

WINTER 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Southland

Serving the needs of older people



For advertising phone Sam 027 872 6629 or email samanta@kiwipublications.nz

A Kiwi Publications Limited publication | www.kiwipublications.co.nz | Please refer to website for disclaimer

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

From the Manager...

Welcome to our winter addition.

By the time you receive this it will be after Easter and we should see the Centre open again for Housie, Bowls, scrabble these were put on hold until the peak of COVID swept our community.

Please remember to wear your mask as this is a preventative against Covid and also the Flu and any other viruses which like to lurk around during winter. If you do fall ill please don't hesitate to contact us for any needs you may have.

The staff have been working partly from home and in the Centre, so after Easter you will see full staff in the building again. It has been a strange start to the year but we have got through the worst of it and hopefully we can get some groups and interest's started again, if there is anything you which to see happening at Age Concern contact a staff member and let us know we have a big building and would like to see it back to its full potential.

Janette Turner

Age Concern Southland Manager



**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

Winter Energy Payments

The winter Energy Payments will start again on the 1st of May.

If you get NZ Super or a Veteran's Pension, you will be entitled to the Winter Energy Payments all winter. That's from 1st of May to 1st of October. The payment is made automatically, no need to apply.

As 1st of May is part way through the pay period, your first payment will be less than the full amount. You'll be paid the full amount in the following payment 24th May.

Couples and people with dependent children will get \$31.82 a week. Single people will get \$20.46 a week.

If you want to opt out of getting this payment or you want to get back in, please complete the "Stop or restart Winter Energy Payments" on line form, or call the Senior Services contact centre 0800 552 002.

If you are travelling overseas for more than 28 days you really need to let the MSD know, otherwise they may pay you too much and have to ask for the money back.

Keep warm and safe everyone!



What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.



follow us facebook

**Follow us on facebook
type**

'Age Concern Southland'

EARS UNPLUGGED
Professional Wax Removal

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

- Safe methods of wax removal
- Appointments as soon as possible
- Competitive pricing and discounts
- Provider for ACC/Veterans Affairs
- Rest Home visits

small things matter



Ears Unplugged, 83 Don Stret, Invercargill

Phone 027 4035016

Linda Winder | Registered Nurse

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.

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

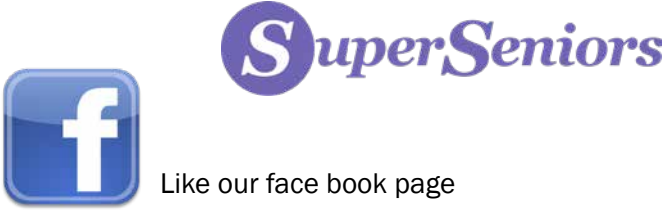
Refection’s of your life workshops

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]



Staff contacts

To contact staff dial (03) 21 86 351 if no one answers, the phone will give you the extension numbers listed below:

So if you wish to talk with Heather push 1 and it will go to her answer phone. Leave a message as the phones are checked regularly

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

Queenstown Office
03 4413 490

If you are wanting the van please leave a message on extension 1 or 6 the night before, if possible, so we can ensure you are picked up as the van leaves the Centre at 9am to start pickups

Things are changing in Queenstown



We are very sad to say goodbye to our Coordinator in Queenstown Duncan Edwards. Duncan has been with us for 3 and half years keeping the name Age Concern alive in Queenstown, Duncan has networked widely and advocated for older people in his role. Duncan and his family are moving out of the district and we wish them well in their resettlement.

But as one door closes another one opens and we would like to introduce Chris Downey whom is taking over the role. Chris is a nurse and comes from an extensive background in Health, her latest role being a Needs Assessor at the Southern DHB. Chris is highly competent in clinical assessments and also has worked extensively in the community.

Chris starts her role in late May, so in the Interim I will be travelling through to Queenstown when needed. Please don’t hesitate to contact me on 027 626 7103 if you have any concerns until Chris starts her role.

GREAT NEWS

We now have a mobile eftpos machine

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

Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.

The Retirement Villages Association (RVA) has recently completed a national programme of meetings with retirement village residents to share its *Blueprint for the Future*.

The blueprint, which was launched last year, includes providing residents with a stronger voice, strengthening the complaints process and working with the Te Ara Ahunga Ora – Retirement Commission (formerly the Commission for Financial Capability) to monitor re-licensing times so best practice standards can be developed.



The forums in Tauranga, Wellington, Christchurch and Auckland were chaired by former Seniors Minister and MP the Hon Tracey Martin, who has recently stepped down as an independent member of the RVA's Executive Committee.

RVA Executive Director John Collyns said the meetings were extremely positive and excellent progress was being made with the industry collaborative approach aimed at addressing residents' concerns and issues. "We understand that a review of any legislation as proposed by the Retirement Commission is appropriate at some time but we have always felt that more pressing issues currently exist for government," said Mr Collyns.

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

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

The Blueprint for Change addresses weekly fees (fixed or a predictable increase, ceasing when a unit is vacated), commits to making sure operators re-licence vacant units as quickly as possible, pledges to ensure the terms around transfers to care are transparent, and addresses and perceived or real "unfair" clauses in Occupation Right Agreements (ORAs).

Mr Collyns and RVA president Graham Wilkinson attended all forums to give presentations and answer questions.

A frequent question was around the role of Statutory Supervisors – who monitor the financial position of a

village and the security of residents' interests. "There appears to be a lack of clear understanding over the legislative role of the Supervisor and the RVA will explore how we can improve awareness and understanding of this," said Mr Collyns.

Other points included the use of 're-licensing gains', transparency around the business income and outgoings and greater ability to negotiate terms of ORAs. Mr Collyns and Mr Wilkinson addressed all points, providing details wherever possible on where residents could access the information they required. "We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Collyns.

Ms Martin said the RVA has committed to exploring what more could be done to support a more streamlined transfer to care both inside the sector and where they could with the Ministry of Health and Ministry of Social Development. "The retirement villages sector agrees that the move to care should be transparent. The RVA is identifying where improvements can be made, and will work with operators and regulators to ensure the process around the move is as transparent as possible.

"It was also acknowledged by both the RVA and residents at the meeting that there could be some more clarity on wording in the ORAs around "intentions" to provide care facilities."

Ms Martin said that following each forum she enjoyed informal discussions with residents. "There were very few who were not happy with their village and none who wished to leave their village. "At the Auckland forum, a member of the residents spontaneously asked all those residents who felt that their village had kept them safe during Covid to raise their hands. Almost the entire room raised their hands. Residents attending again and again verbalised how happy they were in their villages."

The RVA recently commissioned research into retirement village residents' degree of vulnerability. "The research covered almost 1,700 residents across 105 member villages. It showed that there was a very small minority of residents who might be considered vulnerable," said Ms Martin. "Nevertheless, the RVA is launching a trial with Fairway Resolution across 11 Auckland villages with a confidential service to allow residents to discuss any problems no matter how small, with a skilled person."

Due to other commitments, Ms Martin is stepping down from her RVA role with former MP and former Senior Citizens Minister Hon Jo Goodhew taking on the position.

editorial supplied by The Retirement Villages Assn.

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, 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 (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
Working Hours: Tues, Wed & Thurs: 9am – 2pm

BRIGHT IDEAS FOR DISCARDED MASKS!

Cut off the strings and use them to tie up your tomatoes. Use the straps as hair ties. A lot of us are constantly losing our scrunchies and/or hair ties. Reuse the metallic piece for the cloth masks you make. Make a shopping bag. Make plant or flower pot covers. Make a purse or drawstring bag.

Do you have a bright idea for upcycling used face masks? Let us know!

DRC

Disabilities Resource Centre
Southland
Charitable Trust

Making Daily Living Easier

Your One Stop Shop For Independent Living Aids

Come in and see the friendly DRC team!

60 Windsor Street, Invercargill | 0800 100 531

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 – Edenvue |
| May: | 3 Maitara – 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 Mimihi – Wyndham |
| November: | 1 Otatara
8 Queens Park (no bus)
15 Bluff
22 Omaui
29 Christmas Walk & Meal
– to be advised |
| February 2023: | 7 Winton |



CAN YOU KNIT?



We need some volunteers to help teach a group of school children from Rimu School how to knit. They will come to Age Concern on a Wednesday afternoon, starting 1st June 2022. They will bring their own knitting gear.



We ran this group in 2019 and it was very successful. Knitters and children loved working together and had a lot of fun.

Can you help?

Please call or email Emma Lovett
 Age Concern Southland phone: 218 6351
 Email: emma@acinv.org.nz

Thank you!



If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

It could save lives!

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.

The Funeral Trust

www.thefuneraltrust.co.nz



Funeral Directors Monumental Masons

0800 033 925 or 03 218 9021

75 Fox Street, Invercargill

Funeral Directors
ASSOCIATION OF NZ

MEMBER Your assurance of a meaningful farewell

ELDER ABUSE HITS CLOSE TO HOME

ELDER ABUSE AWARENESS 15 - 22 JUNE



CALL 0800 EA NOT OK
or Age Concern 0800 65 2 105

75% More than three quarters of alleged abusers are family members

50% More than half of the alleged abusers are adult children or grandchildren

50/50 Alleged abusers are as likely to be female as male

Elder abuse is harmful. Older people are harmed through physical abuse in one in five cases that Age Concerns work with causing deteriorating health. More than two in five Age Concern cases involve financial abuse which reduces living standards and making ends meet. In addition elder abuse impacts the psychological, social, or spiritual health of older people. Being threatened, manipulated, groomed, coerced, or forced is the horrific experience of abused older people. Even when the abuse stops, the devastation can be long lasting for physical health, financial independence, and emotional wellbeing.

Protect rights of older people. Even though we are all ageing, ageism is a common form of prejudice and discrimination. Ageist attitudes undermine the voices of older people being listened to. It often starts in our families where older people's opinions are laughed at and joking about "getting old" tips off the tongue. Older people become invisible and can find themselves being treated differently simply because of their age. When it comes to making choices, older people's views get written off and choices are overruled. Elder abuse and neglect are predicated by ageist attitudes when older people's needs are disregarded, their rights are not upheld, and they are exploited.

Include older people in decision-making. Everyone should feel safe and be free from harm and coercion from those they trust. Sadly, this is not always the case; New Zealanders of all ages

can find themselves experiencing abuse in one or more of its many forms. For older people it can be abuse from those they know well, such as relatives or friends who may also provide support, advice, care, or companionship. Even when this has been formalized through setting up 'enduring powers of attorney' or loan agreements, it can be a trusted relative who excludes older persons from decisions about their own welfare or property. Older people can be victims of family disputes, stopping them seeing grandchildren or having visits from someone they love.

Elder abuse affects our society. Elder abuse and neglect are intergenerational issues in our society with three quarters of the cases that Age Concerns see involving younger generations abusing older people. While elder abuse is often hidden behind closed doors, in more than nine out of ten of the cases that Age Concerns work with, the older people are living in community settings - not institutions. They are our streets, in our suburbs and towns, and in our families. We experienced fantastic generosity of spirit during the 'lockdown' last year and many people made connections with older folk in their neighbourhood or made extra effort to keep in touch with older relatives further away. Unfortunately, this did not stop some older people abused or neglected, as Age Concerns worked to support older people throughout that time. In our communities anyone can encounter the greed and self-interest of those who manipulate older people and override the dignity and respect that New Zealanders of any age deserve.

Prevent elder abuse and neglect. Age Concerns around the country see the harm elder abuse causes in almost ten new cases each working day, so we are committed to raise awareness to prevent elder abuse and neglect. World Elder Abuse Awareness Day is a great opportunity to learn more about a global concern that affects New Zealanders too. We cannot solve abuse issues in our families and communities if we don't learn and talk together about why "Elder Abuse hits close to home."

We can all help to prevent elder abuse and neglect by:

- Loving and cherishing older relatives / whānau.
- Phoning, zooming or facetimeing older people / kaumātua.
- Visit older people / kaumātua in our neighbourhood.
- Involving older people / kaumātua in our social activities.
- Encouraging older people / kaumātua to make their own decisions.
- Supporting older people / kaumātua to use their money for their needs.
- Honouring older people's / kaumātua's wisdom.
- Enabling older people / kaumātua to set their own pace.
- Speaking respectfully and listening to older people's / kaumātua's stories.
- Seeking advice from any Elder Abuse Service or Age Concern if you think an older person / kaumātua is being abused or neglected.



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.



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 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.

The road ahead for seniors

Helpful advice for senior drivers

Six good things to know

1. Licence renewal is more frequent for seniors

The 10-year renewal period begins to shorten when you turn 65, as you need to renew at 75 with a medical check. The next age for renewal is 80, then every two years after that.

2. Staying Safe refresher courses are freely available

These free driver theory courses give you a refresher on traffic rules and safe driving practices. They also give you tips on other transport options to help you keep mobile.

3. It's good to check out your car and yourself

Senior drivers have a wealth of life experience and knowledge which helps make them safer drivers. However, it's good to be aware of the key information that can make you as safe as possible.

4. There are many transport options you can consider

At age 65, all seniors are entitled to a SuperGold card, which allows you to access free off-peak travel on public transport. If you have a health condition which affects your mobility, you may also be entitled to the Total Mobility Scheme's discounted taxi fares.

5. The roads are changing and getting busier

Nowadays, there are more drivers and road networks are always changing. Our road rules booklet provides a summary of the things that people most commonly have questions about, including roundabouts, giving way at intersections and traffic lights.

6. You can be a support to those around you

There's a range of things to consider when talking about driving issues and transport options. Our support booklet has tips for these conversations, as well as resources that can help you and those close to you.



Support services

Age Concern | www.ageconcern.org.nz
0800 652 105 | national.office@ageconcern.org.nz

Office for Seniors | osc@msd.govt.nz
www.superseniors.msd.govt.nz

Local councils | www.localcouncils.govt.nz
Click on 'Council Profiles'

Neighbourhood support | 0800 463 444
www.neighbourhoodsupport.co.nz

NZ Automobile Association (AA)
www.aa.co.nz/contact-us
0800 500 444

Waka Kotahi
NZ Transport Agency | 0800 822 422
www.nzta.govt.nz/senior-drivers
info@nzta.govt.nz

The Kiwi Access Card is acceptable identification if you don't have a drivers licence or passport

The Kiwi Access Card (previously known as the 18+ Card) is a Government recognised form of photo ID and evidence of age card.



The Kiwi Access Card has been designed to give you the freedom you need to access goods and services throughout New Zealand. It is an easy and convenient way to help you get the most out of life, especially if you do not hold a valid driver licence and/or passport. The card has been specifically designed with New Zealand's over 60s and retired community in mind, to ensure you have a reliable and secure evidence of identity card, that you can apply for at a participating NZ PostShop or AA Centre. Or download an application form from: <https://kiwiaccess.co.nz/seniors-access-card/>

The cost of getting a Kiwi Access Card is \$55 including GST.

What do you need to complete an application?

- Two (2) identical recent passport sized colour photos of yourself.
- Proof of the address you want your card delivered to.
- Photo ID to prove who you are, this can be your:
 - Passport (can be expired)
 - New Zealand Driver Licence
 - Firearms Licence
 - Certificate of Identity (issued under the Passports Act 1992)
 - Refugee Travel Document (issued by or for the New Zealand Government)

All forms of ID need to be current or expired within the last two years prior to applying. If you do not have one of these, you can still apply – you need someone who can prove you are over 18 and some other form of identification, like your original birth certificate. Check step 6 of the application form for a list of what other form of identification is acceptable. <https://kiwiaccess.co.nz/download-application-kiwi-access-card/>

What's Your 111 Power Cut plan?

We all know how to call 111 in an emergency. But it's important to remember that Fibre and Wireless landline connections will stop working if the power goes out.

This also means some cordless phones and other devices (like medical alarms) may not be able to connect – even if they have a battery.

So it's important to have a **111 Power Cut Plan**, just in case.



If you have a mobile phone - keep it charged. If you have a mobile that works at your place, you should be just fine. Remember to keep it charged and make sure everyone at your place has access to it and knows how to use it if there's a power cut.



Get a power-bank for back-up

Available from any electrical store or The Warehouse, a power-bank is a portable charger designed to recharge your electronic devices when you're on the move or without power. Power Banks can be used to charge cell phones when the cell phone battery has run out. Great for extended use or for long power cuts.



Are you a Vulnerable Consumer and rely on power? If you, or someone at your place relies on their landline for health, disability or safety reasons, you can apply to join a Vulnerable Consumer Register. You'll need to give your telephone company some supporting information about your circumstances, but if you qualify, they will make sure you have a way to call 111 in the event of a power cut, at no cost to you.

For more information visit: SPARK: <https://www.spark.co.nz/help/vulnerable-consumers/>

VODAFONE: http://help.vodafone.co.nz/app/answers/detail/a_id/10910/~/apply-for-vulnerable-customer-or-medical-dependency-registration

2 DEGREES: <https://www.2degrees.nz/help/broadband-help/troubleshooting/111-vulnerable-consumers>

Information booklets are also available online www.nzta.govt.nz/senior-drivers



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

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

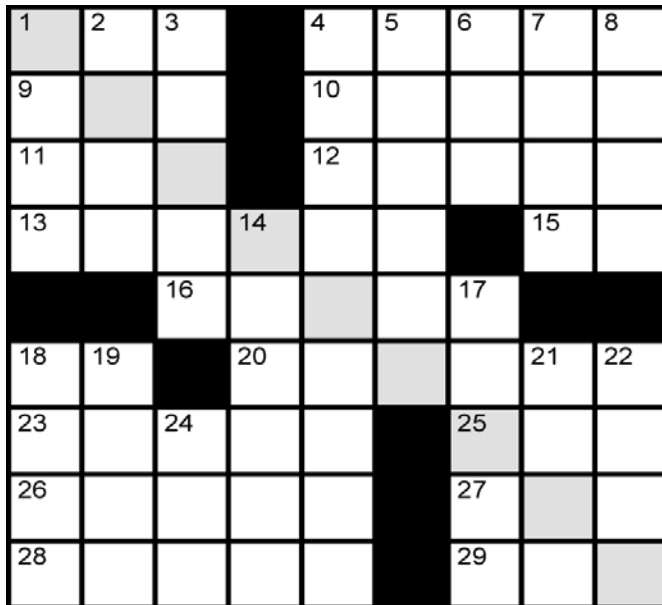
Date Received:

Method of Payment:

Membership Card #:

Entered on Database:

Investors Delight



Across

1. Netflix rental
4. More artful
9. "Rocky ____"
10. Minor

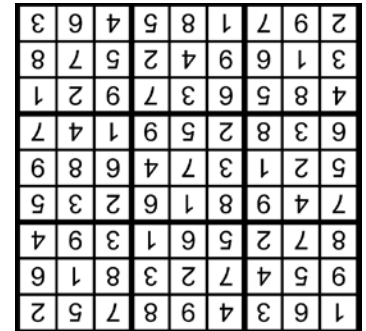
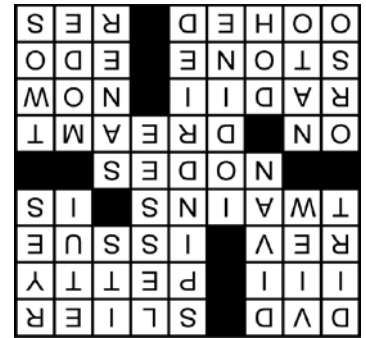
11. Gun, as an engine

12. It's debatable
13. Mark and Shania
15. Exists
16. Bumps

18. Atop
20. Imagined
23. Arm bones
25. "____ what?"
26. Backgammon piece
27. Old name for Tokyo
28. ____ and aahed
29. ____ publica

Down

1. Gossip
2. Penthouse feature
3. Couch
4. Like clothes in a washer
5. Rent payer
6. "____ alive!"
7. Needle case
8. Bakery selections
14. First-aid item
17. More rational
18. Approximately
19. Alliance acronym
21. Fashion
22. Deuces
24. Play-____

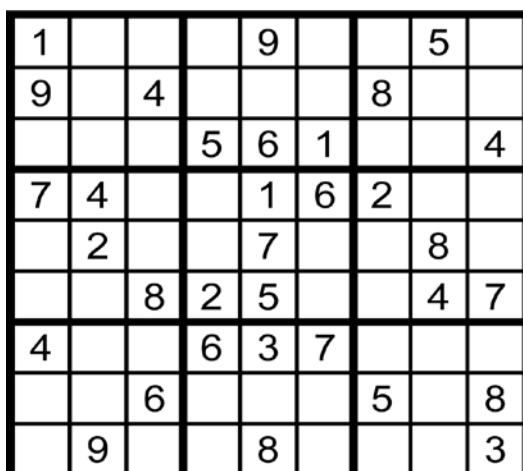


The title is a clue to the word in the shaded diagonal.

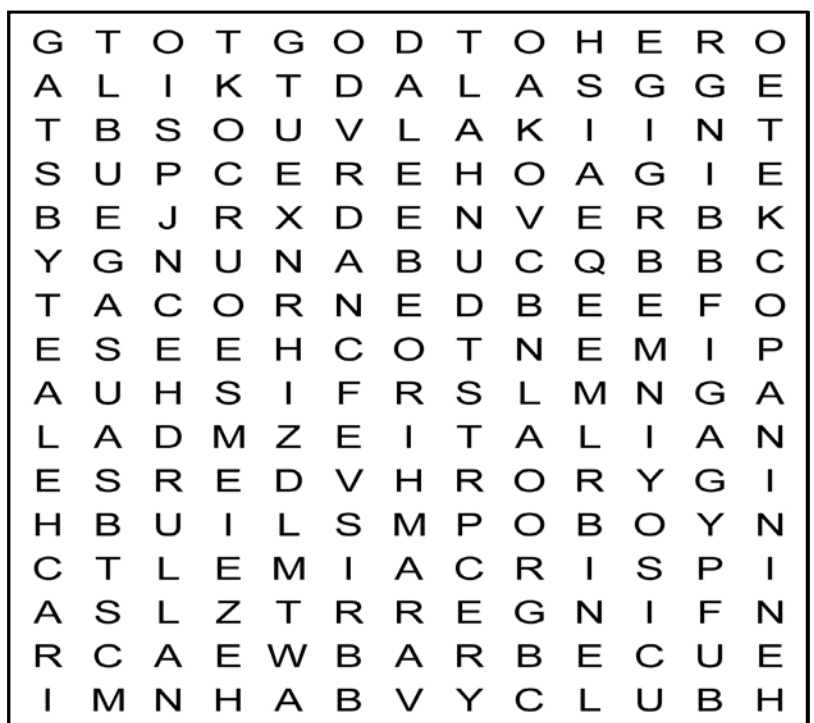
BAHN MI
BARBECUE
BLT
CLUB
CORNED BEEF
CRISP
CUBAN
DELI
DENVER
EGG SALAD
ELVIS
FINGER

FISH
GATSBY
GYRO
HERO
HOAGIE
HOT DOG
ITALIAN
MARMITE
MELT
PANINI
PIMENTO
CHEESE

PO BOY
POCKET
RACHEL
REUBEN
SAUSAGE
SLIDER
SOUVLAKI
SUB
TAVERN
TEA
WRAP



SANDWICHES



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.*