

SUMMER 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 the last magazine for the year, this year has gone fast.

Christmas songs and decorations are starting to appear and so is the more settled weather. All restrictions are lifted and people are starting to move about more, if you still want to wear a mask please ensure you do.

You still need to wear a mask in the Chemist, Rest Homes and Doctors office. If you have any concerns about coming back out into the community please contact Age Concern and one of the staff can pop out and have a chat to see if we can help.

Janette Turner

Age Concern Southland Manager

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AGE CONCERN VISITING SERVICE

Living with the uncertainty and the worry of all that is happening of late for some older people is they 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

Maintaining relationships was as important as finding an idyllic backdrop, warm weather and good food, when planning for retirement. Loneliness can lead to large morning rises of the 'stress' hormone cortisol, which increases the risk of strokes and heart attacks. There is also evidence that being isolated can make people more fearful of perceived threats which can affect sleep patterns. Loneliness is also linked to a lack of purpose, feeling unhappy.

Socks too tight?

We sell soft topped
bamboo and cotton socks

3 pairs \$36

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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. Visitors pass on amazing stories of what develops with their relationship with the older person they visit. This is a win-win for both the person visiting and the person being visited. We are always in need of people willing to give about an hour a week to an older lonely person in our community. 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.

One of the activities we do within the Visiting Service here at Age Concern Southland is have an annual Client Day when visitors bring the older person they visit, along for an afternoon of fun, entertainment and afternoon tea. There is always lots of chatter and laughter at these afternoons. This year the events were held in October in Invercargill, Gore and Te Anau.

So if you have some spare time, wish to enhance somebody's life and make a new friend, I am always happy to have a chat about what is involved in becoming a visitor.

Chris Cunningham | Visiting Service Co-ordinator



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Small things matter



Ears Unplugged, 83 Don Stret, Invercargill

Phone 027 4035016

Linda Winder | Registered Nurse

Age Concern Southland Brief Overview

Frozen Take-away meals are available daily.

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

Two course meals are available at 'The Centre'

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

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

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

o **Gold coin Donation.**

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

- o \$2.00 per class.

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

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

Scrabble is played on a Friday afternoon commencing 1:00 p.m. until approximately 4:00p.m.

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

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

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

Rooms available for hire.

Accredited Visiting Service.

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



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

Confidential Advocacy Service for Elder Abuse.

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

Any Welfare needs or questions

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

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

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

Volunteers needed

JP available onsite

Refection's of your life workshops

Learning txt classes

Please visit Age Concerns web site for more information. [Just type in the google bar Age Concern]



Please visit the Super Seniors site for more up to date information on what is going on. [Just type in the google bar super seniors]



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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.



Strawberry Santas

Makes: 20 Time to make: 15 minutes

Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips



Method:

Cut the top third off each berry and reserve. Stand berry bases on a serving platter. Mix cream cheese and icing sugar until smooth and creamy. Pipe or spoon 1 tsp cream onto flat berry tops. Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry "hat" (pom-pom) and onto "chest" (button). Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes). Refrigerate until ready to serve.



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The Huia Awards

Age Concern brings people together across generations, places and cultures, nationally and locally. In the Age Concern whānau, everyone is welcome and valued.

The Huia Awards are an annual celebration of New Zealand's older people and those who support them. The Huia feather is a sacred treasure for Māori, symbolising leadership and mana. Huia feathers were traditionally given as tokens of friendship.

Each year we will award three recipients a Huia Award. Nominations must show how recipients support our kaumātua and make positive differences for them.

Leadership, mana and community are the qualities our brand represents. The circle of three feathers portrays the concept of community, friendship, and respect—all things our award recipients will value and uphold.

The Huia Award Panel will be made up by an Age Concern New Zealand Board Member, the Chief Executive, one staff member as well as a representative from the Office for Seniors.

Unless the Huia Award Panel decides that there are extraordinary circumstances to justify an exception, no person/team shall be entitled to be awarded more than one award each year.

The Huia Award Panel shall be the final arbiter on the selection of award recipients.

The Huia Awards ceremony will be part of our International Day of Older Persons celebration each year (1 October).

The Huia Awards Criteria

General criteria that apply for the Age Concern New Zealand Huia Awards

- Nominations open on 15 August 2022 for two weeks
- A written submission (limited to 500 words) emailed to huia.awards@ageconcern.org.nz needs to be received prior to 29 August 2022
- Nominations may be made by any person other than the nominee. No self-nominations will be accepted
- All New Zealand citizens 15 years of age and over are eligible to be nominated for the Awards.
- Significant parts of the recipient's work being recognised need to have been undertaken in New Zealand
- Nominees will need to consent to have their image and Huia Award information published
- There will be a single winner/team of each award.

The Huia Awards Nominations

Describe the person/team you are nominating and why they represent community, friendship and respect. This could include:

- What is unique about them
- Who benefits from their work
- Describing their commitment, creativity and approach to challenges and opportunities
- How have they demonstrated a positive impact and how winning this award impacts the work that they are doing
- How do they set a positive example and show potential for making change for older people in Aotearoa.

Alistair Stuart has been an executive board member of Age Concern Southland since November 2008. While every year we can guarantee that Alistair will don an apron and serve at the Annual Christmas Dinner for our kaumātua, we get so much more from Alistair as an organisation and in our community. Throughout our interactions with Alistair, we are consistently impressed with his tenacity, work ethic and commitment to the advocacy, equity and respect of the seniors in our community.

While undertaking his day job for the Services for Seniors team at MSD he shows attention to details, flexibility, (in what is generally considered an inflexible environment), and the ability to work positively with seniors from all walks of life. Alistair is known in the community as an effective communicator.

He is often targeted for referrals from other businesses and organisations to ensure that our seniors are receiving entitlements in their later years. He is known for being practical and open with his communication, and he makes a real effort to support people, to be happy, healthy and valued as they age. Alistair understands that for some in our community it is difficult to navigate the Government Support system, and he takes the time to go through their individual circumstances and ensure that they are receiving what they are entitled to and understand their rights and obligations.

After 22 years working in our community he has developed a toolkit of "out of the box" resources that he can access to ensure that clients who need additional support to what is available within the Government system which can access on a needs basis. This might include services for heating supplies, emergency accommodation, clearance services in hoarding situations, counselling and handyperson support for one off needs to ensure the safety of a client.

His ability to tap into multiple resources makes Alistair an important ally within the system. His skills are crucial for triaging the most urgent of high needs situations. With the ability to access emergency support for very high needs persons, Alistair is a crucial in managing elder abuse cases for our own organisation. We believe Alistair upholds the values of the Age Concern organisation.

The concepts of community, friendship and respect are woven into his work life and community focus. He operates on the following general principles:

He Tāngata - Focus on improving people's lives — individuals, families, whānau, iwi and communities.

Manaakitanga - Respect and uphold the mana and dignity of the people, whānau, communities or groups who he works with and who he serves.

Mana Whakahaere – Empower people's choices and enable access to and oversight of their decisions and information.

Kaitiakitanga - Act as a steward in a way that people understand and trust.

Mahitahitanga - Work as equals to create and share valuable knowledge.

I am privileged to nominate **Marcia** for the Age Concern New Zealand Huia Awards for 2022. Marcia

has a focus on all things "luscious" she sees the beauty and the positivity in life and embeds this in the life of those around her. This is apparent from her uplifting Facebook posts and is interwoven into her daily life with the work she undertakes at Nga Kete Matauranga Pounamu Charitable Trust. Marcia has an active role with the Kaumatua group at Te Tomairangi Marae in Murihuku. Her role includes sharing Waiata, involvement with the Ukelele Group, helping in the kitchen, setting up and helping to facilitate the social media pages for the community during the pandemic to ensure a digital community for the members was maintained and supported albeit at a distance; operating a phone tree system to check on members; picking up and taking people for errands, coffee catch ups and other social opportunities with a goal to foster community, friendship, respect and positivity for the kaumātua. Jenny Biddle and Margaret Johnstone are part of that group and shared how wonderful Marcia has been for them and the other members of the kaumātua group. Marcia's manaakitanga was demonstrated when she picked them up for an early morning "adventure" for Matariki and escorted them onto a local marae. Marcia shared with them the tikanga and protocols for the event and ensured that both Jenny and Margaret were welcomed, supported, respected and uplifted during their morning out. They commented that the kai was "spot on", but being recognised and distinguished by Marcia gave them "the warm fuzzies" and also opened them to an amazing opportunity in a community that they might not have otherwise enjoyed without her invitation.

Marcia's commitment to our community is unique and far-reaching from her roles as a Celebrant, a Justice of the Peace, a board member or co-opted member on various District Health Board entities and working with education institutions as pastoral support; Marcia also contributes to her runanga; to her parkrun community and has other community involvement which allow her to confidently bring a positive Māori voice to such roles.

Life has changed for Marcia during the pandemic, and she spent much of the last year involved in supporting the roll out of the vaccination programme. Marcia's role was essentially to ensure that everyone who entered the vaccination centre, left feeling good about



We nominated two people from Southland Alistair Stuart and Marcia Te Au Thomson.

Marcia won one of the three awards given out Nation wide.

continued from page 7

themselves. She discerned quickly their individual needs and moved efficiently to provide key information, recommendations, or direction to maximise their comfort, support and mana while at the vaccination centre. In times of challenge, her ability to be positively focused has helped reframe those around her to ensure that the hauora of the individual is paramount. She might claim ehara tāku toa I te toa takitahi, engari he toa takitini, that it was the work of the team as whole that ensured the success of the delivery of the programme but Marcia's contribution was a key factor

in that success, which illustrates her commitment to the philosophy, that when everyone contributes people will thrive.

Through many different roles, Marcia has made a difference in our community, exemplified the values of the Age Concern Logo of community, friendship and respect, and has positively impacted our older persons. Her skills, knowledge, willingness to help others, and dedication to Te Ao Maori and our community make her a fabulous nominee for the Huia Awards.



Regular Queenstown Happenings

Falls Prevention Exercise Groups SAYGo

Improve balance and leg strength, flexibility, general fitness and wellbeing every Thursday.

ARROWTOWN:

11am @ community centre, by the rugby grounds.

FRANKTON:

1.30 pm, Thursdays, St Johns rooms 10 Douglas Street, Frankton

Gold coin donation: please contact Chris 03 441 3490 for further information.

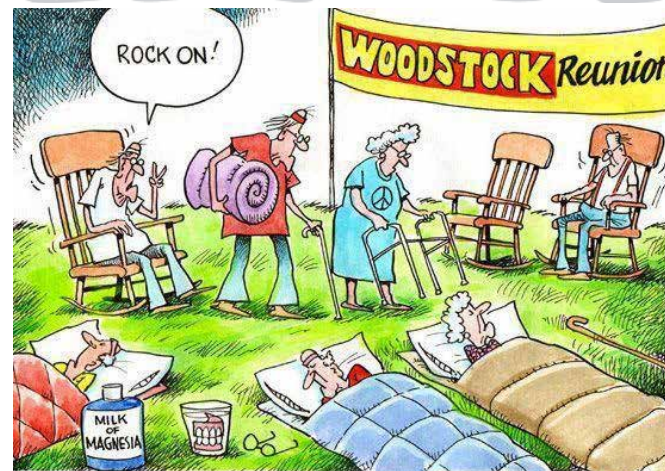
Group outings

2nd Wednesday of the month, Frankton coffee group, 2.00pm – venue changes

3rd Thursday @ 2.30pm, Men meet at the Crown for a chat, purchase a drink or food of your choice.

4th Tuesday of the month Arrowtown coffee group @ Mill Brook "Hole in One" 2.00 pm

All welcome however we do need approximate numbers for coffee groups, if there is any one that would like to join in please let us know by phoning and leaving a message on 03 441 3490



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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 Mataura - 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 Otautau
 - 8 Queens Park (no bus)
 - 15 Bluff
 - 22 Omaui
 - 29 Christmas Walk & Meal
- to be advised
- February 2023:**
 - 7 Winton

Early On-Demand Music Streaming Required Lots of Nickels

The machine had over 170 songs to choose from, each one assigned a different number. Customers would use its built-in telephone to connect with the local Multiphone station, filled with records and turntables. A DJ with a friendly voice would be waiting on the other end to answer the call and play the requested record. The stations, located in Seattle, Tacoma, Bremerton, and Spokane, were staffed entirely by women.

"You'd put your nickel [into the Multiphone] and you would hear a hostess from the central station

ask through the speaker, 'what number, please?' And you'd say, 'I want number 202, 'Fools Such As I.' And then they'd grab the record from the rack, put it on the turntable associated with the location you were at, play it, and that was it," says Seattle historian John Bennett, author of the upcoming book *The*

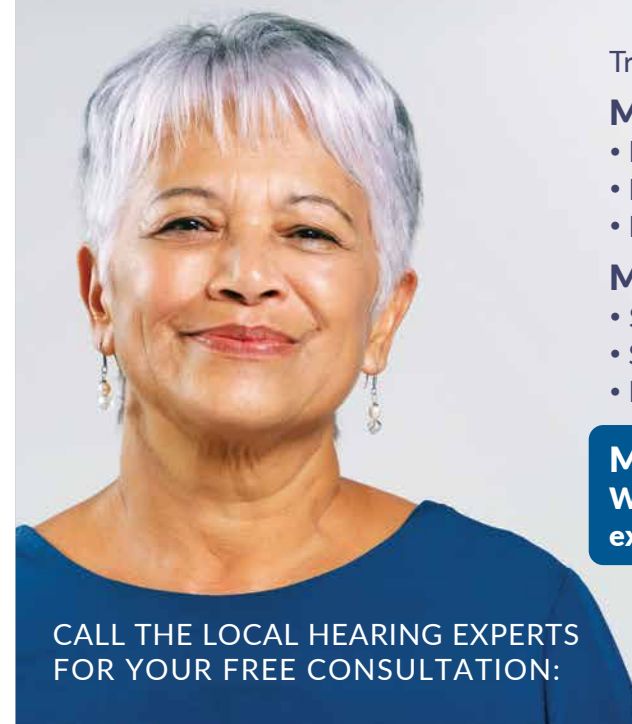


Shyvers Multiphone Story. Bennett, who runs Jukebox City, a vintage jukebox business in the Georgetown neighbourhood, is a Multiphone collector himself. A self-proclaimed antique hoarder, Bennett bought around 500 Multiphones in the 1980s, which he sold at an antique shop he owned at the time. Back then Multiphones only sold for \$100 a pop—today, they're much rarer, and can go for over \$2,000.

The brainchild of Seattle inventor Ken Shyvers, Multiphones came onto the scene in 1939. At the time, jukeboxes were only spinning 20 or so records, at most. Shyvers wanted to expand the playlist, so he created the Shyvers Multiphone: a mini-jukebox, with an Art Deco aesthetic. It stood about 20 inches tall and, during its mid-century heyday, could be found anywhere from diner counters and bars to drive-in theatres.

Information from Atlas Obscura online magazine Feb 2022.

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Retirement villages sector launches most significant reform in a decade

New Zealand's retirement village sector has unveiled major changes to the way the industry operates in the most significant voluntary reforms to the industry since legislation was passed in 2003. Among the key changes is a requirement that operators pay interest on outstanding capital sums if a former resident has not been repaid within nine months of leaving a unit. In addition, all operators are being asked to stop charging weekly fees once a unit is terminated and vacated.

Members of the Retirement Villages Association (RVA), which represents operators comprising over 95 per cent of all units including not-for-profits, independents and listed village operators, have approved the changes, which will be trialed for 12 months as part of the organisation's best practice guidelines. The reforms will be voted on at the RVA's AGM next year, and if passed, will become part of the Association's best practice requirements that members' performance will be audited against.

The RVA has also committed to asking members to amend Occupation Rights Agreements (the contract between an operator and resident) to eliminate any perceived unfair clauses. These include clearly setting out responsibilities for repairs and maintenance of operator-owned chattels.

The sector's best practice disclosure guidelines regarding residents' transfer to care will also be recommended to be incorporated into the Retirement Villages' Code of Practice. Furthermore, if a resident is moving from a village without the necessary level of care and needs funds to pay for residential care costs in another facility, village operators will take all reasonable steps to assist them to get a residential care loan from the Ministry of Social Development. If a loan is not possible, the operator will advance sufficient funds to cover the residential care costs with the advance secured against the net proceeds when they are paid out to the former resident.

"Retirement village living is one of the country's most popular housing options with more than 100 New Zealanders moving into a retirement village every week and independent research shows overwhelming satisfaction rates," says Graham Wilkinson, President of the Retirement Villages Association. "However, we have always accepted the need for improvements to the sector's consumer protections regime where they are feasible and make sense.

"Developing and enforcing industry best practice is a more effective and fairer way to resolve these issues rather than legislative upheaval for the sake of it. Our industry's Blueprint is clearly delivering positive outcomes for residents across New Zealand." The sector accepts it is only fair that village operators share some of the pain where a relicensing of a unit takes over nine months, although research shows this was less than 10 per cent of all relicensing in 2021, he says. "That's why we are trialling having members pay interest on any repayment over nine months. This has the benefit of not penalising efficient operators, which a mandatory deadline would do, while encouraging others to up their game."

Stopping weekly fees when residents leave units has

already been adopted by the six largest corporate operators and larger independents and dozens more operators will now follow, says Mr Wilkinson. "The operators that do charge fees after a resident leaves are generally smaller or regional operators that simply cannot afford to cease this practice. Operators who are not responsible for the sale of the residential unit or independent owned villages with fewer than 50 residential units will also be exempt from the changes if the business risks failing."

Other changes include clarification on the maintenance of chattels and upgrades of units to meet the Government's Healthy Homes standards. "All of these changes are a continuation of the steps we have already taken to improve our policies and practices such as appointing former MP Hon Jo Goodhew to the RVA's Executive Committee as an independent member to bring older peoples' views to the table.

"We're prepared to explore other changes, but want to see a more evidenced-based approach before making decisions. "For example, an industry ombudsman may be a good idea, but our initial trialling of a de-facto dispute resolution service suggests the need is extremely low, if at all. "Standardised contracts may be helpful, but what's more important is clarity, communication and the ability for village operators to offer differentiation and innovation, not the lowest common denominator. There's a very real risk that innovation will be stifled if contracts are essentially a template."

The RVA is concerned about the negative unintended consequences of imposing changes to the sector's commercial model, says Mr Wilkinson. "Villages are extremely long-term investments and operators need certainty before they can invest. Developing and fully licensing a village requires substantial capital and takes typically around 5-8 years, and many further years before any cashflow return is received. "If there is any possibility of allowing an adjustment of commercial terms in the future, operators will think twice about future investment."

The sector is also confident residents' needs were generally catered for when they moved into care, he says. "87 per cent of residents moved seamlessly from the village to care. Of the 13 per cent who moved to another facility in 2021, four per cent was because there wasn't the right level of care available in their home village, two per cent needed to make a temporary move because a bed wasn't immediately available, and seven per cent moved away for personal reasons. "This shows that very few residents in villages have trouble moving to care where it is in a village."

"Clearly, it is in the interests of all operators to relicense units as quickly as possible. No operator wants a long drawn out process," says Mr Wilkinson.

Note: the RVA's Executive Director is willing to visit branches to outline the proposals and how they impact on residents and operators. This presentation is available entirely free of charge, but we will need an audience of at least 30 people to justify the costs of travel.
Contact John on 021 952945 to find out more.

It's now illegal to ignore "do not knock" stickers

The following is some more information and how to get stickers.

How to get a 'Do Not Knock' sticker

- Consumer members can request a sticker through the form on Consumer's website.
- If you're not a Consumer member, you can get a sticker from any Resene ColorShop or store that sells Resene paints.
- Alternatively, you can make your own sign or download a printable version of the sticker.



It is now illegal to ignore "do not knock" stickers

Changes to the Fair Trading Act, which have come into force, mean door-to-door traders who ignore a 'Do Not Knock' sticker risk fines of up to \$30,000.

In addition to imposing fines, the courts can also order the cancellation or variation of a sales agreement, as well as compensation if an uninvited seller ignores a sticker or a direction not to enter a property.

"This is a great win for consumers," said Jon Duffy, Consumer NZ Chief Executive. "We have been calling for these changes to the Fair Trading Act since 2014, when we first launched our campaign. Since then, we have distributed more than half a million stickers to consumers to keep unwanted sellers away," he said.

"Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don't want or need. In some cases, people have even purchased products just to get rid of the seller.

"We've also heard stories of sellers ignoring the stickers, so it's great ignoring a 'Do Not Knock' sticker or instruction to stay away will now have serious financial implications for the trader on the doorstep."

You don't need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they're told for two years. If they don't do as they're told, or they ignore your sticker, you can complain to the Commerce Commission.

Vegetable Soup

Ingredients:

- | | |
|---------------------|--------------------|
| 1 cauliflower | |
| 1 onion diced | |
| 2 Tbsp butter | |
| 1 leek sliced | |
| 3 carrots diced | 2 litres hot water |
| 3 handfuls macaroni | 2 beef stock cubes |
| 1 tsp salt | 1 tsp curry powder |



Method:

Wash cut and separate the cauliflower.

Fry onion on medium heat in butter until soft.

Add other vegetables and stir-fry for 15 minutes. Add hot water and bring to the boil, then add the macaroni, beef stock, salt and curry powder. Bring back to the boil, stir regularly and simmer for 25 minutes.

If too thick, add water.

ORANGE ALMOND CAKE (gluten free)



Preheat oven to 180c Prepare a 20cm cake tin

Method:

Boil 2 navel oranges for 15 mins in water. Cool, chop roughly and whizz in a processor. Beat 3 eggs with 1 cup of sugar. Fold in 3 cups of almond meal and 1 tsp of baking powder. Fold in oranges to mixture and place in tin. Bake 1 hour at 180c until cooked

Are you aware!

Is your vehicle Insurance Policy payment the correct cover type for the value of your vehicle? In the event of an accident will your cover be adequate.

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

Office Use Only

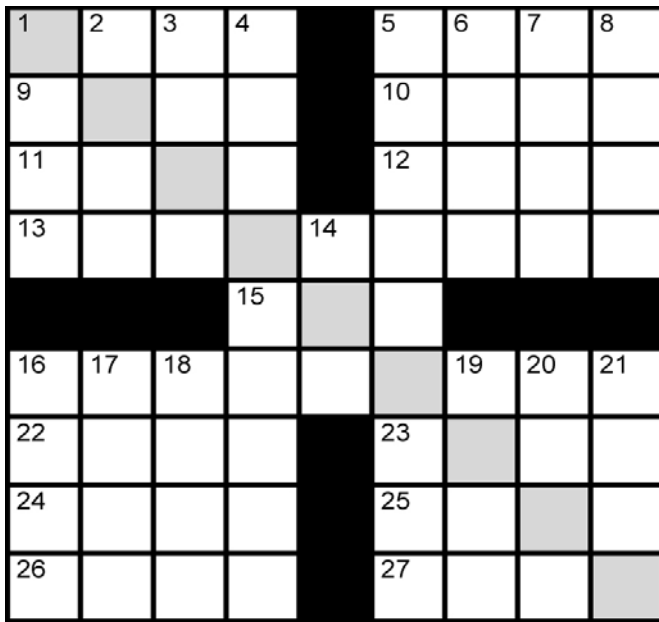
Date Received:

Method of Payment:

Membership Card #:

Entered on Database:

To Build



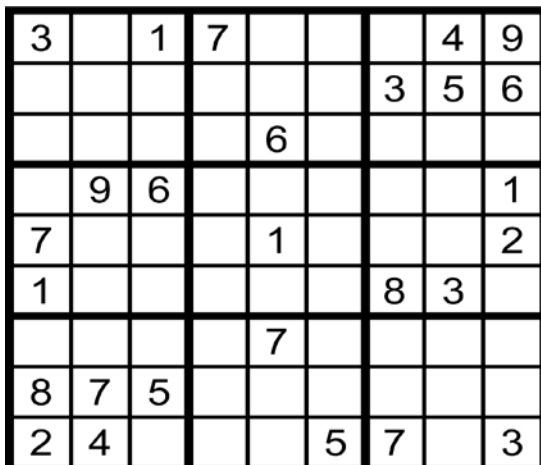
Across

- 1. Bivouac
- 5. Hat-tipper's word
- 9. Frost
- 10. Clearasil target
- 11. "Green Gables" girl
- 12. "Darn it all!"
- 13. Population statistics

15. Hog's home

- 16. Look at something again
- 22. Approximately
- 23. Twofold
- 24. All over
- 25. Killer whale

- | | | |
|--------------|-------------|-------------|
| Bamboo | Foxtail | Moth |
| Blue vanda | Fried egg | Noble rock |
| Cinnamon | Ghost | Nun |
| Cockleshell | Grass pink | Phaius |
| Crested snow | Halloween | Showy tiger |
| Easter | Holy ghost | Slipper |
| Egret flower | Marsh | Spider |
| Foul giant | Masdevallia | Vanilla |

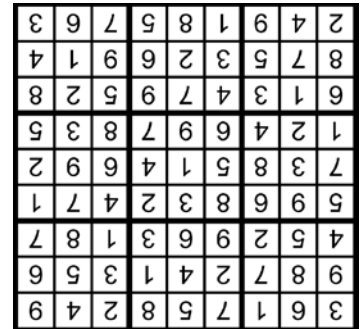
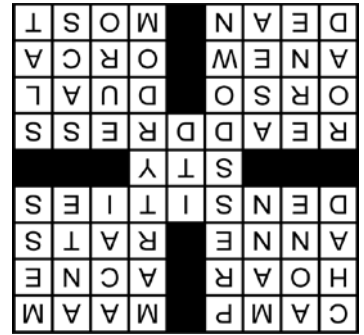


26. College bigwig

27. The bulk

Down

- 1. Neighbor of Libya
- 2. Top-rated
- 3. Educator Horace
- 4. Push, in a way
- 5. Fate of one with a cause, perhaps
- 6. Antioxidant berry
- 7. Poker pot starter
- 8. Military meal
- 14. "___ be my pleasure!"
- 16. Start of many Hope/Crosby film titles
- 17. Coastal raptor
- 18. Floating, perhaps
- 19. Continental currency
- 20. Pouches
- 21. Bed board



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

ORCHIDS



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.*