

ISSUE 02, 2023



AGE
CONCERN
SOUTHLAND

He Manaakitanga
Kaumātua Aotearoa

Age Concern

Southland & Queenstown



www.ageconcern.org.nz

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

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 – 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.

Gillian Brock - Heath Promotor

Extension 7

Disclaimer

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 Age Concern advocates or rejects its use.



FREE and Confidential Legal Advice and Information

Southland Community Law Centre

2nd Floor, Cue Building
33 Don Street, Invercargill
Phone 03 214 3180 or 0800 55 0800



AWHI MANA TOHU TOHU ME MIHI KI MURHIKU

EMMA – Social Worker

Extension 3

For any Community / Welfare needs

KATHY AND BARBARA

Extension 1

Are our wonderful cooks whom manage 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.

follow us **facebook**

'AGE CONCERN SOUTHLAND'

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 & Barbara 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
Extension 7	Gillian Brock
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



Invercargill's friendly, professional & locally owned ear wax removal clinic
83 Don Stret, Invercargill
Ph. 027 403 5016





Printed by
ALPINE PRINT
FAMILY OWNED SINCE 1977
an environmentally friendly company using only sustainable resources in the production of this publication.
Please remember to recycle when disposing of this product.




Queenstown Services

Strength and balance exercises:

Arrowtown:

11am Thursdays @ community hall (Jack Reid Park), gold coin donation.

Frankton:

10.30 Tuesdays @ Te Atamira (remarkable Park), gold coin donation.

Age concern, Queenstown, organise regular afternoon tea outings, if you are interested in joining in ring Chris on 03 441 3490, to find out dates and venues.

Men's group meet at "The Crown every 3rd Thursday of the month @ 1.30, phone Cliff 027 5306312 or Chris 03 4413490 for further information.



FUNCTIONAL FITNESS EXERCISE CLASS

Join us at our NEW Functional Fitness Exercise Class at Age Concern Southland

What does this look like?

- 30 minute classes every Friday morning **with a Personal Trainer**
- A circuit of different exercises including low intensity boxing, weights, and resistance exercises
- Focus on strength, balance and falls prevention
- Something NEW and EXCITING!
- Lots of FUN!!

Every Friday morning at 10.30am sharp
\$3 per participant
50 Forth St, Invercargill

Age Concern Southland Brief Overview



Frozen Take-away meals are available daily.

- | | | |
|---------------|-------------|---------|
| • Main Course | Members | \$8.00 |
| • Main Course | Non Members | \$10.00 |
| • Soup | Members | \$5.00 |
| • Soup | Non Members | \$6.00 |

Two course meals are available at

'The Centre' 12:00 noon, Tuesday, Wednesday, Thursday and Friday.

- Members \$ 12.00
- Non Members \$ 14.00
- If you wish to come, please phone Heather on (03) 218 6351 before 10:30am

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 03 218 6351. Gold coin donation. Please be ready by 11am for pick up.

SAYGO Exercise Class Tuesday

11am - 12 midday • \$2.00 per class.

Social Table Tennis Friday morning

9.30am to 11.30am • \$4 per player.

Housie on Thursday afternoon

commencing at 1:30pm

Scrabble is played on a Friday afternoon

commencing 1:00pm until approximately 4:00pm

Bowls are played on Friday afternoon

commencing at 1:15 pm

Concert on the first Tuesday of each month

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

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

Rooms available for hire

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]

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**
Holy Trinity Church, King 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 – Wednesdays 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

The keys to healthy aging

As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, children leaving home, the loss of loved ones, physical and health challenges—and even a loss of independence. How we handle and grow from these changes is often the key to healthy aging.

Coping with change is difficult at any age and it's natural to feel the losses you experience. However, by balancing your sense of loss with positive factors, you can stay healthy and continue to reinvent yourself as you pass through landmark ages of 60, 70, 80, and beyond.

As well as learning to adapt to change, healthy aging also means finding new things you enjoy, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many of us aging also brings anxiety and fear. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind?

Many of these fears stem from popular misconceptions about aging. But the truth is that you are stronger and more resilient than you may realize. These tips can help you maintain your physical and emotional health and continue to thrive, whatever your age or circumstances.

Myths about healthy aging

Myth: Aging means declining health and/or disability.

Fact: There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many

younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

Myth: Memory loss is an inevitable part of aging.

Fact: As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain training and learning new skills can be done at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits.

Myth: You can't teach an old dog new tricks.

Fact: One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things anymore. The opposite is true. Middle-aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.

Aging well tip 1:

Learn to cope with change

As you age, there will be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

Focus on the things you're grateful for. The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what

you have even more.

Acknowledge and express your feelings. You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

Accept the things you can't change. Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.

Look for the silver lining. As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

Take daily action to deal with life's challenges. When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

Staying healthy through humor, laughter, and play

Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A




sense of humor helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties.

If you suffer damage from a natural hazard, remember to take plenty of photos. Then get in touch with your private insurer to make a claim. They'll assess, manage and settle your

Rata Park REST HOME

Country living. Family values.



We work in our residents' home - our residents do not live in our workplace.

Rata Park is a privately owned, 20-bed rest home catering for a variety of needs. Staff are proud to provide a home where care is person-centred.

Rata Park Rest Home is situated in rural Southland.

94 Gap Rd East, RD 1, Winton, Southland
Phone: 03 236 0141
Email: rata.park@xtra.co.nz
Website: www.ratapark.com

What is a will and why do you need one?

Having a will is one of the most important things you can do for your family.

Some people think assets and special possessions will automatically go to your spouse or your next of kin if you don't have a will in place, but this isn't always the case.

"Wills help make sure that your wishes are carried out and the people and things that matter most to you are looked after once you're gone," Public Trust CEO Glenys Talivai says.

If you die without a will, the process for administering your estate – or dividing your

assets and possessions – can be longer and more complex for those you leave behind and may involve the court.

Wills form a key part of planning for a more secure future and need to be put in place while you're of sound mind and memory, otherwise they may not be valid.

Do you already have a will?

If you already have a will, that's great news. Around half of all Kiwi have one, which is excellent.

But it's important to make sure it's up-to-date and reflects your current situation. We



Macdonald & Weston
Funeral Directors Monumental

*Integrity,
Compassion, Kindness,
Our promise to you*

Locally owned and operated

131 Yarrow Street,
PO Box 632, Invercargill
Emailoffice@mwfunerals.co.nz

recommend reviewing your will every five years, or if you've had a significant change in your life. Maybe you've experienced a death in the family, a divorce or you have a new partner, grandbaby or fur baby.

Talk to your family

We encourage conversations with family when making or updating your will. It can be confronting to have conversations about death, money and the future but, in our experience, having them early with your loved ones benefits everyone.

And it's not just about money and property either. New research commissioned by Public Trust shows that leaving a legacy matters to people. The research reveals an increasing interest in and value placed on 'emotional' legacies, which are less about money and assets and more about passing on values, taonga and heirlooms to the next generation.

It may not feel comfortable, but it's an act of love to have these important conversations about what matters to you and the decisions you are making in your will. It's also a good opportunity to see if your children have their wills sorted.

Remember that professional trustee services organisations like Public Trust are here to help guide your conversations with empathy and expertise if needed.

Having a will in place is one of the most important things you can do to help your family so take the first step towards making or updating yours today and visit publictrust.co.nz

The Funeral Trust

FUNERAL DIRECTORS ASSOCIATION OF NZ



Peace of mind for you and your family

A Funeral Trust Plan allows you to set money aside, in trust, for your final farewell or for that of a loved one.

Prepaying towards a funeral means when the time comes loved ones can gather together, support one another, and remember and celebrate a life, without the responsibility of making difficult choices in very emotional circumstances.

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

Under a Funeral Trust plan:

- Contributions up to \$10,000 are currently exempt from asset testing when assessing eligibility for a subsidy for long-term residential care.
- You can contribute via lump sum or by regular payments towards the cost of your own funeral expenses or those of a loved one. You can also set up a joint plan.
- As it is not an insurance policy no health checks are required.



Funeral Directors Monumental Masons
0800 033 925 or 03 218 9021
75 Fox Street, Invercargill

www.thefuneraltrust.co.nz

MEMBER

Funeral Directors
ASSOCIATION OF NZ

The Funeral Trust

Age Concern New Zealand and Driving Miss Daisy launch “Life without a Car” booklet



Age Concern New Zealand, a leading national charity and advocacy group for older people, is excited to announce a strategic partnership with Driving Miss Daisy NZ Ltd. Driving Miss Daisy is a trusted provider dedicated to providing their clients with a safe, friendly, and reliable companion driving service. Together, they are launching a valuable resource that will significantly benefit New Zealand’s older non-driving population.

Many older adults face changing from being active drivers to needing alternative transportation options. Age Concern New Zealand recognises the importance of helping older people maintain their independence, social connections, and mobility at this time of transition. To address this issue, Age Concern New Zealand with generous support from Driving Miss Daisy, have produced the revised “Life Without a Car” booklet. It is designed to empower older people and their families with the knowledge they need to make informed decisions about transportation, and mobility options.

The “Life Without a Car” booklet offers practical guidance, tips, and resources for people who may no longer drive or choose not to own a car. It covers topics such as:

Alternative transportation options, including community transport services.

- Staying socially connected and engaged in the community.
- Managing groceries, medical appointments, and other essential tasks.
- Safety considerations and tips for pedestrians and passengers.

Karen Billings-Jensen, Chief Executive, Age Concern New Zealand says “We are thrilled to partner with Driving Miss Daisy on this initiative. “Life Without a Car” addresses a critical need in our growing, older population and aligns perfectly with our mission to enhance the quality of life for older New Zealanders. By providing the information and resources older people need to stay mobile, connected and safe, we are making a meaningful difference in their lives.”

Andrew Kirkpatrick, General Manager, Driving Miss Daisy NZ adds “At Driving Miss Daisy, we are committed to supporting people to maintain their independence and mobility. Our partnership with Age Concern New Zealand in resourcing this booklet reaffirms our dedication to this cause. We believe that “Life Without a Car” will be an invaluable tool for older people and their families, and we are proud to be part of this initiative.”

To access the “Life Without a Car” booklet please visit either organisation’s website.

Age Concern New Zealand:
www.ageconcern.org.nz

About Driving Miss Daisy:
www.drivingmissdaisy.co.nz





MONDAY MEN'S GROUP

**EVERY SECOND MONDAY – ON THE SAME WEEK
AS NZ SUPER PAYDAY**

10.00-11.30AM

AGE CONCERN SOUTHLAND, 50 FORTH ST, INVERCARGILL

Join our men's group at Age Concern Southland where like-minded men can get together for morning tea and a yarn.

TRANSPORT PROVIDED! We can pick you up and return you home afterwards. **Tea and coffee provided! Gold coin donation for Van.**

Please let us know if you are interested in coming along and whether you need a ride. Phone Pete to register 03 218 6351.



Respect, transparency, and empathy.

Looking after one family at a time,
creating everlasting memories.

Pre-plan and pre-pay available.

Google reviews



Stacey Chamberlain

Distinct Funerals, what an amazing place!

There was nothing that these wonderful caring people will not/can't do.

They made a hard time so much easier in making sure our dad had the best send off possible.

We cant recommend them enough.

Nigel Lawton

Thankyou for all help and everything you do so well with professional charm.

Also an affordable funeral director that does not over charge on their services.

Will highly recommend to anyone who ask for a service

Hamish MacKay

We engaged Distinct Funerals after the passing of our father and the professional and kind way we were treated was very much appreciated.

Anneke & Kath's warmness and guidance made the process smooth and we can easily recommend them to you.

McEwan Family

www.distinctfunerals.co.nz

Office - 69 Bond St, Invercargill • Ph 03 218 9468



A picture speaks a thousand words
Be surrounded by everything you love
Celebrate a life in colour

Google reviews



Melissa Vining

"The team at Reflections worked throughout the night, delivering us the most beautiful and fitting casket.

Something I initially thought would be creepy turned out to be the most comforting part of the process."

Barbara Wilson

"I want to thank you so much for the wonderful scatter tubes. They were exactly what we wanted & looked terrific.

They are now going to be displayed on both our son's bars as a reminder of their Dad."

www.picturecaskets.co.nz

E-mail: contact@picturecaskets.co.nz - Ph: 03 218 9468

Age Concern Southland Membership Form



Age Concern Southland
50 Forth Street
Invercargill
(03) 218 6351

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 \$.....

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. \$.....

TOTAL Payment \$.....

Office Use Only: Date Received: Method of Payment: Membership Card #: Entered on Database:

Your ears are unique.
Let us tailor a hearing solution to fit them.

Every ear and every person's hearing is different. That's why we listen to your needs and tailor hearing aids to fit you and your ears. No one else.

And we've just launched an exciting new product range that has something for everyone. You'll find them discrete, comfortable and packed with amazing new technology to really improve your hearing.

CALL THE LOCAL HEARING EXPERTS FOR A FREE APPOINTMENT TODAY.



Call: 0800 547 836
www.audiologysouth.co.nz



Seven reasons why having a hobby is good for you

from www.integracare.com/7-reasons-why-seniors-should-learn-a-new-hobby-in-retirement

The idea of engaging in a hobby isn't merely to while away the hours. Hobbies hold a deeper greater significance. They provide opportunities for self-discovery and can lead to participants finding new horizons. Our childhood was a time of curiosity, where every stone turned, or corner explored held a mystery. Picking up a new hobby can rekindle this sense of wonder, reminding us of the joy of exploration.

1. Cognitive Benefits

Sharpening the mind

As we age, our mental faculties require as much exercise as our physical ones. The principle of "use it or lose it" applies as much to the brain as it does to muscles. And what better way to stimulate the brain than with a new hobby? Whether it's playing the guitar, painting water colours, or putting together jigsaw puzzle, each of these activities nudges the brain to think, to strategize, and to innovate.

Neuroplasticity is the brain's remarkable ability to adapt and evolve. With every new task or skill learned, the brain forms fresh neural pathways. When we engage in new hobbies, we're essentially boosting our brain's plasticity, enhancing memory retention and cognitive abilities. It's like sending the brain to the gym, ensuring it remains fit and agile.

2. Physical Advantages

Enhanced mobility and dexterity

Who said hobbies are only for the mind? Many activities offer substantial physical benefits. A dance class can strengthen the legs, bowls can improve hand-eye coordination, and yoga can amplify flexibility. With each movement, we tell our bodies that age is no barrier, and



the body reciprocates with improved mobility and grace.

Maintaining Health and Wellbeing

The connection between an active lifestyle and good health isn't new. Physical hobbies serve as a shield against numerous age-related ailments. Regular physical activity can mitigate the risks of osteoporosis, keep arthritis at bay, and promote overall well-being. It's a holistic approach where the journey to wellness is as enjoyable as the destination.

3. Emotional Wellbeing

Building self-esteem

Remember the pride you felt when you achieved something as a child? Maybe it was your first bicycle ride on a two-wheeler or making a model out of Meccano. Such achievements boost confidence, a feeling that's timeless. Mastering a new hobby can reignite this sentiment, reminding us of our capabilities.

Reducing feelings of loneliness

For some, growing older can result in a sense of isolation. Here, hobbies play a dual role. Not only do they offer a distraction, but they also offer a community. Joining classes or groups aligned with one's hobby paves the way for social interactions, new friendships.

4. Social benefits

Hobbies can provide opportunities to socialise and meet new people. And shared interests can develop into friendships between participants. It could be the shared silence of a reading club, going out for coffee after an exercise class, or enjoying the outdoors with a walking group. Such shared experiences not only provide new friendships but also enrich existing ones.

5. The Pleasure of Mastery: Experiencing achievement

The sense of accomplishment when one masters a new skill is great. It serves as a testament to one's abilities, pushing boundaries, and redefining what's possible.

The joy of continuous learning

The quest for knowledge is endless. Mastering a new hobby can show you that you can learn new skills at any age.

6. Creativity Unleashed Unlocking Hidden Talents

Often, due to the demands of a job and family, many innate talents remain dormant or unexplored during our younger years. Retirement provides an opportunity for us to delve into this potential. Whether it's sketching, writing poetry, or crafting, a hobby can unlock hidden talents, bringing immense personal satisfaction.



Learning New Technology

Taking up a new hobby in the digital age can mean connecting with new technology. Photography might lead to learning photo editing software. Writing might introduce the world of blogging or e-publishing. This interaction with technology not only keeps us updated but also bridges the generational gap, allowing us to connect better with younger generations.

7. Holistic Health Benefits

Stress Reduction and Mental Health

Engaging in an activity that we love can provide therapeutic experiences. Activities like knitting, gardening, or even bird watching can be meditative, helping to reduce stress and anxiety. In an era where mental health is crucial, hobbies act as a cushion, providing mental relaxation.

Taking up a hobby can provide us with a new sense of purpose. It can demonstrate that growing older doesn't need to be a time of slowing down. It might become a time of rediscovery, and an opportunity to develop new passions.

Get your hearing checked for *free*



**FREE
HEARING
CHECK***

**FREE
10-DAY
TRIAL***

**FULLY
FUNDED
AIDS WITH
ACC***

**PAY AS
YOU HEAR*
FROM \$1 A DAY**

CALL TODAY
0800 45 45 44

TRITON
HEARING

*T&Cs apply, see our website for more details.