



**AGE
CONCERN**
SOUTH CANTERBURY
He Manaakitanga
Kaumātua Aotearoa

Christmas Newsletter

December 2024



Age Concern South Canterbury Activity Calendar

Latest schedules on www.ageconcernsc.org.nz

The Friday Club	Every Friday, 10am – 1pm at Wilson Street Baptist Church Hall. Morning Tea \$3 and 2-course lunch \$12. Relaxed, fun, social, activities.
7 February	Meet and greet – happy 2025!
14 February	Kirstie Hamilton, Stroke Foundation Prevention and Recovery from a stroke
21 February	TBA
28 February	Tenika Rehana – Stopping Violence Services
7 March	Alice and Kirsty <i>Rock n Hop singalong</i>
14 March	Harmony Harp – Noes Butts
The Foot Clinic	Every Tuesday 9.30am-12.30pm at Community House, \$25 Bookings essential – Phone Jane on 03 687 7581
SilverTech	Introduction to Smartphones – Free course includes four x 2-hour 10am – 12pm, Community House, 27 Strathallan St, Timaru Bookings essential – Phone Hayden 03 687 7581
- Wednesday Class Dates 7th February, 14th February, 21st February, 28th February - Wednesday Class Dates 7th March, 14th March, 21st March, 28th March	
Bus Outings <i>Numbers limited</i>	A day outing for members 10-4.30pm (approx.). Cost \$10 per person. Medical/Consent Form to be completed prior to travel. Numbers limited. Bookings essential – book at Friday Club or phone Chris 03 687 7581
- Wednesday 19th March - Wednesday 23rd April - Wednesday 28th May	
Steady as you Go (SAYGO)	Strength and balance and falls prevention exercise group for seniors No need to book just turn up
- SAYGO, Every Friday 10.30am at Wilson Baptist Church Hall (Friday Club) from Feb 7th 2025 - SAYGO Every Friday 1.30pm at St Joseph's Hall, Temuka - Keep Your Balance, Tuesday 10.30am, Waimate Town and Country Club - Keep Your Balance, Wednesday 2pm, Waimate Town and Country Club - SAYGO Every Friday 1.00pm at Waimate Town and Country Club	
Staying Safe	Refresher Driving Course – a free, classroom refresher course to improve your driving confidence and knowledge. Bookings 03 6877581.
- Wednesday 12th February 10am – 1.30pm at Knox Church Hall, Waimate - Thursday 6th March 10am – 1.30pm at Twizel Community Care Centre - Thursday 10th April 10am – 1.30pm at Community House, Timaru	
Positive Aging Expo	Discover new opportunities and make the most of your golden years, includes seminars and demonstrations.
- Tuesday 18th March 10am – 2pm at Knox Church Hall, Waimate - Thursday 1st May 10am – 3pm at Caroline Bay Hall, Timaru	

Thank you to our funders and supporters

What's been happening at Age Concern?

As we near the end of the year, it's a great time to reflect on the flurry of activity here at Age Concern South Canterbury and the ways we've been making a difference in our community.

Our Steady as You Go (SAYGO) falls prevention courses continue to grow, with new groups thriving in Waimate and Temuka. These classes are an essential part of helping older adults stay active, confident, and steady on their feet.

In November, we hosted the interactive Well Balanced Exhibition, taking it on the road across South Canterbury, including Waimate, Timaru, Fairlie, and Twizel. This hands-on event was a fantastic opportunity to highlight the importance of movement and balance for healthy aging, and it was great to see so many engaged participants.

We have also enjoyed connecting with local groups and communities through our involvement in the Let's Go Geraldine meeting and other talks with committees and community groups. Sharing ideas and advocating for the needs of older adults remains a vital part of our mission.

Hayden and Jeff have been wrapping up their Silver Tech courses for the year, equipping older adults with the skills to stay digitally connected. It's been a fantastic effort, and we look forward to seeing the program continue to grow next year.

One highlight this month was a delightful bus trip to Peel Forest, where 62 members and volunteers shared laughter, stories, and even a singalong with dancing for the groovers.

The Friday Club is going from strength to strength, now welcoming over 70 regulars each week. Sue and her talented team ensure everyone is treated to fresh baking and a delicious home-style cooked lunch – easily the best meal of the week!

Meanwhile, Jane has been working tirelessly to ensure everything is running smoothly with Total Mobility cards, helping our clients stay mobile and independent.

Alice is full on with the visiting service and tackling our new “Rākau” customer management system.

As we look ahead to a much-needed break, we're also gearing up for another vibrant year filled with new opportunities to support and connect with our community. Thank you to everyone who has been part of this journey – whether as a participant, volunteer, or supporter.

Wishing you a happy and restful holiday season from all of us at the office!

Merry Christmas everyone
The Team at
Age Concern South Canterbury





Safe & Effective Exercises for Seniors at Home



Standing From Chairs



Tandem Stance



Single-Leg Stance



Wall Push-Ups



Seated Toe Taps



Standing Marches



Overhead Arm Raises



Seated Shoulder Rolls



Calf Raises



Seated Knee to Chest



Seated Abdominal Twist



Seated Captains Chair



Seated Skater Twist



Seated Jumping Jack



Seated Backbend



Chair Running



Bridges

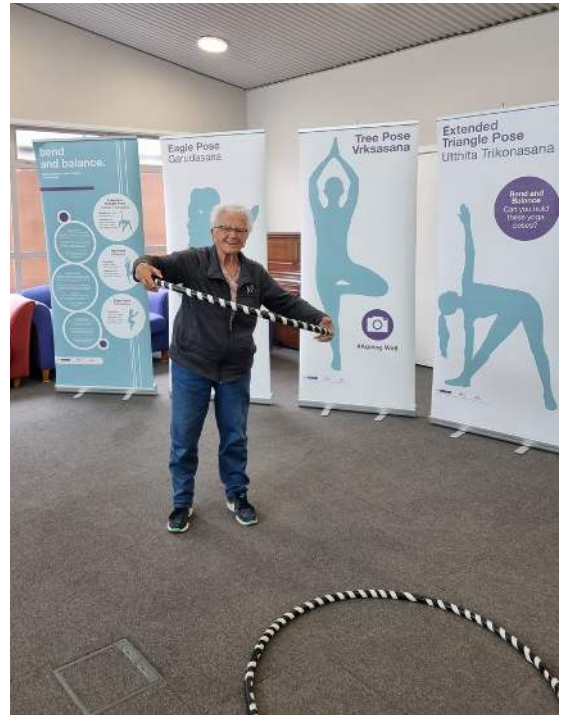
Well Balanced Exhibition Inspires Healthy Aging

In November, Age Concern South Canterbury hosted the Well Balanced Exhibition, a hands-on event dedicated to promoting movement and balance for healthy aging. The exhibit travelled to four locations across the region—Waimate, Timaru, Fairlie and Twizel — bringing interactive displays and practical tools directly to our communities.

Participants explored activities like hand grippers, wobble boards, and dexterity challenges, all designed to enhance physical balance and motor skills. The demonstrations highlighted simple yet effective ways to reduce fall risks and maintain independence. At each venue, attendees engaged with the displays, shared stories, and gained valuable insights into aging with confidence. Many left inspired to join our Steady as You Go (SAYGO) Falls Prevention Programmes to keep the momentum going.

A big thank you to everyone who attended and the organisations and volunteers who supported this initiative—it was truly a balancing act worth celebrating!

Thank you to Aoraki Foundation for funding to cover the costs of bringing the exhibition to South Canterbury, and to Community Link Waimate, Heartland Services Fairlie and Twizel Community Care Centre for hosting.



The Power Of Pets...



Benefits For Older People

Interacting with companion animals can improve the quality of life of older people, alleviating the symptoms of depression and anxiety, slowing symptoms of dementia, increasing physical fitness, and improving health (e.g. blood pressure). Interacting with animals has been shown to decrease levels of cortisol (a stress related hormone) and lower blood pressure. Other studies have found that animals can help reduce loneliness, increase feelings of social support, and boost your mood. Just take a look at these cuties!!!



Is it Tea time yet?



Mōkai Manaaki | Therapy Pets

St John runs a therapy pets programme - an animal-assisted therapy to promote emotional wellbeing in hospitals & rest homes.

If you'd like to speak to one of our representatives please call 0800 STJOHN (0800 785 646), Monday to Friday 8am - 5pm and Saturday 7.30am - 12.30pm





AGE CONCERN NEW ZEALAND

VISITING SERVICE



As well as managing the Visiting Service, Alice also runs a social connections afternoon every Tuesday at Parkside (beside the Botanical Gardens).

Between 1.30pm and 3.00pm a regular group meet for a chat over coffee and biscuits. The companionship, friendships and support is priceless, and sometimes there is a special trip to someone's home. These photos were taken on a lovely afternoon visit to Bev and Lyle's house in Temuka, where everyone was treated to home baking and a classic Anthony Quinn movie. Anyone is welcome to join the group - just contact Alice ph 03 6877587.



A Tasty Recipe



Microwave 10-Minute Loaded Potato

A quick and easy meal that is perfect for busy weeknights. Topped with cheese, bacon, sour cream, and chives, this potato is a comforting and filling dish.

Total Time

11 minutes

Prep Time

1 minute

Cook Time

10 minutes

Ingredients

for 1 serving

1 russet potato, washed and scrubbed

1 tablespoon oil

salt, to taste

2 slices bacon

$\frac{1}{4}$ cup shredded cheddar cheese(25 g)

sour cream, to serve

fresh chive, to serve

Preparation

Poke holes in the potato with a fork, then rub with oil and salt.

Place the bacon slices on the same plate as the potato, microwave for 7-9 minutes until the bacon is crispy and the potato is tender.

Make sure the bacon does not burn.

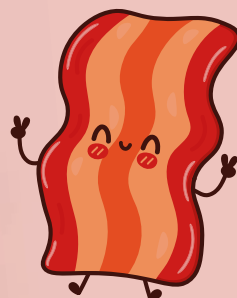
Crumble the bacon after it's cooled down.

Slice the potato in half, then use a fork to fluff up the insides.

Sprinkle the cheese on top, then microwave for another 30 seconds.

Top with sour cream, the crushed bacon bits, and the chives.

Enjoy!



Alice Steps Up: SAYGO Facilitator Training in Wellington



Alice being presented with her completion certificate by Anne Dalziel, Health Promotions co-ordinator



Alice represented Age Concern South Canterbury at the Steady As You Go (SAYGO) facilitator training course in Wellington in September. SAYGO is our flagship falls prevention program/strength and balance programme, designed to help older adults stay active, steady, and confident on their feet.

During the training, Alice learned all the important techniques for leading classes, encouraging participation, and tailoring exercises to meet the needs of diverse groups. She's excited to bring these skills back to our community and you can catch her showing off what she has learned at the Friday Club exercise classes. Of course Alice also incorporates some improv theatre, music and breathing techniques into each class.

Our aim is to increase the number of SAYGO classes so that more seniors in South Canterbury will have access to safe, effective exercise programs that promote balance, strength, and well-being. Well done, Alice—we look forward to seeing you in action again in 2025!

Festive Fun at the Friday Club Christmas Party

The Friday Club wrapped up another fantastic year in grand style with the much-anticipated annual Christmas Party! It was a sell-out event, with over 110 guests and workers coming together to celebrate the season in true festive spirit. The hall buzzed with joy and tummies rumbled as the delicious aroma of a sumptuous Christmas dinner filled the air. Everything was prepared and served by Sue and our incredible team of volunteers. Thank you – you are all amazing.

The entertainment was nothing short of spectacular! Before dinner, the tremendous trio—Alice Sollis, Haidee Woods, and Sharleyne Diamond—got everyone in the mood with a selection of dancing tunes that had toes tapping smiles beaming and some jiving. After the feast, the master maestro himself, Noel Burns, brought us together with a magical singalong of Christmas carols, filling the room with holiday cheer.

A huge thank you to everyone who made the day so special—from our hardworking volunteers to our talented performers and, of course, our wonderful Friday Club members. Here's to another fabulous year ahead —Merry Christmas to all!



SilverTech Smartphone Classes & Training



New courses start in
February and March

One on one sessions
available
14th, 15th & 16th
January and other
dates. Please call.

**Bookings
Essential**

Phone Hayden on
03 6877581



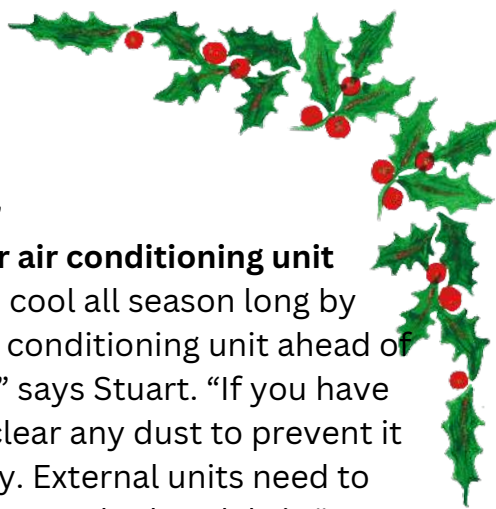
**2025 annual memberships are due Please pay on
invoice by 31 Jan 2025**

**If you are already a member, your invoice will be
posted to you in January.**





SUMMER JOBS AROUND THE HOUSE



Give your garden some love

"A gorgeous lush garden is a sure-fire way to impress your house guests when entertaining over the summer," says Stuart. "Give your garden a general tidy up, including pruning, trimming and mowing the lawn. Flex your green thumb with the help of the Yates My Garden app. Consider it your 'personal trainer' of the garden world. The app gives you access to qualified horticulturalists that can talk you through anything that's happening in your garden, such as ID-ing a plant or checking if something's eating your plant. You can take a picture and share via the live chat and the team will help ID and provide further details on what you need to do."

Consider a fresh lick of paint

"If you're seeking a wallet friendly way to create a new look in your home, consider a fresh coat of paint. It'll make your walls look cleaner and give your interiors a refresh. Try using the Bunnings 'Get Quotes' service, where you can source three quotes from qualified tradies via hipages to get the paint job done for you."

Service your air conditioning unit

"Ensure you keep cool all season long by servicing your air conditioning unit ahead of the hottest days," says Stuart. "If you have an internal unit, clear any dust to prevent it performing poorly. External units need to be cleared of leaves and other debris."

Clean up

"It's usually visitors galore during the summer holidays and most of us like to impress our guests with a beautifully clean house. Before you welcome any visitors, consider hiring a local on-demand cleaner who can give your home a deep clean from top to bottom, including all floors, surfaces and windows," says Stuart.

"Keep on top of your cleaning for the rest of the holidays by enlisting the whole family to help via Chore Bank. Through this handy app parents can manage all household chores, assigning tasks to family members and a monetary value – such as \$2 for taking the bins out. Once a chore is complete, your child can check it off the list and the value is added to their account – a great way to earn pocket money whilst also lending a helping hand!"

If you need help around the house, call Age Concern 03 687 7581 - we have a directory of vetted, trusted tradespeople, gardeners, cleaners, handymen and people who will do all sorts of things. Cost organised between client and tradsperson.





**AGE
CONCERN**
SOUTH CANTERBURY

He Manaakitanga
Kaumātua Aotearoa

CARE AND REPAIR



**WE CAN PUT YOU IN
CONTACT WITH SOMEONE
REPUTABLE AND TRUST
WORTHY TO HELP WITH**

- Lawn Mowing & Gardening
- Clearing Gutters
- Painting & Odd Jobs
- Water Blasting
- Tree & Hedge Trimming
- Window Cleaning
- Housework & Cleaning
- Repairs & Maintenance



INTERESTED? CALL US: 03 687 7581

Thank you to all our Care and Repair service providers and contractors. Have a great Christmas



LITTLE FLO'S LETTER



(As remembered by Elaine Sidon from her childhood)

A sweet little baby brother had come to live with Flo,
And she wanted it brought to the table that it might eat and grow;
'It must wait for a while' said Grandmama, in answer to her plea,
'For a little thing that hasn't teeth can't eat like you and me'.

'Why hasn't it teeth, dear gran'ma?' asked Flo in great surprisel
'Oh my! But isn't it funny? No teeth! But nose and eyes;
I guess the baby's toofies must have been forgot.
Can't we buy him some like grandpa's? I'd like to know why not.'

That afternoon, to the corner, with papers, pen and ink,
Went Flo, saying 'Don't you talk - if you do you'll disturb my think.
I'm writing a letter gran'ma, to send to heaven tonight.
And 'cause it's very important, I want to get it right.'

At last the letter was finished - a wonderful letter to see -
Directed up to heaven, and then Flo read it to me;
'Dear God, the baby you brought us was awfully nice and sweet,
But because you forgot his toofies, the poor little thing can't eat.'
'So that's why I'm writing this letter, on purpose to let you know
Please come and finish the baby - that's all, from little Flo.'



SOCIAL BUTTERFLY

by MzTerri 29.1.2004



I'm a Social Butterfly
I'm proud I have my wings
I've earned my status honestly
Helping others, being cheerful, 'n doing things.

I'm a Social Butterfly
I'm contagious, happy & free
I've earned my title honestly
Being the best that I can be.

I'm a Social Butterfly
I bring colour to others lives
I've earned the right to share myself
To enhance others existence, I strive.



WHY WORRY?

THERE ARE ONLY TWO THINGS TO WORRY ABOUT:

EITHER YOU ARE WELL OR YOU ARE SICK.

IF YOU ARE WELL,

THEN THERE IS NOTHING TO WORRY ABOUT

BUT IF YOU ARE SICK,

THERE ARE TWO THINGS TO WORRY ABOUT;

EITHER YOU GET WELL OR DIE.

IF YOU GET WELL

THERE IS NOTHING TO WORRY ABOUT;

IF YOU DIE,

THERE ARE TWO THINGS TO WORRY ABOUT;

EITHER YOU GO TO HEAVEN OR TO HELL.

IF YOU GO TO HEAVEN,

THERE IS NOTHING TO WORRY ABOUT;

BUT IF YOU GO TO HELL,

YOU'LL BE SO DAMN BUSY SHAKING HANDS WITH FRIENDS,

YOU WON'T HAVE TIME TO WORRY.



Sign the Petition

Who is impacted?

The people of Timaru and the surrounding regions are directly affected by the proposed changes to the management of our local hospital services. The proposal is that senior executive positions such as the CEO, Chief Medical Officer, and Chief Nursing Officer are transferred to the Dunedin health authorities. South Canterbury residents risk losing access to vital, locally-managed healthcare. This will result in longer wait times, and the loss of the excellent local medical and surgical care that our community relies on daily.

What is at stake?

If local control of health resources is lost, there is a real danger that they will be reallocated to Dunedin, leaving Timaru residents abandoned. Without locally managed leadership, decisions about Timaru's healthcare services are at risk of being overlooked in favour of Dunedin's needs. This would lead to the erosion of prompt, high-quality healthcare in our area, forcing patients to travel long distances and jeopardizing timely medical and surgical interventions.

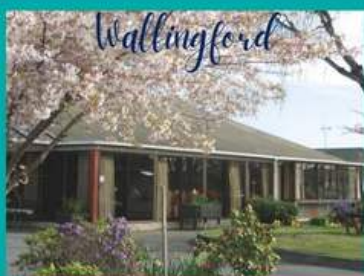
Click here to sign the petition online
or scan the QR code



Meet The Team at Age Concern...



Taking the next step in life?



Presbyterian Support South Canterbury's Enliven aged care services offer a comprehensive range of options designed to support individuals and their families in maintaining independence and enjoying fulfilling lives.

From independent living in a retirement village (rentals and homes available to purchase) to more intensive care in our rest homes we are able to provide hospitals-based care and specialised dementia care services. We aim to enable residents to continue enjoying life while receiving the appropriate level of support needed.

Our commitment to the Eden Alternative® Philosophy of care promotes residents' independence, wellbeing, and connection, with activities and programmes designed to encourage meaningful engagement and fun. Additionally, our Community Services team are dedicated to providing support and specialised care to individuals who prefer to remain in their current homes.

If you're interested in learning more about what Enliven has to offer, explore our website www.pssc.org.nz/enliven or give our Enliven Liaison Team a call. We believe in the importance of living life to the fullest, regardless of age or living situation.

enliven
A PRESBYTERIAN SUPPORT SERVICE

Let Our Family Take Care of Yours



At Enliven we believe you can have fun and a sense of purpose in your life, whatever your age!

That is why we offer a variety of choices for older people within our community:

- Residential Aged Care
- Retirement Village Options
- Supported Living Options
- Community Services
- Homebased Care & Support
- Te Pokapū Day Centre

Call our Enliven Team (Alison and Caro) on 687-1120 or email Caro.Sexton-Phillips@pssc.co.nz

Enliven is a service of Presbyterian Support South Canterbury

<http://www.pssc.org.nz/enliven>



Christmas Connection: Bringing Generations Together



Christmas is the perfect time to bring generations together, creating moments of joy and connection.

Here are some simple ways to make this festive season truly special:

Spin A Yarn Share Christmas memories with a storytelling session. Whether it's tales of past holidays or special family traditions, these stories connect generations. Record them to create a family legacy book or video to treasure.

Bake the World a Better Place Host a Christmas cooking day and whip up family favourites together. From Nana's famous pudding to new recipes, the shared laughter (and delicious results) make it all worthwhile.

DIY Decorations Gather the whanau for a decoration-making session. Whether it's traditional crafts or eco-friendly designs, the creations can be gifted to neighbours or used to brighten up your own space.

Sing it Loud! Get everyone into the festive spirit with a Christmas singalong or karaoke. Mix classic carols with modern hits for a fun event, or take your tunes to the neighbourhood as a carolling crew.

Holiday Movie Magic Host an intergenerational movie marathon featuring Christmas classics. Share laughs, memories, and a bowl of popcorn while reflecting on how traditions have changed over time.

Christmas Treasure Hunt Add excitement with a festive treasure hunt! Hide small gifts or messages around the house and create clues for everyone to solve together—great for all ages.

These simple ideas make it easy to create meaningful connections and shared joy this Christmas. So, gather the whanau, start a new tradition, and make this holiday season one to remember! 🎄 ✨



Age Concern - We're here to support older people when they need us

Our Services

Care and Repair - we have a number of reputable and trustworthy handypersons, tradespeople, gardeners, cleaners and even hairdressers on our books who have been screened by us. We take the worry out of finding someone reputable and trustworthy to help you out whether it's weeding and mowing the grass, changing lightbulbs, cleaning the gutters or providing some personal care.
Phone 03 687 7581

Elder Abuse Response Service – to improve the quality of life of older people in abusive situations and to prevent abuse by providing case management, free and confidential advice and by working with a range of health professionals to provide wrap-around support services.
Phone 03 687 7372.

Foot Clinic - weekly, each Tuesday morning - includes a foot soak, foot inspection, nail trimming and foot massage. Held each Tuesday at Community House. Bookings essential. \$25. Phone 03 687 7581

Friday Club – a weekly social gathering that includes morning tea (\$3), optional physical exercise (for strength and balance), a guest speaker, entertainment or music, followed up with a 2-course lunch (\$12). Ample time to socialise and meet new friends. The Friday Club is held each week from 9.30am until approx. 1pm at the Wilson St Church Hall, 17 Wilson St, Timaru. No booking required.

Total Mobility Scheme – assesses and provides Total Mobility Cards to eligible people so they can receive subsidised taxis when they are no longer able to use public transport. Assessment and card \$20 per annum. Phone 03 687 7581

Silvertech - Smartphone Training Course and Digital Literacy and Skills Programme

Training for older people to provide increased confidence on digital devices, plus opportunities to meet to reduce social isolation and learn about their digital device. Formal and informal classes covering digital safety, scams, email and online banking.

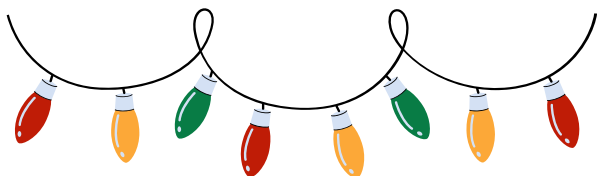
Mobility Scooter Safety Courses - A free course to cover the safety and legal obligations of mobility scooter users. The Mobility Scooter Safety course is aimed at everyone who has a scooter or might be interested in getting one. Next Course Wednesday 10th April.
Phone 03 687 7581

Safer Driving Refresher Courses – helps older drivers familiarise themselves with the latest traffic rules, safer driving practices, road hazards, as well as increase their knowledge about other transport options to assist them stay mobile for as long as possible. Free, but donations are welcome to cover catering. Courses are held regularly in towns in South Canterbury.
Phone 03 687 7581

Visiting Service – provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor. Phone 03 687 7587

Welfare and wellbeing checks - We undertake in-home and phone welfare checks and home visits to vulnerable older people. This service involves a 30-minute home visit from one of our community support staff to check-up on physical and mental wellbeing.

Steady as You Go Improve your well-being and stability today! Join our weekly strength and balance classes! Falls are a major cause of injury among older people impacting mobility and quality of life. Our classes boost health, fitness, confidence, and social ties. Each class is a one-hour session followed by a cuppa.
St Josephs Hall, Temuka every Friday 1.30pm
Town & Country, Waimate every Friday 1.00pm



Leave a Legacy of Care and Connection

By leaving a gift in your will to Age Concern South Canterbury, you can create a lasting legacy that supports the well-being and independence of older people in our community. Your generosity will help ensure our vital programs and services continue to make a difference for years to come. We're proud to have an **Age Concern Endowment Fund** with the Aoraki Foundation, providing a secure way to invest in the future of our work. For those who prefer to make an ongoing impact, regular donations are also a wonderful way to support our mission. Every contribution, big or small, helps us continue fostering connection, care, and support for South Canterbury's older residents.

Phone me, Chris Thomas 03 687 7581 or email manager@ageconcernsc.org.nz

Donate now and claim your tax credit of 33%.

Did you know that if you donate before 31 March, you can get 33% of your donation back?

Your donation can help us provide life-changing support to older people in our community. Every dollar donated gets spent in South Canterbury. Make a donation before the end of March to get 33% of it back and help us to do the work we do.

Yes! I would like to support the work of Age Concern South Canterbury

- ☐ Join Timaru Senior Citizens (\$25 individual, \$45 couple)
- ☐ Make a donation (Online Banking 03 0887 0246182 00) or cash at our office
- ☐ Learn more about becoming a Volunteer
- ☐ Know more about making a regular donation

Your Name

Address

Email

Phone

Age Concern South Canterbury is the trading name for Timaru Senior Citizens ia registered charity (CC35518). For all donations over \$5 you can claim donation tax credits of 33.33 cents for every dollar you donated. But you will need a receipt so make sure you send us your details.