

SPRING 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern

Southland & Queenstown



AGE
CONCERN
SOUTHLAND

He Manaakitanga
Kaumātua Aotearoa



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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.

DONAGH – 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.

CHRIS – Queenstown Office (03) 441 3490

Chris 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 Spring quarterly newsletter. I am sure the look of spring and our new refreshed logo will boost your spirits.

I hope you are staying warm this winter, if not please contact Age Concern and we will see what we can do. We have quilts available and also heaters etc.

We have a new staff member Donagh Booth whom has replaced Tara working in the Elder Abuse response field. Donagh comes to us with a background in health and many years working with people, walking along side them to find a better outcome in life.

Janette Turner

Age Concern Southland Manager



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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

Age Concern Launches New Brand

Age Concern has launched a new brand to attract new people through their doors, but its core business of supporting older kiwis to live their best lives will still be their key focus.

Age Concern New Zealand unveiled the new logo on 1 July at Parliament in an event hosted by the Hon. Dr Ayesha Verrall, Minister for Seniors.

National President of the Age Concern New Zealand Board, Wayne Bradshaw said the refresh was timely because the charity had changed significantly since it launched over 70 years ago.

“The makeup of our population has changed too—we’re getting older, living longer, and we’re more diverse than ever before, he said.

“Our organisation is changing what we do and how we look to better reflect our older population in New Zealand. We also have an ageing population with those over 65 making up 1/4 of our population, he said.

“Our new brand reflects the leadership role we have and the respect we hold for our elders. We are shifting the perceptions of ageing, standing up to ageist attitudes and policy, and focusing on programmes and activities that support dignity, wellbeing and social connections”.

New Chief Executive Karen Billings-Jensen says, “It is an amazing time to be leading this trusted organisation. I am very excited to highlight the extensive range of work of our local Age Concerns do in 40 communities in Aotearoa.

“Age Concern's identity had been one of service in the past, with a focus on the concern and serving people’s needs. That is an important part of our history, and still in our DNA, but the changes we are making are about being a bold, progressive, and vocal on issues affecting older people and their families.

“Leadership, mana and community are the qualities our new brand represents. The bold contemporary design uses individual Huia feathers to suggest the mana of our older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and respect—all things we value and uphold.

Billings-Jensen urges everyone to take a fresh look at Age Concern and what they are doing in your community. They are the place to go if you need to know anything about getting older and what that looks like in Aotearoa New Zealand.



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

Age Concern Southland Brief Overview

Frozen Take-away meals are available daily.

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

Two course meals are available at 'The Centre'

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

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

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

- o **Gold coin Donation.**

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

- o \$2.00 per class.

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

Housie on Thursday afternoon commencing at 1:30 p.m.

Scrabble is played on a Friday afternoon

commencing 1:00 p.m. until approximately 4:00p.m.

Bowls are played on Friday afternoon commencing at 1:15 p.m.

Concert on the first Tuesday of each month,

February-October inclusive. (Exception if the first Tuesday coincides with a statutory holiday.) Commences at 1:30 p.m.

Bus Trips. Please refer to Notice Board in foyer for details.

Rooms available for hire.

Accredited Visiting Service.

If you are feeling lonely, or would just like more social contact, it's important to do something about it, and Age Concern can help. Our Accredited Visiting



Service is a befriending service that provides regular visits to older people who would like more company. Our visitors are volunteers who are keen to spend time with an older person for about an hour each week to enjoy conversation and shared interests and activities.

Confidential Advocacy Service for Elder Abuse.

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Any Welfare needs or questions

Age Concern has resources and information to answer any welfare needs.

Training, Public Awareness and education in rest homes and the community

Holding education seminars for the public e.g. Positive ageing, Enduring Power of Attorney, etc.

Volunteers needed

JP available onsite

Refection's of your life workshops

Learning txt classes

Please visit Age Concerns web site for more information.

[Just type in the google bar Age Concern]



Please visit the Super Seniors site for more up to date information on what is going on.

[Just type in the google bar super seniors]



Like our face book page

Staff contacts

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

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

- Extension 1** Heather | Office Manager
- Extension 1** Kathy | Cook
- Extension 1** Craig | Cleaner
- Extension 2** Chris | Accredited Visiting Service Coordinator
- Extension 3** Emma | Social Worker
- Extension 4** Janette | Manager/ Social Worker
- Extension 5** Donagh | Coordinator for Elder Response Service
- Extension 6** Van Driver
- Chris Downey** 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

GREAT NEWS

We now have a mobile eftpos machine

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



Staying Safe

a refresher course for older drivers

This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

To register your interest in attending, future courses please phone Age Concern Southland on: 03 218 6351 or email info@acinv.org.nz

Your details will be placed on a waiting list and you will be contacted once a course is available and offered priority booking.

© ACNZ together with NZTA

Have you been thinking that you need to exercise more but you don't know where to start?

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age.

Participating in regular physical activity will help you:

- maintain your muscle mass
- increase your bone density
- improve your balance, posture and flexibility
- have better control of chronic disease symptoms
- decrease pain and depression

All older adults are at increased risk of falls. Try including any of the following in your daily routine to improve your stability:

Toe Taps - To strengthen the lower legs

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strenghtens the lower leg).
2. Repeat 20 times.



Heel Raises - To strengthen the upper calves

1. Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
2. Repeat 20 times.



Ankle Rotation - To strengthen the calves

1. Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.
2. Repeat with the left foot.

Stretch it out

Getting into the habit of stretching every day will improve your range of motion and make every activity - including reaching for a dish from a cupboard - more comfortable. Here are two basic stretches to start with:

Neck stretch to relieve tension in the neck and upper back

1. Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
2. Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.
3. Now turn to the left. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.



Shoulder and Upper Back Stretch - To stretch the shoulders and back

1. Bend your right arm, raising it so your elbow is chest level and your right fist is near your left shoulder.
2. Place your left hand on your right elbow and gently pull your right arm across your chest.
3. Hold for 20 to 30 seconds.
4. Repeat with the opposite arm.



Health Quality and Safety Commission/Partners in Care have developed 2 new resources below to help plan for your next hospital or health care visit.

These resources are available in many languages and formats for accessibility (like easy read, NZSL videos and audio versions). If you prefer a hard copy, phone our office on 578 2631.

Let's plan for your next health care visit | Me whakamahere i tō toronga haumanu hauora

This resource is to help you plan your next health care visit. Planning and asking questions will help you understand more about your health and treatment for an illness or injury. Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together.
www.hqsc.govt.nz/resources/resource-library/lets-plan-for-your-next-health-care-visit

Let's plan to leave hospital | Me whakamahere i te wehenga i te hōhipera

Hospital staff want you to leave feeling well informed and with answers to any questions you may have. This sheet will help. Some things may have already been discussed with you and won't be relevant. There are spaces if you or your whānau want to make notes.
www.hqsc.govt.nz/resources/resource-library/lets-plan-to-leave-hospital



Dr Liz Craig

Labour List MP based in Invercargill

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

/LizCraigLabour

Labour
 Authorised by Dr Liz Craig MP,
 Parliament Buildings, Wellington



DRC Southland

Disabilities Resource Centre
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 Matura – 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 Mimihau – Wyndham
- November:** 1 Otatau
8 Queens Park (no bus)
15 Bluff
22 Omaui
29 Christmas Walk & Meal – to be advised
- February 2023:** 7 Winton



Cook Book Fundraiser

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

Available for purchase at Age Concern Southland and Sylvan Bank Pharmacy

Recipes Sharing Our Favourites

\$24.99

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

The first group of children have completed their 5 week block of knitting lessons at Age Concern.

Both knitters and knitting teachers had a great time.

One knitting teacher provided packs for each child so that they can knit their own 'eggs on toast'. The packs contained the wool and pattern so that they can continue knitting at school and home.

There was a great display of knitting ingenuity with knitter Diane bringing her knitted car cover along to show off.

The next group of children will come at the start of term 3 for 5 weeks and we can't wait!



Quick and Easy Meatballs

You'd be hard pressed to find a homemade meatballs recipe that's quicker or easier to make than this one! Pinch the ground meat out of sausages to create meatballs that taste just as good as if you'd made them from scratch



Ingredients

- 200g pasta, use penne or spaghetti
- Splash of olive oil
- 2-4 sausages
- 1 onion, diced
- 400g crushed tomatoes
- Pinch of salt, pepper and sugar
- 1/4 cup Parmesan or normal cheese, grated
- 1/4 cup parsley, chopped

METHOD

Put the pasta on to cook in plenty of salted water. Most dry pasta is ready in 12-15 minutes so you can make your sauce while it cooks!

Heat the oil in a pan, then pinch off small meatballs from the sausages, leaving the casing behind. Add the onion and sauté until softened. Pour in the crushed tomatoes, another splash of olive oil, then simmer until thickened – about 8-10 minutes. Taste for seasoning, adding a pinch of salt, pepper and/or sugar as needed.

Drain the pasta, reserving ¼ cup of pasta water. Add the pasta and reserved water to the meatball/tomato sauce, then toss.

Serve straight from the pan, garnished with cheese and parsley.

“Just cleared out some space in the freezer”

Sounds so much more productive than “I just polished off another tub of ice cream”

Age Concern Queenstown

03 441 3490 | 027 274 3803 | acqt@acinv.org.nz

Social afternoon for Men

3rd Thursday of the month usually start about 2pm at “The Crown” five mile.

You are welcome to join for a chat, your choice from the menu or bar. Please leave a message if you are able to attend or needing a ride.

Arrowtown gathering

1st Tuesday of the month usually at 2pm.

Starting again on August 2nd at “the Dish” Arrowtown. Note this is a change of date due to school holidays. Purchase from the cabinet. Please let us know if you are able to attend and need a ride.

Frankton coffee club

2nd Wednesday of the month. Time and place to be confirmed. Please get in touch if you or someone you know would like to attend.

Strength and Balance

Exercises to start again in Arrowtown please let us know if you are interested when we meet or phone.

Looking forward to meeting everyone.

“It was only a sunny smile,
And little it cost in the giving,
But like morning light it
scattered the night,
And made the day worth living.”

F. Scott Fitzgerald.





Reduced timetable

Starts 19 July

Your best ways to get up to date information:

- ➔ Check your timetable at orc.govt.nz/orbusQT or scan QR code
- ➔ Check the  transit app daily
- ➔ Call us on **0800 ORBUSQT** (0800 672 8778)

SCAN ME



Are retirement villages affordable? Busting the myth!

Written by Janet Brown, Head and Heart Ltd, for the RVA

How affordable really is retirement village living? Sometimes you might hear people saying it's only for the wealthy. But increasingly those who never expected to be able to afford a retirement village unit are moving in to villages, having sold their freehold homes and freed up more capital than they anticipated. One resident at the Masonic Villages Trust's new village in Wainuiomata says "I didn't think I could ever afford it". She also didn't want to move out of Wainuiomata. When her neighbour of seventeen years opted to move into the new village under development locally she was surprised to find that she could indeed afford to buy there, and the two neighbours are now happily relocated in their local retirement village.

Nick Merritt, Operations Manager for the Masonic Villages Trust, says "Most of our residents have a property to sell, but don't have a lot of money sitting in the bank." She notes that it's important to provide a choice and options, especially in smaller towns where the property boom may have been patchier. The Trust's initial social housing for older people came into being over sixty years ago, supported by Housing Corporation loans, and underpinned by the firm conviction of the religious and welfare sector that there was a need for housing for the elderly. Those first units were one bedroom and relatively modest, but now older people expect more, which is one factor driving the development of retirement villages by charitable trusts.

About 25% of the Trust's holdings are affordable rentals, scattered across a number of villages. The Trust's recent policy of acquisition of existing villages has helped ensure that they can offer a variety of options, both geographically, and in the style and price of units. Warick Dunn, Chief Executive of The Masonic Villages Trust, notes that, for the older demographic, mobility and access is important: "People are now coming into our villages older, so design is crucial, as are aspects like double-glazing. Our facilities are now warmer and healthier than the housing our residents have come from because of improved design. These factors also increase affordability, costing residents less to heat their homes and reducing their regular outgoings.

Arvida, a large scale Retirement community operator with national coverage, is also strongly focused on providing affordable options. General Manager Sales, Tristan Saunders, says that from Arvida's perspective there are two key elements to affordability: offering a wide variety of unit types, and ensuring pricing is linked to the local residential market. Arvida offers options starting from single bedroom studios, one, two and three bedroom apartments and townhouses, all the way up to standalone two and three bedroom villas. He notes that "no one size fits all.

Affordability according to location and linked to the local residential market works because prices are set relative to the local market, and positioned to allow potential residents to realise and retain money from the sale of their original property.

This is ensured through Arvida's annual central review of prices against local markets and advice from professional valuers, and allowing scope for buyer choice. Tristan notes that, to make sure this works, "We will always lag behind the market movement, giving customers a buffer when they sell in the local market."

Generally across New Zealand, retirement village units cost around 70% of the market price of the average freehold home in their surrounding community. This indicates how when older people sell their freehold home to move to retirement village they can free up extra capital in the process, which can then be used to fund retirement living and give them choices.

Affordability, and a range of offerings, is also key to ensuring that Arvida villages reflect a cross-section of their surrounding community. Tristan explains that the Arvida design team works out what unit types will work best in a local context. He says the aim is to have as much range as possible on offer in the early stages of development, and to keep prices as affordable for entry as possible, with products and price points to appeal to a large cross section of the local community considering a retirement community.

The CEO of Howick Baptist Healthcare, Bonnie Robinson, says they focus on affordable housing options for older people because "we're here to meet the needs of vulnerable older people, and to do that you have to determine who's vulnerable and why." From Bonnie's perspective, among the most vulnerable are those who reach retirement without owning a mortgage free home. HBH has a rental village as well as its main licence-to-occupy retirement village, and is currently exploring how to provide more rental options - "we see that need just climbing, we're currently getting at least two to three enquiries about rentals a week."

These are usually from people who have been in a stable rental situation that changes, for example, they may have rented a granny flat long-term, but then the house is sold to a developer who wants them out. Bonnie notes that it's hard to assess the positive impact for residents who secure a unit in HBH's rental village: "Residents don't want to talk about money, but once they settle in you can see their health and wellbeing improving as the stress and worry disappear."

Bonnie predicts, as does Warick, that there will be an ongoing increase in the number of retirees who have no savings or resources other than national superannuation at retirement. Bonnie also expects the number who have very little margin, perhaps because of divorce, or unemployment late in life, will also increase.

The last word on affordability of retirement village living and its positive impacts goes to Ken, who moved into HBH's retirement village earlier this year after his wife died. He tells me, "I looked at all the local villages, and this felt like the best value. I saw the advert, and I had that amount of money. Compared to paying rates and maintaining a house, here it's all incorporated and cheaper. I definitely have lower outgoings here. I enjoy the company. Here, you can get a meal if you want or need one, even though you're independent. And the price I paid meant I had extra money for other activities like travel."

Editorial supplied by Retirement Villages Association

Mask Wearing Tips for Hearing Aid Wearers

It has become apparent that the combination of mask wearing and hearing aid wearing can be problematic. If you wear hearing aids that sit behind your ears and have flicked off your hearing aids while removing your mask, you are not alone. Sadly, this has become a common cause of people losing their hearing aids. There have been some great initiatives to help with this so here are some suggestions:

Look for masks that have over the head straps rather than behind the ear straps, or if you sew, or know someone who sews, have a fabric mask made with over the head straps.



Buy a purpose designed neck strap, or be creative with buttons, toggles, or even toys to make a neck strap for yourself. There are many other ideas out there. A favourite of mine is the use of a monkey from the child toy 'barrel of monkeys'



It is important to note that although these options reduce the chance of hearing aids falling off, it is not a 100% safeguard. It is recommended to be in the habit of checking hearing aid placement immediately after removing masks.

For a more guaranteed solution to keep your hearing aids from falling off, hearing aid clothing clips are an excellent option. These prevent hearing aids falling due to more situations than only mask removing, e.g. taking glasses on and off, pulling jersey's over your head, etc. These just clip to clothing e.g. collar, at the back of your neck. The hearing aid may fall out of your ear, but will not fall to the ground and will still be attached to your clothing.



Hearing for

LIFE

Audiology South brings you the world's leading hearing aid technology.

There are proven links between good hearing, positive mental health and wellbeing, so we're here to help with these high-tech, easy to use products.

If you feel that your hearing is holding you back (or someone you love) book your FREE hearing assessment and no-obligation trial of the latest hearing aid technology today.

You'll be seen by the local experts & feel confident you've come to the right place.

Call now for your FREE 14-day trial

Call: 0800 547 836

www.audiologysouth.co.nz

Oamaru | Dunedin | Mosgiel | Queenstown | Gore | Winton | Te Anau | Invercargill



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
- **St Stephen’s Waikiwi – Fridays 1.30pm**
St Stephen’s Church hall, North Road, Waikiwi, Invercargill
- **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)

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

50 Forth Street, Invercargill | 03 218 6351



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

TOTAL Payment \$.....

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

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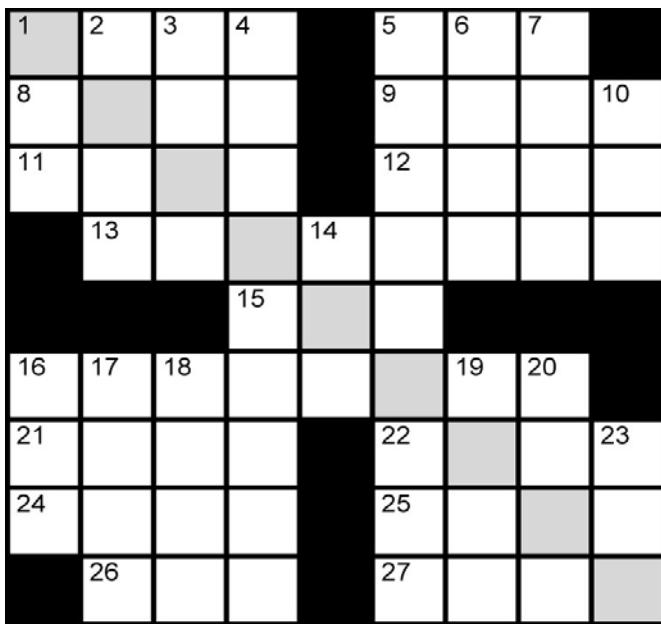
Date Received:

Method of Payment:

Membership Card #:

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Lovers, Painters & Writers



Across

- 1. Actress Perlman
- 5. More, in Madrid
- 8. D.C. bigwigs
- 9. Acknowledge
- 11. Some PTA members

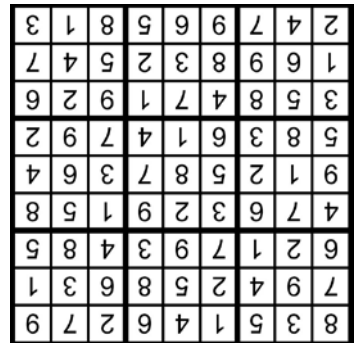
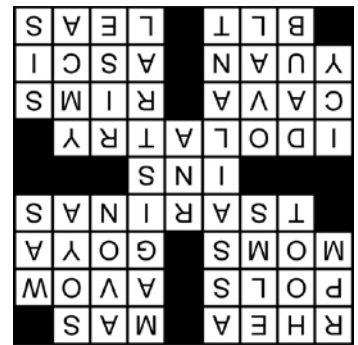
12. "Naked Maja"

- painter
- 13. Winter Palace residents
- 15. Officeholders
- 16. Hero worship

- 21. Spanish sparkling wine
- 22. Hoop edges
- 24. Chinese dollar
- 25. Fungal spore sacs
- 26. Deli sandwich
- 27. Grazing sites

Down

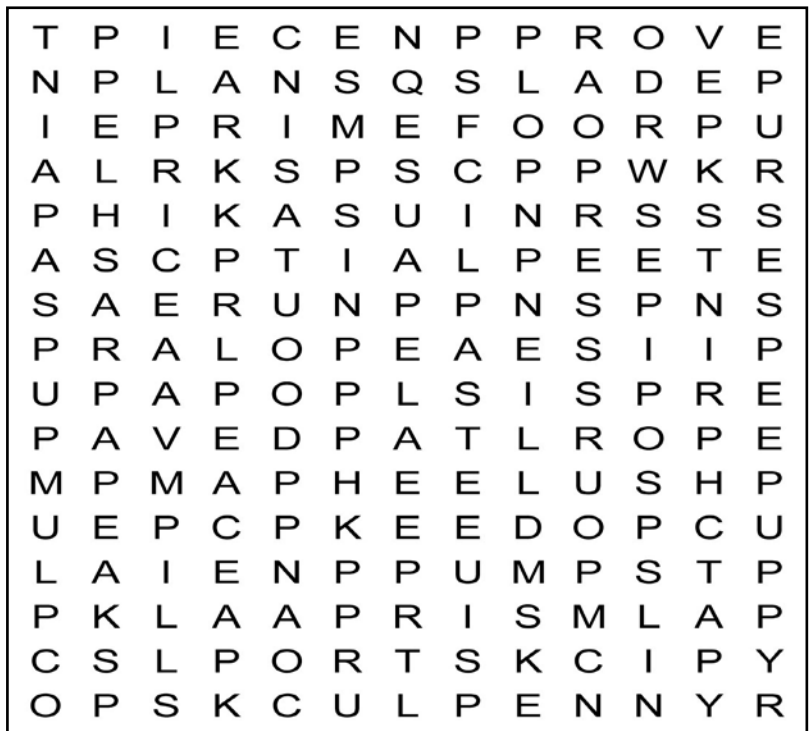
- 1. Dashboard abbr.
- 2. Owl's call
- 3. "Desire Under the ____"
- 4. Attacker
- 5. Authoritative
- 6. Shakespeare, the Bard of ____
- 7. Bean used to make miso
- 10. Used to be
- 14. Genetic material
- 16. Slick
- 17. Slap on
- 18. Track shape
- 19. Get up
- 20. Village People hit
- 23. Bro's sibling



The crossword headline is a clue to the answer in the shaded diagonal

PLENTY OF Ps

- | | | |
|-------|-------|-------|
| PEARL | PLAIT | PRICE |
| PEARS | PLANE | PRIME |
| PEDAL | PLANK | PRINT |
| PEELS | PLANS | PRISM |
| PEEPS | PLOWS | PROOF |
| PENCE | PLUCK | PROUD |
| PENNY | PLUMP | PROVE |
| PHASE | POLAR | PULSE |
| PIANO | POLES | PUMPS |
| PICKS | PORCH | PUPIL |
| PIECE | PORTS | PUPPY |
| PILLS | POURS | PURSE |
| PIPES | PRESS | |



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.*

