

**AUTUMN 2022 QUARTERLY NEWSLETTER**  
[www.ageconcern.org.nz](http://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](mailto: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 first edition of our magazine this year. Hasn't the weather been lovely, I hope you have all found a chair somewhere in the sun to soak up a few vitamin D rays.

We have started back to another strange year on where to from here with the Pandemic still high on our radars. Please do not hesitate to contact Age Concern for any issues you may have, we are here to help and support you to get through the next stages of the Pandemic.

*Janette Turner*

Age Concern Southland Manager

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*Many thanks*

## Security For Older People Property and Valuables

### Callers at your Home

- Never open the door automatically after a knock – insist that all callers identify themselves.
- Never allow persons off the street to use your telephone or check your appliances.
- Always keep a safety chain on or have a peephole installed to check on who is calling.
- Ask for and verify credentials. Then ring the organisation to check on the individual before allowing entry.
- Never admit that you are alone in your house.
- For women living alone, a good idea is to leave an old pair of men's shoes at your front door.

### Protect your Money

- Beware of unknown persons offering goods or services at low rates.
- Do not give money to door-to-door collectors for charity unless you know the charity and they have verification.
- Never talk to strangers about your financial affairs.
- Only deal with reputable firms for repairs, etc.
- Do not rush into any financial proposal or contract without consulting an expert or family member.

### Safety and Valuables

- Never keep large amounts of cash in your home.
- Consider keeping valuables such as jewellery you do not wear often, share certificates or other important documentation such as deeds in safe custody at the bank.
- Never show your jewellery to persons who help around the home and always keep them in a safe place out of sight.
- Have a trusted family member take photos of your most prized pieces and have them valued so they can be identified should they go missing.

## New driving service for Invercargill – friendly, personal and safe – Total Mobility cards accepted

Freedom Drivers Invercargill, run by Stephen Pont, brings a warm and friendly driving service right to your door. Stephen is based in Invercargill and his service will cover the whole Southland area.

"I am looking forward to bringing you a friendly transport service with extra help at either end of the journey depending on your needs. For medical appointments I'll make sure you get to the right place and will wait if necessary or pick you up after the appointment. I can help out with shopping and other errands. I really value my customers and look forward to getting to know you. Please don't hesitate to give me a call to find out more about the service".

Service is personalised and Freedom Driver's prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and we are ACC Registered Vendors.

**Call Stephen now on 03 217 0932  
or 027 259 1594 for more information.**

## TRANSPORT YOU CAN TRUST



### Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

### Call Stephen now!

For more information

**03 217 0932 or  
027 259 1594**

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Mobility  
Provider

ACC  
REGISTERED  
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companion driving

[www.freedomdrivers.co.nz](http://www.freedomdrivers.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

<b>Extension 1</b>	Heather   Office Manager
<b>Extension 1</b>	Kathy   Cook
<b>Extension 1</b>	Craig   Cleaner
<b>Extension 2</b>	Chris   Accredited Visiting Service Coordinator
<b>Extension 3</b>	Emma   Social Worker
<b>Extension 4</b>	Janette   Manager/ Social Worker
<b>Extension 5</b>	Tara   Coordinator for Elder Response Service
<b>Extension 6 Duncan</b>	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

## Beatles Facts

ON THE EVENING OF JULY 6, 1957, John Lennon was introduced to Paul McCartney by a mutual friend after Lennon's band played a small show at St Peter's church in Woolton, a village on the outskirts of Liverpool. The meeting took place in the hall across the street from the church. (Today, a plaque on the front of the hall commemorates the historic meeting.)

Earlier that day, Lennon's band the Quarry Men had played during the Woolton village fete. The afternoon stage was set up on the school grounds directly behind the church. Lennon and McCartney would regularly take short cuts through the church grounds in the early days before they became The Beatles. In the cemetery at St. Peter's, a gravestone bears the name of Eleanor Rigby, which would eventually become the title of a 1966 hit song written by McCartney and included on the Beatles album Revolver. The grave is located in the section of the cemetery to the left of the church, in the second row facing the street, just to the right of the cemetery's center walkway. The gravestone also features inscriptions for several other members of the Rigby family.

McCartney attributed the name to a combination of the actress Eleanor Bron, and the name of a store in Bristol, "Rigby & Evens Ltd, Wine & Spirit Shippers." He also later admitted he might have unconsciously borrowed her name from the gravestone. In any event the details about the Eleanor Rigby in the song are purely fictional. According to the gravestone and census data, the real Eleanor was born in 1895 to parents Mary Rigby and Arthur Whitfield. She worked in a hospital in Liverpool, and in 1930 married a man named Thomas Woods. Eleanor lived in Woolton her whole life, and died at the age of 44 in 1939.



## GREAT NEWS

## We now have a mobile eftpos machine

You will be able to use your card, to make payment for your meal deliveries.





## 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 choirstalls.

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>

Kia Ora,

Living with the uncertainty of Covid and the worry of Omicron on the horizon, some older people are becoming even more anxious and isolated; one way we can promote healthy ageing is through our in home befriending Accredited Visiting Service.

### Why is having a regular visitor important?

- Loneliness causes suffering, depression, alters your thought patterns, can bring on early health problems.
- Being socially isolated is as bad for your health as smoking, drinking too much or obesity
- Older people with weak social connections can be more likely to go into residential care early for support and companionship

### The benefits of the Accredited Visiting Service are:

- Decreases social isolation by making people feel connected
- Having someone visit improves your mental health
- Can decrease depression in older people by having someone constant in their lives
- Can lessen early hospital admissions
- Gives people the confidence to stay in their own home longer

- Improves support for socially isolated vulnerable people
- Is mutually beneficial and gives clients and visitors a sense of purpose

Having a visitor makes a real difference, this service aligns with the better later life Action Plan 2021-2024 for Healthy Ageing.

Unfortunately, we are unable to take older people with dementia as this is a befriending service and has to be mutually beneficial for the older person being visited and the person doing the visiting.

I am available if you would like to chat about a lonely isolated older person in our community that you think would benefit from someone visiting regularly. You may also know somebody who has lost their social connections and would be great as a volunteer visitor, point them in my direction.

I am available Tuesday, Wednesday and Thursdays from 9- 2pm, feel free to ring (I have an answerphone when I am out of the office and with clients). Or if you prefer I am more than happy for you to call in to see me.

Nga Mihi **Chris Cunningham**  
Accredited Visiting Service Co-ordinator  
Age Concern Southland  
Phone 032186351 | [chris@acinv.org.nz](mailto:chris@acinv.org.nz)  
Working Hours: Tues, Wed & Thurs: 9am – 2pm

## Dr Liz Craig

Labour List MP based in Invercargill

**Invercargill Office**  
49 Kelvin St, Invercargill  
[liz.craig.office@parliament.govt.nz](mailto:liz.craig.office@parliament.govt.nz)  
03 218 8370

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Parliament Buildings, Wellington



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**Come in and see the friendly DRC team!**

**60 Windsor Street, Invercargill | 0800 100 531**

**[www.drcsouth.co.nz](http://www.drcsouth.co.nz)**



# 2022 Tuesday Walk Group Invercargill



CHAIR PERSON: Margaret Bell 03 216 9768  
SECRETARY: Nola Hardy 03 217 8425  
TREASURER: Norma Wilkey 03 212 8971  
ASSISTANT TREASURER: Helen Hotton 03 216 8301  
ASSISTANT WALK COORDINATOR:  
Joan Tuffery 03 216 7377

- LEADERS:
- |                 |             |
|-----------------|-------------|
| Gloria Peterson | 03 216 8001 |
| Erena Weavers   | 03 216 6548 |
| Merle McVicar   | 03 217 0620 |
| Helen Hotton    | 03 216 8301 |
| Lynley Slowley  | 03 217 3166 |
| Nola Hardy      | 03 217 8425 |
| Glenis Lemon    | 03 218 4583 |

Although walks have been specified on certain days this may change, according to weather and road conditions, to ensure walker safety. Bring your lunch and picnic chair or stool. Bus will leave from the Pipe Band and Bridge Club car park, Elles Road (opposite the end of Forth Street, by the traffic lights). Bus departs SHARP 9.30am. Some return times will be later on long distance trips.

Our subscription of \$20pa can be deposited to: Westpac 03 1746 0143408 00 (or bring cash on the day). The bus company requires Covid passes for all passengers.



Join us for companionship, fun and exercise in Invercargill's Tuesday Walk Group. Enjoy the beautiful outdoor environment in Southland with a great group of people.

## 2022 Walk Calendar

- February:** 1 Winton  
8 Greenpoint – Te Araroa Trail to Bluff  
15 Seaward Bush  
22 Waituna – Coal Pit Road
- March:** 1 Bannerman Park to Gore Gardens  
8 Oreti Beach  
22 Kingswood – Woodlands  
22 Grasmere – Andersons Park  
29 Otepuni Gardens (no bus)
- April:** 5 Kew Bush – Estuary  
12 TBA  
19 Sth Flood Banks (no bus)  
26 Old Coach Road – Edenview
- May:** 3 Mataka – Gore (back road)  
10 Otatara Bushes  
17 Moores Reserve – Riverton  
24 River Track – Fosbender Park  
31 Mid Year Lunch – to be advised
- June:** 7 Queens Park – meet at Feldwick Gates (no bus)  
14 Thompsons Bush  
21 Colac Bay  
28 Oreti Sands
- July:** 5 Bluff  
12 Mountain Bike Area  
19 Winton  
26 Sandy Point
- August:** 2 Thompsons Bush/Myers Park  
9 Seaward Downs  
16 Waihopai Flood Banks  
23 Riverton  
30 South Invercargill
- September:** 6 Otatara Bushes  
13 Winton  
20 Waihopai Estuary  
27 Otatara Oreti Totaradoon Forest
- October:** 4 Dolamore Park  
11 Wallacetown  
18 Silver Lagoon  
25 Mimiha – Wyndham
- November:** 1 Otatau  
8 Queens Park (no bus)  
15 Bluff  
22 Omaui  
29 Christmas Walk & Meal – to be advised
- February 2023:** 7 Winton

## 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**.

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


**Tune** 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.

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

**Possibility.** 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.

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

A MEANINGFUL FAREWELL IS YOUR GIFT TO THEM

Take the time to talk today to your family and Funeral Director to create a meaningful farewell for you and your loved ones when you're gone.

**YOU CAN GIFT THIS TODAY!**  
From as little as \$10 a week with no fees.

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www.thefuneraltrust.co.nz



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## The ancient (and modern) art of embroidery



Philosophers have always debated what it truly means to be human, but perhaps one of the most fundamental truths is this: To be human is to decorate.

Even in the face of tremendous hardship, humans have always looked for beauty and tried to create some of their own.

So it makes sense that humans developed embroidery as soon as they learned how to weave fabric, and that the practice of using needles and fibers to decorate clothing was universal across every ancient civilization. Archaeologists have uncovered the fossilized remains of heavily decorated clothing from the Upper Paleolithic period, roughly 30,000 to 40,000 years ago. Ancient Egyptian tomb paintings depict embroidered clothing and other textiles, and ancient Greek vases depict Persian soldiers dressed in quilted and embroidered armor. Some ancient embroidery still survives today, most famously the Bayeux Tapestry, a 70-meter-long masterpiece that depicts the Norman conquest of England. For many centuries in many cultures, embroidery was considered a required skill for girls in order to find suitable husbands.

And even though a hand-embroidered tablecloth is no longer considered necessary for a modern woman to get married, the ancient tradition of embroidery continues and thrives today, and if you're interested in joining the thousands of years of stitchers before you, it's surprisingly cheap and easy to get started.

You can pick up a beginner's embroidery kit at any craft store. Look for pre-printed fabric and a smaller size – wait until you're a little more experienced to attempt your own Bayeux Tapestry. Most beginner's kits will include fabric, floss and perhaps a few needles, but some may also offer a hoop or other accessories. If a hoop isn't provided, you'll need to get one of your own – make sure to choose a size that fits your project. You'll also want to pick up a few extra needles, a small pair of embroidery scissors, a needle threader if you need the extra help and some plastic bags or a compartmented box to organize floss.

Stitching books are useful, but the internet is also full of fantastic stitching resources, including video tutorials for even the most complicated stitches. However you tackle the project, with a little time and effort, you'll take your place in history.

### Don't give up embroidery because of arthritis!

If you were once an avid stitcher – or want to become one – you can still make those gorgeous heirloom-quality pieces, even with arthritis.

First, keep your stitching sessions relatively short. You may no longer be able to stitch for hours while listening music or watching television. But you can still do it in short bursts.

Next, warm up by soaking wrists and hands in warm water before picking up the needle. Stitching can preserve hand dexterity, according to arthritis.org. Add some extra tools to your trade.

One problem a lot of older stitchers have is holding the hoop or project in one hand as they stitch. Solve this with a hoop holder that clamps onto the table. The adjustable holders have necks that bend in any direction.

Use a magnetic needle nanny to keep track of the needle. Consider some thumb covers, or even a hand cover, all available at hobby shops.

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

## FOOD WASTE IS A MASSIVE PROBLEM IN NEW ZEALAND

<https://lovefoodhatewaste.co.nz/>



EVERY YEAR KIWIS SEND 157,398 TONNES OF FOOD TO LANDFILL, ALL OF WHICH COULD HAVE BEEN EATEN. NOT ONLY IS WASTING FOOD COSTING US MONEY, IT IS ALSO BAD FOR THE ENVIRONMENT. LOVE FOOD HATE WASTE HAS TIPS AND RECIPES TO HELP YOU REDUCE YOUR FOOD WASTE AND SAVE MONEY

### FOOD DATE LABELS – WHAT DO THEY MEAN?

Take a quick glance at your food packaging – chances are, there's probably a date on there somewhere. The dates can be a bit confusing if you don't understand them, so 'Love Food Hate Waste' can help you make sense of them, and in the process save your food from being wasted!

### BEST BEFORE

'Best before' refers to quality: your food will be at its best before the date given. After this date, it might not be at its best, but it will still be safe to eat. Depending on how your food is stored, it has the potential to be good enough to eat for a long time

after this date. Here's a guide to a few key food items and how long after the date they can be eaten:

- Crisps – one month
- Biscuits – six months
- Cereals – six months
- Canned food – 12 months
- Confectionary – 12 months
- Pasta sauce – 12 months
- Dried pasta – three years!

### USE BY

'Use by' refers to safety: you must not eat food past the 'use by' date. You cannot always smell the bacteria that causes food to spoil, so after the 'use by' date, the food may appear perfectly fine to eat, but could still lead to food poisoning. Let's be absolutely clear: you should NOT eat food after the 'use by' date - even if it looks and smells OK.

**Top tip:** you can freeze food right up to and including the 'use by' date. If you're not sure you will eat it in time, freeze it for another day!

## What is dementia?

Dementia is an umbrella term used to describe a group of symptoms that affect how well our brains work. Dementia can affect anyone, and as people get older the chances of developing dementia increase. The most common form of dementia is Alzheimer's disease – which around two-thirds of people with dementia have.

The symptoms each person experiences depends on the parts of the brain that are affected. However, the most common dementia symptoms include changes in memory, thinking, behaviour, personality and emotions. These changes affect a person's ability to perform everyday tasks and interfere with their everyday lives. Dementia is progressive, which means that for most people the changes gradually spread through the brain and lead to the

symptoms getting worse. Dementia is different for everyone – what people experience, and how quickly they are affected is unique to them. What they can do, remember and understand may change from day to day.

To read more about information on supporting someone affected by dementia, how to reduce your risks of dementia or to download information booklets, visit: <https://alzheimers.org.nz/about-dementia/what-is-dementia/>

But one thing is for sure, an early diagnosis provides a range of benefits not only for the person getting diagnosed, but also their family or carer.

Contact <https://www.dementiawaikato.org.nz/> or Jill Edmunds, NZ Registered Occupational Therapist and Local Support for Dementia Waikato on 07 282 1372 or email: Jill Edmunds ([jill@dementiawaikato.org.nz](mailto:jill@dementiawaikato.org.nz))







# 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 1<sup>st</sup> 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: .....

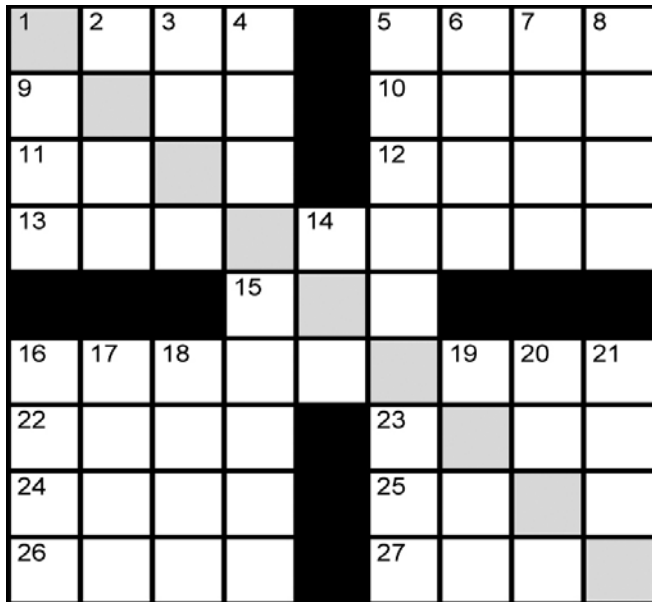
Method of Payment: .....

Membership Card #: .....

Entered on Database: .....



## 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

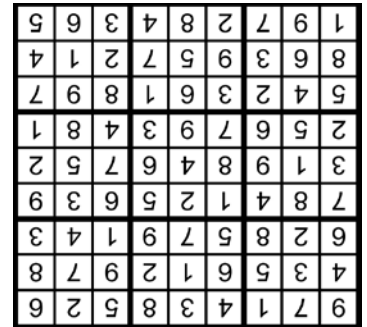
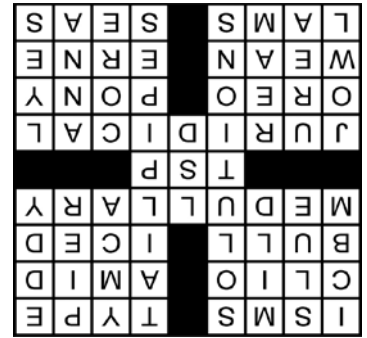
25. Sea eagle

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



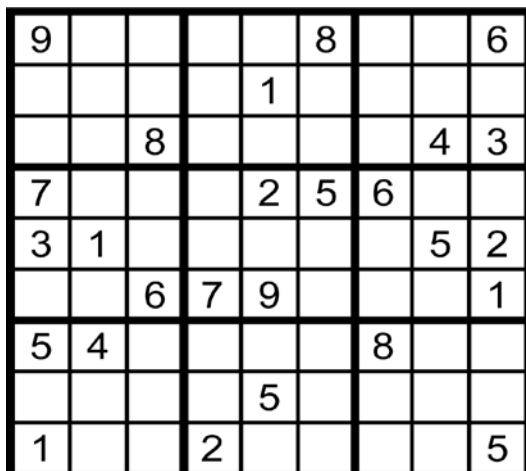
19. Reactor part

20. Writer Quindlen

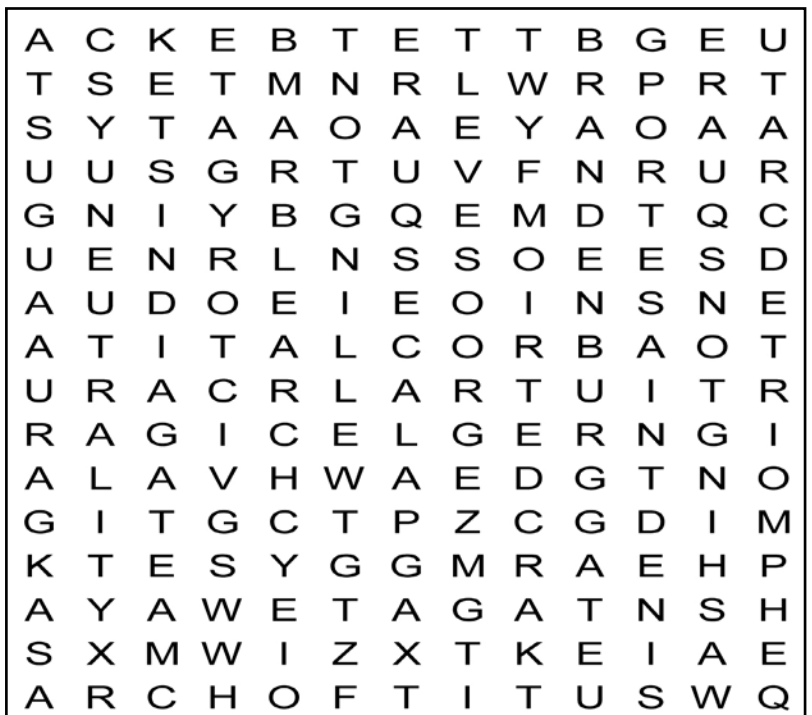
21. Cleaning cabinet supplies

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.*