

SUMMER 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 another edition of our magazine, we are in uncertain times at the moment and have found our normal has changed again.

If when reading this you have not had the opportunity to have your vaccination please contact Age Concern and one of our workers will help you to get to a vaccine clinic or may be able to arrange for them to come to your home. Please if you have any questions about the vaccination process contact Age Concern.

We have started opening up the centre for people to come in for meals 3 days a week, but can only accommodate 30 as we still have to have social distancing.

Exercise groups, table tennis and housie have all started again. If you are not keen to go out of the house much at the moment please contact us and we may be able to arrange something for you.

We are getting there and hopefully by Christmas we will all be together again celebrating at the Centre over Christmas lunch.

Janette Turner
Age Concern Southland Manager



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type ‘Age Concern Southland’

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 | 027 212 6870 | prlaw.co.nz

Diabetes NZ www.diabetes.org.nz



Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas, that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood (known as hyperglycaemia). Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues.

Diabetes New Zealand’s mission is that every person in New Zealand affected by, or at risk of diabetes has access to the information and support needed to manage their health and well-being.

Contact – 0800 DIABETES – 0800 342 238



COVID-19 MYTHBUSTING

Vaccine-related hospitalisations are being hushed up. Vaccines affect womens’ menstrual cycles and fertility. Vaccines can harm children. Vaccines cause magnetism. Natural remedies and immunity are more effective against Covid. Covid-19 vaccines can alter your DNA, It is unknown if the vaccine causes cancer. Vaccines are experimental and can’t be trusted. Vaccine companies are exempt from all liability. The only reason given to take the vaccine is it might reduce symptoms.

THE SIMPLE TWO LETTER ANSWER TO ALL OF THE ABOVE IS NO

Is 2021 the time to sell your property?

For more information about what your property could be worth and a friendly discussion about how I can help you through this process.

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rhys.w@prored.co.nz

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small things matter

Ears Unplugged, 83 Don Stret, Invercargill
Phone 027 4035016
Linda Winder | Registered Nurse

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	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



"This job does require some travel, but nothing more than crossing the road."



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

SERIOUS LOCK DOWN ADVICE

Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my Pepsi, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share with the fridge, cause he's been acting cold and distant! In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic.. told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!

Old teeth need looking after

Tiaki niho ā pakeke

Having a healthy mouth and teeth contributes to your overall health. Looking after your teeth by brushing twice a day and seeing your dentist regularly is an important part of looking after yourself and is even more important as you get older.

If you're caring for an older person, don't forget the contribution good dental health can make to their comfort, nutrition, health and wellbeing.

Common dental health issues in older people include:

- problems with gums and mouth ulcers
- tooth loss
- older fillings needing replacement
- cavities around the roots of teeth
- medication side effects such as a dry mouth
- problems with dentures

If you have pain in your mouth, swelling, or discomfort from your teeth, it's important to talk to your dentist or GP. Don't put it off. If you notice changes to the way your mouth and teeth feel or look, it's also important to seek treatment.

Preventing problems with your mouth and teeth

If you've had good dental habits all your life, it's important to keep it up. However, it's never too late to develop better habits around dental hygiene.

Teeth cleaning - Brushing and flossing removes plaque and tartar from teeth to prevent gum disease and tooth decay. Severe gum disease causes at least one-third of adult tooth loss.

- Brush your teeth every day – morning and night
- Brush with a soft toothbrush and fluoride toothpaste
- After brushing your teeth swish and spit but don't rinse
- Avoid sugary foods and drinks between meals – give your mouth a break
- Drink water or milk between meals
- Arthritis and other mobility issues may make it difficult to brush and floss. An electric toothbrush may make this easier. If you are having trouble, talk to your GP or dentist. If you're receiving care at home (or in an aged residential facility) you may be able to ask your carer to assist.

Denture care - It's important to care for your



removable partial or full dentures:

- Remove and rinse dentures after eating
- Clean your mouth after removing your dentures using a soft toothbrush
- Brush your dentures at least daily
- Soak your dentures in water overnight. This helps to keep their shape.

Mouth ulcers - Mouth ulcers are small sores that develop in your mouth. These are quite common and generally go away on their own. If you have ulcers that are very painful, that are stopping you eating or drinking the foods you usually like, or that have lasted more than two weeks, it's important to see your dentist or GP.

Regular dental check-ups - A yearly dental check-up can help maintain the health of your teeth and deal with problems at an early stage before they become severe. There are many things a dentist can spot during a dental check-up such as cavities, early signs of gum disease, and other oral problems that can affect your general health.

Dental treatment can be expensive, however, seeing a dentist for regular check-ups will save you a lot of money and trouble, and will help to keep your teeth looking good and working well.

Subsidies for older people - Subsidies may be available to help pay for dental treatment. It's important to discuss with your dentist how much any treatment is likely to cost and which subsidies you can use. You may be able to pay off the cost of treatment.

The Bay of Plenty DHB funds emergency dental care for low income adults. If you're in pain, or have swelling or an infection in your mouth, subsidised emergency treatment is available through a number of private dentists for older adults with a Community Services Card. Work and Income generally pay up to \$300.

They usually only make payments for urgent dental treatment once a year. You may be able to get help for more than one treatment in a year, or help with treatment over \$300, but you might have to pay some of this back.

source: www.healthinfo.org.nz

LILLE Healthcare

WATER IS VITAL FOR THE BODY'S HEALTH

Every bodily function requires water. Breathing, digestion and absorption of nutrients, waste removal, and temperature control are just a few examples of how the body uses water.

Water makes up around 65% of the body but it has no storage facilities, therefore fresh supplies of water are required each day. Drinking adequate amounts of fluid every day is essential to maintaining health and wellbeing.

The most common signs of dehydration are strong dark smelling urine, decreased output of urine, having a dry mouth, lips or tongue, confusion and irritability/dizziness, hollow sunken eyes, constipation, no pool of saliva under the tongue, poor skin elasticity or dry skin and tiredness and headaches.

To maintain health everyone needs to drink well for adequate hydration. This will help in reducing constipation, urinary tract infections, bladder control and, assist with maintaining blood pressure and cognitive function. Ensuring adequate hydration also helps keep the skin and tissues more resilient to the effects of pressure and assists with faster healing.

On average a person loses around 2.5 litres of fluid each day. An inactive older person's fluid loss may be closer to 2 litres per day. Fluid is lost in the following ways:

Breathing	500mls
Sweating	500mls
Urine output	1.5-2 Litres
Bowel motion	150mls



Exercising and hot weather further increase the amount of fluids lost, through increased breathing rate and sweat production. But it is also important to maintain fluid intake in the colder months.

The recommended daily minimum total fluid intake for an older person is around 1500mls.

Information supplied by Lille Healthcare NZ

What does Water do for You?

Forms saliva (digestion)

Keeps mucosal membranes moist

Allows body's cells to grow, reproduce and survive

Flushes body waste, mainly in urine

Lubricates joints

Water is the major component of most body parts

Needed by the brain to manufacture hormones and neurotransmitters

Regulates body temperature (sweating and respiration)

Acts as a shock absorber for brain and spinal cord

Converts food to components needed for survival - digestion

Helps deliver oxygen all over the body



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THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.

Regular movement and exercise helps release tension and stress and gives you an energy boost!

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.

It will help you get through each day and adjust to regular life when it goes back to normal.

Find ways to rest,
switch off and recharge.
Reading, mindfulness, yoga
and deep breathing are
all great ways to
unwind.

WHĀIA E TĀTOU TE PAE TAWHITI



Mental Health Foundation
mauri tū, mauri ora OF NEW ZEALAND

It is vital to recognise when someone is having a stroke and to start treatment as soon as possible, because the sooner medical treatment begins, the more likely brain damage can be reduced and a better outcome achieved. The quicker a clot can be

A stroke is a brain attack – it's very serious. The symptoms might show on the face, arm or in speech, but it's the brain that's being damaged.

If any of the signs of stroke are recognised, don't wait, call 111 straight away. Don't call your doctor, or drive yourself – get help immediately. Ambulance staff want to hear from you if you recognise the F.A.S.T. signs – call 111 and tell them it's a stroke.



**TAKE ACTION
CALL 111**

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An Egg A Day

A protein pill you can take every day? Eggs aren't your average tablet, they're obviously bigger, and natural. What's not so obvious is they're absolutely packed with nutritional value.

Each egg has nearly 7 grams of protein, presented with an ideal blend of high-quality protein building blocks to make it easy for your body to absorb. Given protein needs increase with age, eating eggs is an easy way to get the protein we need.

Eggs are full of vital vitamins and minerals too; apart from vitamin C eggs have all the vitamins you can think of. Actually, eggs are one of the few food sources of vitamin D, which help your body absorb calcium and maintain phosphorus levels – two factors that are extremely important for maintaining healthy bones. Vitamin D can help reduce the risk of osteoporosis, which is a major health risk for older people, especially women. It also has a role in maintaining a healthy immune system.

Among the many antioxidants in eggs is lutein, which has been shown to help reduce age-related vision loss from macular degeneration. It also helps to protect the eyes against cataracts.

All these nutrients together make for quite a potent little pill!

No wonder the New Zealand Ministry of Health agrees eggs can be enjoyed by most people every day of the week.

These guidelines are set by a panel of New Zealand experts to outline the best diet for maintaining health, based on current evidence. The latest research shows that earlier concerns about regularly eating eggs missed the mark, and this natural whole food can be enjoyed on a daily basis.

The only exceptions are those who are hyper-responders to cholesterol. If you're one of them, have a chat to your health professional about eating eggs. The NZ Heart Foundation recommend a limit of six to seven eggs per week for people at increased risk of heart disease.

Eggs are not only highly nutritious, great for protein and easy to digest, they're easily affordable too!

RECIPE: 40 second omelette



The 40 second omelette is a great way of using whatever you have in the fridge!

The choice of fillings you can use is endless! Cheese, spinach, ham, tomato, mussels, cooked rice, left over pasta, tuna, sweetcorn and so on.

Ingredients

- 2 x Grade 7 eggs
- 2 Tbsp of water
- Salt and pepper
- Tbsp butter
- ½ cup filling of your choice

Method

1. Beat eggs and water together until blended, adding salt and pepper to taste.
2. In a 26cm non-stick pan, heat butter until it sizzles – but not burnt.
3. Pour in egg mixture.
4. With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the centre so any uncooked egg can run into the cleared hot pan surface. Do this until the egg is set and will not flow. Don't cook until it's dry! The moist egg will finish cooking when the omelette is folded over.
5. Sprinkle all of the filling on the left side of the egg (left-handed people fill the right side). Slide the spatula all the way under the unfilled side of the omelette up to the centre of it. Fold the unfilled side entirely over the filled side. Set aside spatula.
6. Holding the pan in your right hand and a plate in your left hand, invert the pan so the omelette falls upside down onto the plate (left-handed people use opposite hands).
7. Garnish to serve.

Source: https://grownups.co.nz/health/health-wellbeing/protein-pill-can-take-every-day/?preview_id=1662634

Travelling overseas during COVID pandemic



If you're thinking about travelling overseas, it's vitally important you check the Work and Income rules before you go.

Some NZ Super and Veteran's Pension clients are unfortunately stuck overseas and unable to return, because they haven't been able to secure a place in a managed isolation and quarantine facility.

If you do decide to leave the country, you will need to visit the Work and Income website and complete a form.

Don't go overseas without checking the Work and Income rules. If you can't get back and you're away for longer than you're allowed under usual Absence from New Zealand rules, you may need to pay some of your payments back to Work and Income.

The Ministry of Foreign Affairs and Trade (MFAT) provide consular assistance to New Zealand citizens who are experiencing difficulties overseas. If you're stuck overseas, please contact your local embassy or the Ministry of Foreign Affairs and Trade.

Read the Work and Income rules about going overseas by visiting www.workandincome.govt.nz/pensions/travelling-or-moving/going-overseas-super/index.html or phone 0800 552 002

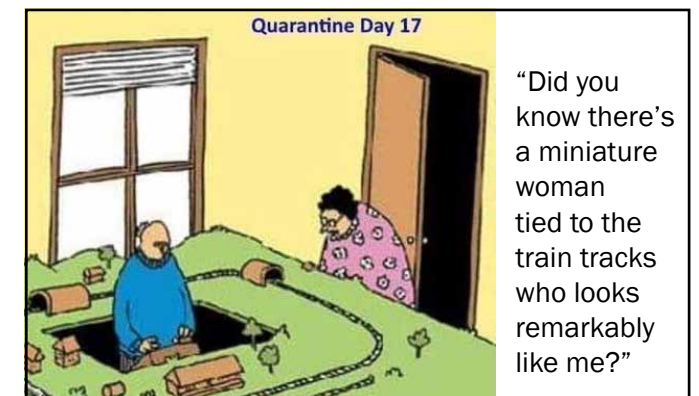
Sourced: www.officeforseniors.govt.nz



Two Mafia hit-men are walking deep into a forest in the middle of the night.

One of them says, "I gotta admit I'm scared out here."

The other replies, "You're scared. . . I gotta walk back alone!"



"Did you know there's a miniature woman tied to the train tracks who looks remarkably like me?"

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Growing diversity in retirement villages

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Summerset at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved to effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged

nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

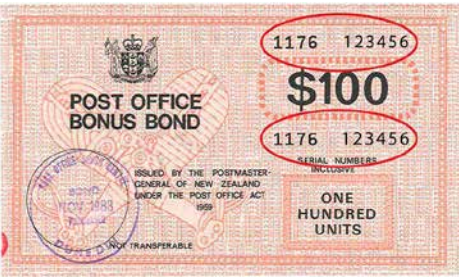
But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"



editorial supplied by Retirement Villages Assn.

Bonus Bonds

Bonus Bonds scheme is being wound up - here's what you need to know



You may be aware that the Bonus Bonds scheme is being wound up and the proceeds returned to the holders of Bonus Bonds (Bondholders). If you have Bonus Bonds, here's important information about the wind-up process and how you'll receive your payment.

What do you need to do?

We will deposit your payment into any New Zealand bank account you choose. Simply get in touch by calling the Bonus Bonds Wind-up Contact Centre, on 0800 266 374 between 8am and 6pm, Monday to Friday. Please note, you don't need to come into an ANZ branch – when you call we'll let you know how to provide us with the details of your bank account. In many cases you will be able to provide your bank account details to us straight away over the phone. If you have the details of your Bondholding (for example, your Bondholder number or a serial number from a Bonus Bonds certificate), it would be helpful to have these at hand when you call.

How much will you get and when will you get it?

We expect to make a payment of \$1.10 for each Bonus Bond you hold, between October and December this year. If there are any remaining funds when the Bonus Bonds scheme wind-up is finalised, you may receive another small payment then.

For more information, check the Frequently Asked Questions on the Bonus Bonds website at bonusbonds.co.nz/faqs, or give us a call on the numbers above.

ANZ Investment Services (New Zealand) Limited is the manager of the Bonus Bonds scheme.



WHAT DO YOUR LOVED ONES NEED WHEN YOU'RE GONE?

A MEANINGFUL FAREWELL IS YOUR GIFT TO THEM

Take the Time to Talk



You can gift this today!

WHAT DO YOUR LOVED ONES NEED WHEN YOU'RE GONE?

Preplan and prepay towards your funeral today.

This will allow your loved ones to

- Gather together
- Support one another
- Remember and celebrate your life without the responsibility of making difficult choices in very emotional circumstances

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MEMBER

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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

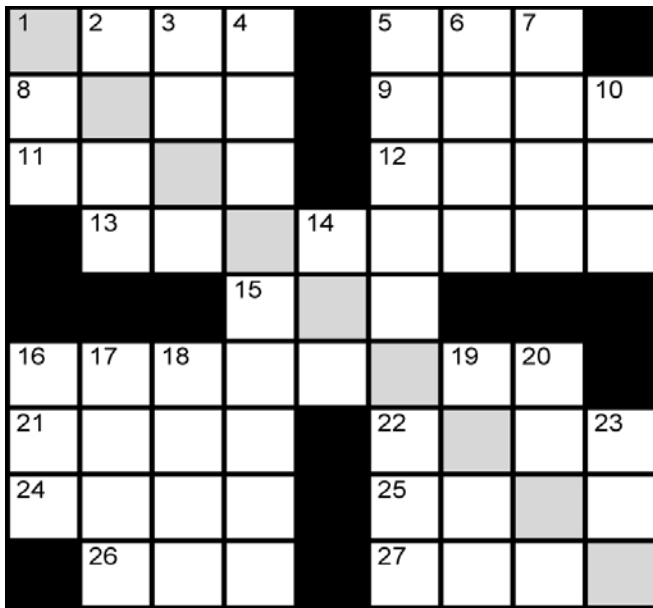
Date Received:

Method of Payment:

Membership Card #:

Entered on Database:

Settlers



Across

1. Van. alternative
5. Mountain pass
8. Santa ____, Calif.
9. Maui dance

11. Turnpike fee

12. At the peak of
13. Annotation
15. Genetic material
16. Groups of minutemen

21. "Dream on!"

22. Atlas section

24. Short skirt

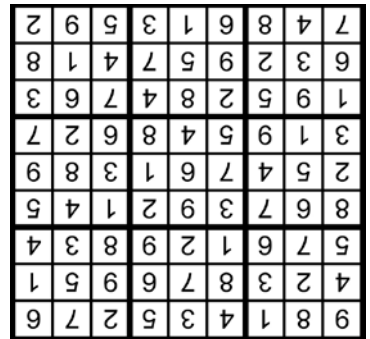
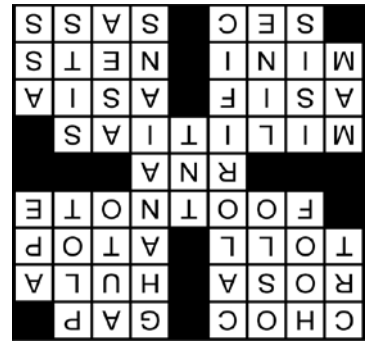
25. Fishing gear

26. "Hold on a ____!"

27. Back talk

Down

1. Computer monitor, for short
2. Horseshoe site
3. Nobel Peace Prize city
4. Relating to heat
5. Inhabitants of the Gold Coast
6. Vehicle
7. Scheme
10. "Tarzan" extra
14. Atlanta-based station
16. Mayan Indian
17. Egyptian fertility goddess
18. Queue
19. Fishing, perhaps



20. Takes a seat

23. Blockhead

ATTACK
BISHOP
BLACK
BOARD
CASTLE
CASTLING
CHECKMATE
DEFENSE
DRAW
EN PASSANT
ENDGAME
FIANCHETTO
FORK

GRANDMASTER
KING
KNIGHT
PAWN
QUEEN
RED
RESIGN
ROOK
SACRIFICE
STALEMATE
STRATEGY
THREAT



GAME OF CHESS



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.*