

**AUTUMN 2022 QUARTERLY NEWSLETTER**  
[www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concern Marlborough

*Serving the needs of older people*



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

A Kiwi Publications Limited publication | [www.kiwipublications.co.nz](http://www.kiwipublications.co.nz) | Please refer to website for disclaimer



## Contact Information

**Phone:** (03) 579 3457

**Email:** [admin@ageconcernmarlb.org.nz](mailto:admin@ageconcernmarlb.org.nz)

**Address:** Marlborough Community Centre,  
Room 1, 25 Alfred Street, Blenheim 7201

### OFFICE HOURS

**Community Welfare Coordinator**

**Bobby Houlahan**

9.00am - 3.00pm Monday to Thursday

**Office Administrator**

**Meryl Jones**

10.00am - 1.00pm Monday to Friday

**Volunteer Coordinator**

**Sandy Stowell**

[volunteer@ageconcernmarlb.org.nz](mailto:volunteer@ageconcernmarlb.org.nz)

**Office Email:** [admin@ageconcernmarlb.org.nz](mailto:admin@ageconcernmarlb.org.nz)

*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.*

We were created to be "in the community" with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you.



## A Word from the Chair

It is hard to believe that we are well into a New Year and what a year it is turning out to be! None of us could have predicted how difficult and unusual our lives would become as we approach our third year of the COVID pandemic. My main message for you all is Get Boosted if you haven't already and then don't forget to get the Flu injection when it becomes available in a couple of months. If you need any assistance in purchasing masks, hand sanitiser etc please get in touch.

I am delighted to welcome our newest team member at Age Concern Marlborough. Meryl Jones has just taken up the role of Office Administrator and Receptionist and we welcome her warmly. Meryl worked most recently at Springlands Lifestyle Village and brings with her a wealth of experience in our sector. Meryl will be in our Office daily from 10 am to 1 pm. Sandy Stowell continues to be a valued member of our team and will be focussing on her role as Volunteer Co-ordinator.

We farewell in early March the CEO of Age Concern NZ, Stephanie Clare. Stephanie has been with Age Concern NZ in Wellington for the past 6 years and throughout this time she has advocated tirelessly for all seniors in New Zealand. Her leadership, her positivity, and her drive to make New Zealand a better place for our seniors. Our very best wishes Stephanie, as you move to a new role as NZ Executive Director of the Australian and New Zealand College of Anaesthetists – thank you very much for all you have done for us and best wishes for your new position.

Please do not forget to get in touch with us if you have problems or questions that we can help you with and once again GET BOOSTED.

**Marge Scott** | Chair

Be willing to be a beginner every single morning. (Meister Eckhart)

In other words do not give up. Have a go at something. Do something. Help someone. You will be helping yourself to enjoy life.



## Friendship Group

It is with great pleasure that we can announce that we have recommenced our Friendship Group! The first group in February went well! Let's keep the momentum going.

This group is available to anyone that wishes to attend. For just \$2 we will provide morning tea and tea/coffee. There will be entertainment and guest speakers, but more importantly the opportunity to meet new people and make new connections. It is held on the 2nd Tuesday of the month from 10-11.30am. If you are interested in coming along, please ring the office at Age Concern Marlborough for more information. 03 579 3457



Aberleigh Rest Home provides  
loving care in small homes  
with access to beautiful gardens.

**We offer every level of aged care**

**REST HOME, HOSPITAL AND  
CARE FOR PEOPLE WITH DEMENTIA**

17-19 McCallum Street, Springlands, Blenheim 7201

Please contact us on (03) 578 7966

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

## The S.T.O.P. Method

In worrying or stressful times, it is helpful to have ways of soothing the nervous system, the part of us that holds tension. This technique is called **STOP**.

**S**tand up (or sit with your feet firmly on the ground) and breathe. Feel your connection to the ground.

**T**une in to your body. Lower your gaze. Mentally scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the 'in' breath.

**O**bserve. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.

**P**ossibility. Ask yourself what is possible or what is new or what is a forward step.

If you find yourself being reactive, try the following steps:

- Pause and take one to three big breaths.
- Say "step back." (You don't have to physically step back, you can just do it in your mind.)
- Say "clear head."
- Say "calm body."
- Breathe again. Say "relax," "melt" or "ease."



People born in the  
50's have lived in  
7 decades, 2 centuries  
& 2 millennia.  
We had the best  
music, fastest cars,  
Drive-in theaters,  
soda fountains  
& happy days.  
And we are not  
even that old yet,  
we're just that cool.



## Grandparents raising grandchildren in retirement villages

*Article supplied by Retirement Villages Association*

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. She was just over two when her grandmother, Gwyneth Harris, collected her from the social worker who'd brought her south on the bus and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University.



Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, sitting with Gwyneth in the choir stalls.

Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there."

Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself." Looking back, Isobel says, "Growing up in a retirement village was my normal, and we made it

work."

By contrast, Milly French is only ten, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four; since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-grandfather Dennis Thornbury. Carol says Milly's made friends with their neighbours, mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe."

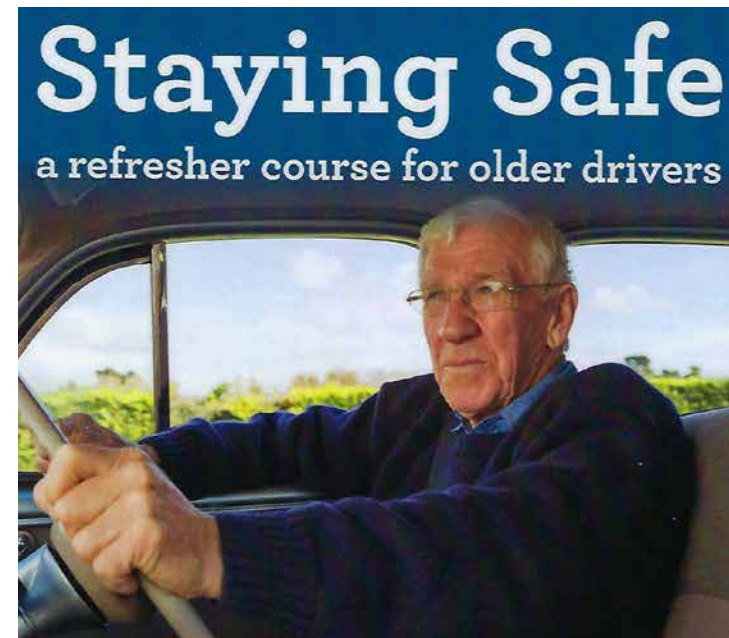
Milly agrees. "I love seeing all the lovely people here. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

The differences between living in her father's house and her grandparents' apartment are all taken in her stride as well: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns. It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions has given Milly confidence. "It makes her feel grown up, being part of an adult community. I think it's been very good for her."

While these arrangements are relatively uncommon, with goodwill on all sides they can work well for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and having a child around regularly may go some way in filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

To read more about this remarkable story, visit Retirement Life website - <https://www.retirementlife.co.nz/grandparents-in-retirement-villages>



**Has it been years since you have had a driving refresher course? Have some rules changed that you may not be aware of? Are you now taking new medication that may or may not affect your driving? Do you want to keep your driving skills for as long as possible?**

**If you answered yes to any of these things, then you should come along to our FREE driving refresher course for seniors!**

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!

**Your vehicle plays a major role in keeping you safe on the road. Safety ratings are the best way to know how well your vehicle will perform in a crash.**

**The higher the safety rating of your vehicle, the safer you are on the road.**

Go to the [rightcar.govt.nz](https://www.rightcar.govt.nz) website to see what star rating your current car has, and any car you are planning to purchase.



**MARLBOROUGH  
ROAD SAFETY**



**rightcar.govt.nz**



## Creating an Enduring Power of Attorney

An enduring power of attorney (EPA) gives peace of mind for the future – you’ve decided ahead of time who you trust to make decisions for you if you can’t decide for yourself.

### How it works

An enduring power of attorney, also known as an EPA, is a legal document that gives someone else the authority to make decisions for you if you are no longer able to make decisions for yourself.

If you have an EPA, someone you trust – called your “attorney” – will legally be able to make decisions about your finances, your property, and your care and welfare if you are not able to.

### Why you need an EPA

If something happens to you and you do not have an EPA, your family – including your spouse or partner – would have to go to court to be able to act on your behalf. This process can be stressful and expensive for your loved ones.

Having an EPA protects you from financial abuse and means your wishes are more likely to be respected because you have chosen people you trust in advance who will make decisions in your best interest.

A good time to organise your EPA is when you’re making your will, but everyone – whatever their age – should think about getting an EPA.

### What an EPA covers

There are two types of EPAs – property EPAs and personal care and welfare EPAs.

#### Property EPAs

A property attorney can make decisions relating to financial assets, for example:

- arranging benefits
- paying bills
- buying and selling assets
- taking care of bank accounts.

A property EPA can come into effect before you lose mental capacity, for example, if you are moving into assisted living and would like a loved one to manage selling your house on your behalf.

You can choose more than one attorney for this EPA.

#### Personal care and welfare

A personal care and welfare attorney makes decisions about care, health and living arrangements, for example:

- healthcare
- accommodation
- associated care decisions

A personal care and welfare EPA only comes into effect if a medical professional or the Family Court decides you have become “mentally incapable”.

You may have only one attorney for this EPA.

## Family Court

### Choosing your attorneys

People often choose a family member or close friend as an attorney, but you can choose anyone who:

- knows you well
- you trust to make decisions for you
- is willing and able to take on the responsibility of being an attorney
- is over 20 years old
- is not bankrupt or subject to any personal or property court order.

You can also choose a trustee corporation such as Public Trust to be an attorney for your property EPA (but not for personal care and welfare).

You can:

- choose different attorneys for the two different types of EPA
- have more than one property attorney (there can be only one personal care and welfare attorney)
- choose special terms and conditions for your attorneys, for example what they can and can’t decide (there are some areas – such as marriage, divorce, adoption or refusing life-saving medical treatment – where an attorney has no power to decide)
- select someone else for the attorney to consult with or report to
- name people who the attorney must supply with relevant information if they ask for it.

It’s a good idea to talk to your attorneys about what you might want in various situations, so they know your wishes in advance.

Legally, your attorneys are required to:

- always act in your best interests
- consult with anyone else you have named in the EPA, and with you when possible
- keep records of any financial transactions.

They must not make decisions that benefit themselves or anyone other than you, except in some limited circumstances.



**GEOFFREY T SOWMAN**  
FUNERAL DIRECTORS

**Local people supporting our local community**

**03 578 4719**  
Cnr Hutcheson & Parker Sts, Blenheim  
[www.sowmans.co.nz](http://www.sowmans.co.nz)

## TIM TAM TRUFFLES

Makes about 30

Two (2) packets Tim Tam Biscuits (original are best)

250g Anchor Cream

Cheese – (original important)

or 250g Philadelphia (original - the packet keeps longer in the fridge)

1 Tablespoon Icing Sugar      Coconut - (to roll in)

### METHOD

Place Tim Tams in food processor (one packet at a time) and process until like breadcrumbs. Put into a bowl and mix in the icing sugar and then the cream cheese and mix all together.

Take out teaspoon lots and roll into balls, and then roll in coconut. Place in a container and freeze in freezer until ready to use. These keep for a long time in the deep freeze – and you can use either a few at a time or as many as you want as the rest keep well. Can eat straight out of freezer.





**Stuart Smith**  
MP for Kaikoura

**Amberley** 03 314 7441  
**Blenheim** 03 579 3204  
0800 STUART (0800 788 278)  
[stuart.smithmp@parliament.govt.nz](mailto:stuart.smithmp@parliament.govt.nz)  
[f stuartsmith.national](http://f.stuartsmith.national)

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



## Unite Against Loneliness campaign

**'UNITE AGAINST LONELINESS'** focuses on raising awareness around loneliness and how this has skyrocketed due to the global pandemic. With many of the older generation already experiencing feelings of loneliness and isolation, this year has only added to that. Our youth rates are also extremely high, and we are here to combat that! As part of this campaign, we are encouraging people to reach out via message, email or send a letter to their friends, family, classmates, colleagues, and people in the community.

If you received a handwritten Christmas card this festive season that is because Age Concern Marlborough joined forces with the campaign and sent letters to some of our clients.

## Do you need help with printing or getting your Covid Passport?

If you need help with this, then the team at Age Concern Marlborough are more than happy to help! We want to keep the older people in this community connected and able to enter shops/cafes etc. We are happy to help you get/print or laminate your vaccine passport. Please ring the office and we will make an appointment for you to come in.



Stay positive, were nearly there...hopefully.

## Advanced Care Plan

Advance care planning helps you, the important people in your life and your health care team plan for your end-of-life care.

It helps you understand what the future might hold, and to say what health care you would or would not want. This makes it much easier for everyone to know what you want - especially if you can no longer speak for yourself.



An advance care plan includes what is meaningful to you, such as people and pets, your values and the ways you would like those caring for you to look after your spiritual and emotional needs.

It can also cover what sort of funeral you would like, whether you want to donate your organs, whether you want to be buried or cremated, where your important papers are and whether you have in place an enduring power of attorney or advance directive.

If you would like an advanced care plan, then please phone us at Age Concern Marlborough. Or if you would like more information on this then call the Advanced Care Plan Facilitator at the Marlborough Primary Health on 03-520-6200.

**Deep thought of today:  
When you clean out a  
vacuum cleaner.  
You become a  
vacuum cleaner.**

## 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](http://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.

Kia kōrero

Let's talk

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

**Plan for your  
future healthcare  
with an Advance  
Care Plan**

Nelson Bays Primary Health  
Hauora Māori ki Te Tai Aotearoa

Marlborough Primary Health  
Te Hauora Māori ki Te Tai Aotearoa

Nelson Marlborough Health

'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



Welcome to the team Meryl!



We are so happy to invite Meryl to join our team here at Age Concern Marlborough. Meryl and her husband came to NZ for a holiday 17 years ago, fell in love with the country, and never left! Meryl spent most of her time in Auckland then discovered Blenheim and moved here 2 years ago. “I wish I found Blenheim years ago”, she said. Meryl is passionate about older people in this community, having previously worked for Springland’s Lifestyle Village. Meryl says her husband thinks she has found her niche in life as she loves to help older people. Meryl looks forward to meeting our wonderful clients and friends, so if you are in town, pop in and say hello.

3 April 2022 - Daylight Saving Time Ends

**Sunday, 3 April 2022**, 3am clocks are turned backward 1 hour to **Sunday, 3 April 2022**, 2am local standard time instead.

Sunrise and sunset will be about 1 hour earlier on 3 April 2022 than the day before.

There will be more light in the morning.

**Also called Fall Back and Winter Time.**



BEST EVER SENIOR CITIZEN JOKE

A little silver-haired lady calls her neighbour and says, “Please come over here and help me. I have a killer jigsaw puzzle, and I can’t figure out how to get it started.”

Her neighbour asks, “What is it supposed to be when it’s finished?”

The little silver haired lady says, “According to the picture on the box, it’s a rooster.”

Her neighbour decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

“First of all, no matter what we do, we’re not going to be able to assemble these pieces into anything resembling a rooster.”

He takes her hand and says, “Secondly, I want you to relax. Let’s have a nice cup of tea, and then, “he said with a deep sigh .....

“Let’s put all the Corn Flakes back in the box.”



PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

*Many thanks*

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.

SUPERMARKET	DETAILS	CONTACT DETAILS
Countdown Blenheim Cnr Arthur & Seymour Sts Blenheim	• Online shopping <a href="http://www.countdown.co.nz">www.countdown.co.nz</a> Pick up or Delivery	Ph (03) 520 6130
New World 4 Freswick Street Blenheim	• Pick and pack orders  Pick up or Courier delivery	Ph (03) 520 9030 <a href="http://www.newworld.co.nz">www.newworld.co.nz</a>
Countdown Redwood 93 Weld St Blenheim	• Online shopping <a href="http://www.countdown.co.nz">www.countdown.co.nz</a> 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 <a href="http://www.countdown.co.nz">www.countdown.co.nz</a> 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

**The Quest**  
Catering Co.

Catering for all occasions  
Home cooked meals delivered to your home ready to eat

Phone: Blenheim 577 9400 or Picton 573 7654  
Email: [lindagrace@xtra.co.nz](mailto:lindagrace@xtra.co.nz)  
Mobile: 027 573 7654

[www.questcatering.nz](http://www.questcatering.nz)

**GutterSucker™**  
making that mammoth job easier  
[www.guttersucker.co.nz](http://www.guttersucker.co.nz)

- ✓ Gutter cleaning
- ✓ Moss & mould treatment for your roof, deck or house

Happy to travel anywhere in the Marlborough region

GutterSucker Marlborough  
Phone/Text Rob: 0274 112 346  
Email: [marlborough@guttersucker.co.nz](mailto:marlborough@guttersucker.co.nz)



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  
Union Parish of Picton, 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.



How many telemarketers does it take to change a light bulb?

Only one, but he has to do it while you are eating dinner.

Picton Steady As You Go  
Our Picton Steady As You Go classes are up and running!!

**\*\*New venue because of Covid-19\*\***  
**Union Parish of Picton Tuesdays 1.30-2.30pm**  
**Come along, we would love to see you! Any queries call the office**



Come along to our TEA AND TECH classes!

We are excited to announce that we will be hosting some **Tea and Tech** classes this year. This is a great opportunity for people to get together and learn some computer/technology skills. Our first class is going to focus on teaching people how to do their own online grocery shopping. This is a skill that will be very handy in these crazy and unsure times we are living in. If you are interested in coming along then please phone the office and get your name on the list. Numbers will be limited, so give us a call between 10am-1pm Ph 03 579 3457.



**DOMINATOR®**

**When it comes to protecting your assets and business, you can't buy better than Dominator Garage Doors.**

Our commitment to quality flows through everything we do, including providing a friendly and skilled measure, quote and installation service. For more information on our latest Roller Garage Doors please contact us.

**(03) 578 8251 | [www.dominator.co.nz](http://www.dominator.co.nz)**



Some tips for those hot days

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.



Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name hyperthermia.

- **Heat syncope** is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not used to hot weather, you are even more likely to feel faint.
- **Heat cramps** are the painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool.
- **Heat oedema** is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling.
- **Heat exhaustion** is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy.

Things you can do to lower your risk of heat-related illness:

- Drink plenty of fluids, such as water, fruit or

vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the library, bunnings, café, shops or movies.
- If you need help getting to a cool place, ask a friend or relative. Call Age Concern Marlborough and we can get you a taxi card. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibres.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.



Speedy Mediterranean gnocchi

A super-fast, low fat and low-calorie meal using chargrilled veg from the deli counter, red pesto, basil and cheese - ready in 5 minutes. Serves 2 and super easy!



- Ingredients**
- 400g gnocchi
  - 200g chargrilled vegetables (from the deli counter - I used chargrilled peppers, aubergines, artichokes, and semi-dried tomatoes)
  - 2 tbsp red pesto
  - a handful of basil leaves
  - parmesan or pecorino (or vegetarian alternative), to serve

- Method**
- **STEP 1**  
Boil a large pan of salted water. Add the gnocchi, cook for 2 mins or until it rises to the surface, then drain and tip back into the pan with a splash of reserved cooking water.
  - **STEP 2**  
Add the chargrilled veg, chopped into pieces if large, red pesto and basil leaves. Serve with shavings of Parmesan or pecorino (or vegetarian alternative).

### 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](mailto:ageconble@extra.co.nz)

Date: .....	<u>Subscriptions:</u>	
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.

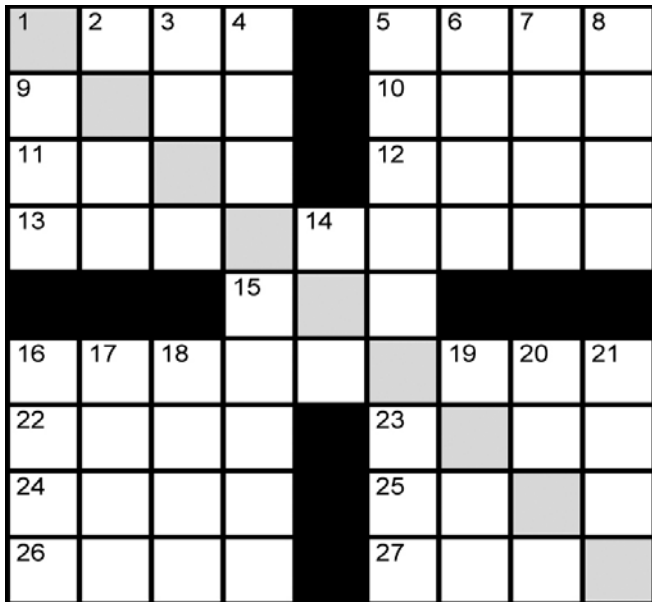
We welcome Donations and Bequests which help us to continue to promote the welfare of older persons in Marlborough.

OFFICE USE ONLY:

RECEIPT NUMBER: ..... MEMBERSHIP CARD GIVEN: ..... ENTERED: .....



## Optical & Otherwise



Across

1. Doctrines
5. Use a keyboard
9. Madison Avenue award

10. In the center of

11. Kind of market
12. Like some drinks
13. Relating to bone marrow

15. Kitchen meas.

16. Of or relating to the law

22. Snack often twisted apart

23. Small horse

24. Withdraw gradually

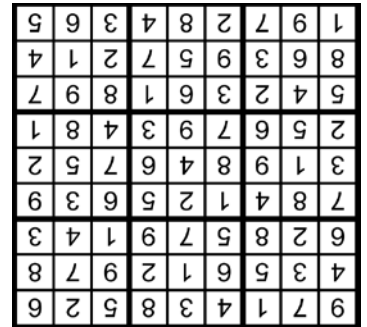
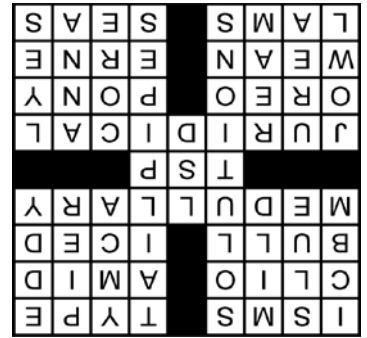
25. Sea eagle

26. Flees

27. Neptune's realm

Down

1. Missile
2. Swing around
3. Gentle
4. Answers
5. Vents on cars
6. Village People hit
7. Dock
8. Small whirlpool
14. Hallucinogen
16. Bloodhound feature
17. Fertilizer chemical
18. Paper purchase



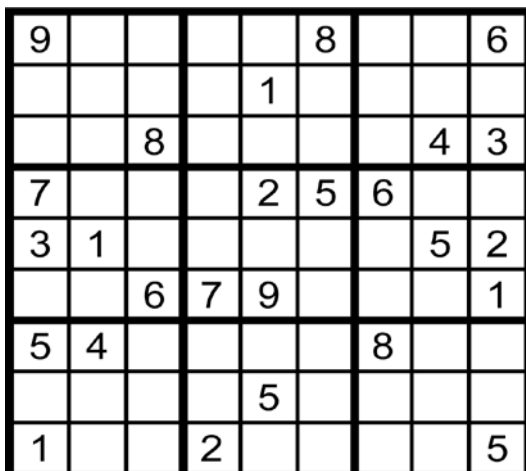
19. Reactor part

20. Writer Quindlen

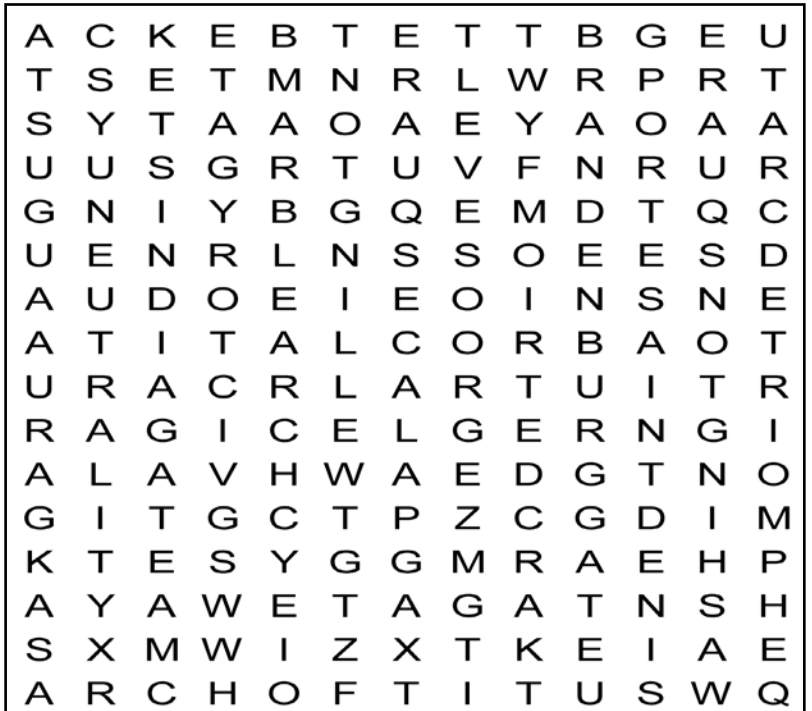
21. Cleaning cabinet supplies

ARC DE TRIOMF  
ARC DE TRIOMPHE  
ARCH OF TITUS  
BRANDENBURG GATE  
GALERIUS  
GATEWAY  
INDIA GATE  
MARBLE ARCH  
NEUTRALITY  
PALACE SQUARE

PORTE SAINT  
DENIS  
ROOSEVELT  
RUA AUGUSTA  
VICTORY GATE  
WASHINGTON  
SQUARE  
WELLINGTON



## FAMOUS ARCHES



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.*