- **Myross Bush Group – Wednesdays 11.30am**
Myross Bush Community Hall, Mill Road North
- **Te Anau Group – Mondays, Wednesdays, Fridays 10.30am**
Fiordland Community Centre, Te Anau-Mossburn Hwy
- **Fortrose Group – Mondays 10.00am** (contact Emma for location)
- **Queenstown Groups** (contact Emma for details)
- **St Stephen’s Waikiwi – Fridays 1.30pm**
St Stephen’s Church hall, North Road, Waikiwi, Invercargill

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



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

Age Concern Southland Membership February 2019 / 2020

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

Street: _____

Suburb: _____

City/Town: _____ **Postcode** _____

Telephone: _____

Email: _____

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

Donation:
Donations of \$5 and over are eligible for a tax credit under the terms of Section 1 D1 of the Income Tax Act 2007.
\$10 ☐ \$20 ☐ \$30 ☐ \$40 ☐ \$50 ☐ Other ☐ \$.....
(Please tick box applicable for the amount you wish to donate) Donation

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

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

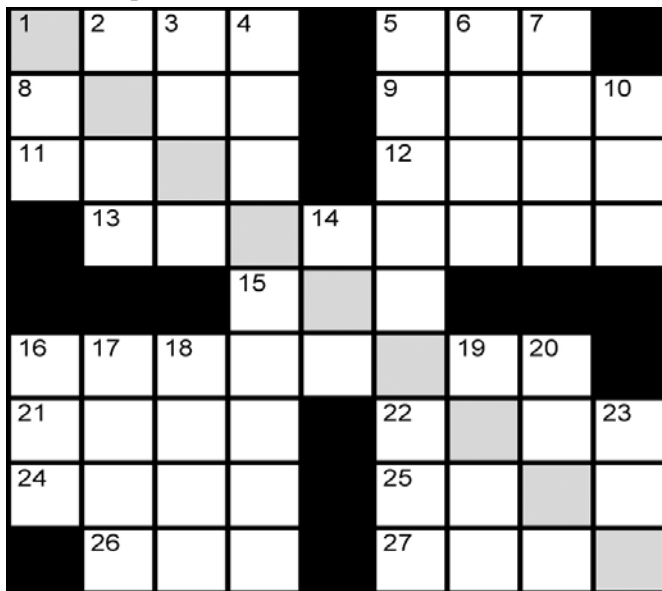
Date Received:

Method of Payment:

Membership Card #:

Entered on Database:

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

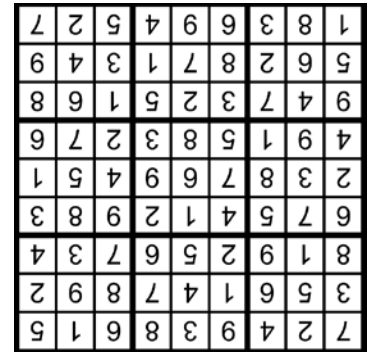
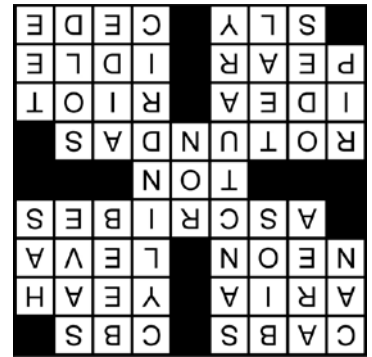
Carpals	Mandible	Scapula
Clavicle	Manubrium	Stapes
Coccyx	Maxillae	Sternum
Cranium	Nasal	Talus
Femur	Palatine	Tarsals
Fibula	Patella	Tibia
Humerus	Phalanges	Ulna
Hyoid	Pubis	Vertebrae
Ilium	Radius	Vomer
Incus	Ribs	
Malleus	Sacrum	



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.*