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essentially...south canterbury



12 Profile
The House Sitter

Feature **16**
The Essence
of Retirement

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contents

It's the time of year to start getting out in the garden – and if you're struggling for a little inspiration, then make sure you buy a ticket for the South Canterbury Hospice Home & Garden Walk coming up at the end of the month. This great seasonal fundraiser offers ticket holders a chance to check out some amazing local gardens – from fabulous florals to natives to water features and more. We're always inspired by the hard work, dedication and downright great ideas local gardeners have – so make sure you don't miss out.

If you feel like spreading a little Christmas cheer in the community this year – then it's not too early to offer your support to some of the great Christmas events being pulled together by The Elf Team aka The Timaru Christmas Parade Trust. The volunteers behind the Christmas Lights competition, Santa Parade and the community Christmas Dinner – are already planning. Pulling together events like this takes real community support from locals residents and businesses alike. So read more on page 4 and see how you can get involved.

Elsewhere in this issue we're taking a look at what happens when we stop working in our retirement feature (page 16); finding out about the potential of home staging to revamp our spaces and looking at house sitting and the lifestyle that goes with it. And we're bringing you all your regular favourites – from fashion to ingredients.

We're also showcasing local businesses and letting you know about some of the amazing ones in our community – next time you're shopping or looking for a service, look local and support the people and businesses in our backyard.

Until next month!
The Essence South Canterbury Team

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22 Chapel Street, Timaru, South Canterbury | www.essencemagazine.co.nz



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Front Cover: Gorgeous flowers from Bloomers. It is local business that will provide the backbone to supporting and recreating our vibrant communities. Check out some fantastic local businesses on page 8.



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Admin/Sales Support Role

Want to join us at Essence South Canterbury team?

We're looking for a happy, outgoing person to be our part-time office admin/sales support coordinator – someone who is willing to turn their hand to a range of tasks, from handling initial enquiries to liaising with everyone from advertisers, writers, our designer and editor, all in a very confident and friendly manner.

You will have excellent computer skills, be confident with emailing, an eye for detail and the ability to work independently and within our small team.

This is a part-time role that we envisage would be approximately three mornings a week, although there is some flexibility around days and times for the right person.

If this sounds like you and you are looking for a varied role that includes a bit of everything a busy magazine can throw at you – we would love to hear from you.

Please send us your resume and a brief email telling us what you feel you could bring to the role. Email: dorothy@essencemagazine.co.nz

Applications close 20th October 2023.



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www.timarusantaparade.co.nz [timaruxmasparade](https://www.facebook.com/timaruxmasparade)



Community Christmas

It may be a while until Christmas, but preparations are already underway to bring a series of wonderful community events to Timaru.

The Timaru Christmas Parade Trust, otherwise known as Team Elf, is made up of volunteers from the local Lions and the local Rotary club. They have come together to help organize and support three key Christmas events – The Santa Parade, the Christmas Lights and a community Christmas dinner.



“It’s about big kids and the little kids – it’s about putting something out there for the community to enjoy,” says **Teressa May** of Team Elf. **“It’s free and it’s something to look forward to. And we have a lot of fun doing it.”**

The first event to take place will be the lights displays. Homes and businesses can take part – simply registering to be listed for your light display. The event has become a bit of a tradition for the area and many friends and families like to get together and drive around looking at the lights. It’s a great way to celebrate the spirit of Christmas and bring people together.

Then on 3rd December, The Santa Parade, will see Santa himself through the streets of Timaru with floats, music and entertainment. It’s set to be a great event and whilst last year saw some 50 floats, this

year the Elf Team are hoping to top that with over 20 registrations already at the time of going to print.

On Christmas Day itself, a team of volunteers will be putting on a free community Christmas Dinner. Everyone is welcome to attend for a delicious Christmas meal – all put together by volunteers and supported by sponsorship. If you want to go along for dinner – please make sure to book.

There are plenty of ways for the community to get involved. The organisers are looking for sponsors, participants and supporters for these events. So, if you’d like to help bring a little bit of Christmas spirit to Timaru – by entering a float in the parade, volunteering to wear a mascot suit or helping serve Christmas dinner – then get in touch with Team Elf – they’d love to hear from you.

www.timarusantaparade.co.nz | Email: theelves@santaparade.nz



Motorcycle Awareness Month

Riders from all over the district came together to celebrate the start of the riding season after the winter break. At this event organised by South Canterbury Road Safety, most motorcycle dealers joined to do free mechanical checks. The local motorcycle trainers offered training through the ACC Ride Forever subsidised programme.

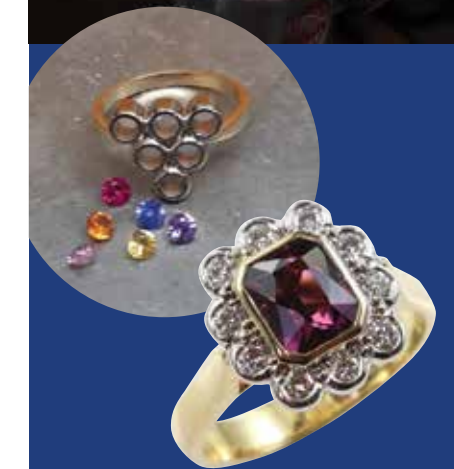


Fashion Evening

At the end of October, Maree Hynes Gifts & Interiors hosted a beautiful fashion evening. They had the pleasure of a special guest, Nic from Adine & Co. A lovely time was had with wonderful food and bubbles to enjoy.



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Why Home Stage?

WORDS: PATTIE PEGLER
IMAGES: SUPPLIED

Another branch to Maree Hynes Interiors is a home staging business.

Often it can be hard to visualize ourselves living in an empty house. It's why many homebuilders work with a home stager when it comes time to sell – home staging brings the dream to life.

"Really it's about creating a vision and showing the potential of a home," says Maree Hynes from Maree Hynes Interiors.

The team at Maree Hynes Interiors frequently turn their experienced eye to home staging. Most recently they were called in to stage a new, three-bedroom house in Timaru.

It's really important to consider the overall feel of the home, says Maree, and in this house the vibe is very much contemporary luxury. With this in mind the team brought in furnishings from couches, to dining and

coffee tables with appropriate textures and colours. They also gave careful consideration to furniture placement and in the open plan space they have created distinct areas with the dining table on one side and comfortable seating and coffee table anchored with a floor rug towards the centre. All with the aim of giving potential homeowners some thoughts on how the space could be set up.

Lighting is also important and beautiful bedside lamps and floor lamps complement the in-built lights and offer a more subtle mood. Meanwhile in the open plan living area sliding glass doors let the natural sunlight flow in but privacy is retained with double-track curtains, allowing the voiles to be closed without shutting out sunlight.

Elsewhere finishing touches like cushions and throws, beautiful bedding and ornaments create the feeling of a home, punctuated with pops of greenery in the form of plants.

There are all sorts of stats and research about the merits of home staging when selling. But ultimately, people are more likely to buy a home if they can visualize themselves living in it – and home staging helps them do just that.

Staging works as well in homes with some furnishing or people living in them, as it does with the blank canvas of a new build. The team at Maree Hynes Interiors stage homes of all shapes, sizes and types – from character villas to new builds. With homes where people are living one of the key things is decluttering says Maree. So that can mean removing too many ornaments, clearing away personal items that might be left lying around and ensuring there are no piles of post or other clutter left on the kitchen table.

And if there are existing pieces of furniture in a home, then the team can work with those – providing advice and supplementing with complementary items. They also put careful thought into the rearrangement and

placement of furniture to create the right flow.

In the case of this home, Maree has worked alongside the client Argyle Holdings for many years, providing their window treatments in their many new build homes. Being able to home stage has completed the look of this gorgeous home which is currently on the market. "It is a great way to complete your overall homes' look and is something the team at Maree Hynes Interiors is passionate about".

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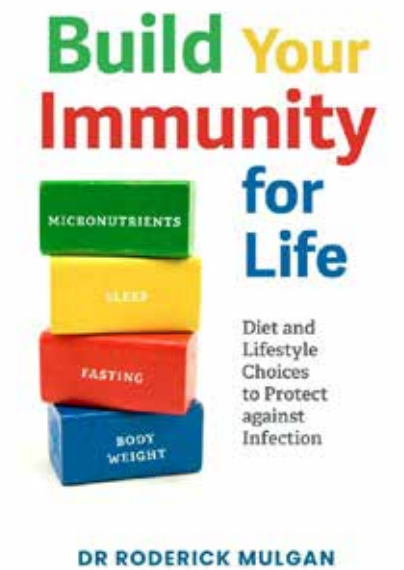


Book Giveaway

Build Your Immunity for Life

Diet and Lifestyle Choices to Protect Against Infection
by Dr Roderick Mulgan MB ChB MPP LLB (Hons)
Published by Calico Publishing, RRP \$39.95, 1 July 2023

Dr Roderick Mulgan is a community doctor who specialises in aged-care in Auckland. He has long held an interest in the impact of lifestyle choices, particularly diet, on long-term health. When the pandemic arrived, he turned his attention to the lifestyle choices that underpin immunity. In Build Your Immunity for Life he sets out the science that shows many of us do not consume the micronutrients our immune system needs. He also looks at the immune implications of body weight, fasting and sleep. Although the worst of this pandemic is behind us adequate immunity is a topic for the ages.



The global health emergency of COVID-19 brought into sharp focus the damaging effects of living with harmful micro-organisms. While vaccines and antibiotics are used to treat infections, these work only by assisting your existing immune system. No matter what level of medical support you choose, the optimal way to combat infection is to develop and maintain a robust natural immune system.

Based on scientific research, this book will help anyone wanting to build their immunity and optimise their resistance to disease. It explains how the immune system works, and how it relies on key minerals, vitamins and lifestyle choices for maximum effect. Many people, including those who try to eat well, do not consume all the essential micronutrients their immunity needs.

Packed with valuable information and practical strategies, Build Your Immunity for Life explains how to enhance the body's natural defences. It is an empowering resource for anyone wanting to improve their immunity and their overall health. Written by a New Zealand doctor in an accessible, reader-friendly style, it includes explanatory diagrams and glossary. There is comprehensive coverage of the major micronutrients (minerals and vitamins) required for optimal immunity.

We have one copy of this fascinating book to give away.

To be in the draw to win email pattie@essencemagazine.co.nz with your name, address and why you want to win a copy of Build Your Immunity For Life.

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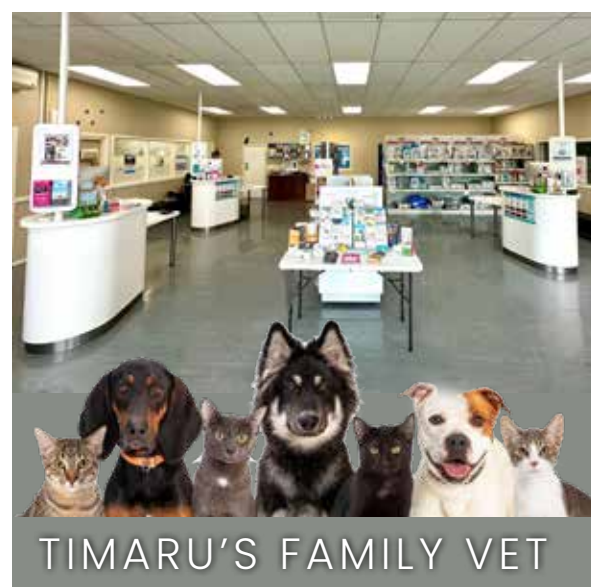
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Hospice and Harcourts Home and Garden walk

Hospice South Canterbury along with Harcourts Blackham & Co Timaru, welcome you to our 2023 Home and Garden walk, on October 27th & 28th.

This year we have nine outstanding properties for you to view at your leisure, all closely situated within the Timaru boundary. Four garden lovers have opened up their well established gardens offering a mix of flowering plants, native trees, small shrubs, displaying water features and interesting areas. One of these hosts a steep bank of beautiful rhododendrons displaying amazingly colourful blooms. If you love rhododendrons you won't be disappointed.

Our homes on display this year range from living close to the sea, to the homes at the end of a back section. We have recently completed new homes, a home that has undergone a large renovation and a home that is a little bit different. You'll see lovely outdoor areas, new kitchens, sculleries, beautiful interiors, special features, and stunning views. Everything you need to inspire and bring out your creativity to add flavour to your own personal spaces.

One of our homes will host our seven stall holders so you will be able to do a spot of Christmas shopping as well.

Home and Garden walk properties are open for two days, Friday from 2pm until 7pm and Saturday from 11am until 4pm, so you have the option of getting a group of friends together and making a day of it or spread the viewing out over the two days.

The ticket price includes refreshments – cuppa, sandwich, scones, and cake available from the Hospice Community Cottage situated just behind the Hospice Shop at 68 Orbell Street. After your cuppa don't forget to pop into the Hospice shop to browse the beautiful clothing and bric a brac.

Tickets for this event are \$40 and available from visiting our hospice website <https://hospicesc.org.nz/> and our two hospice shops 54 Church Street and 68 Orbell Street or from the Administration desk at Hospice South Canterbury.



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A group of students from Students Against Dangerous Driving (SADD) were able to see for themselves the reality of dangerous driving on the roads recently when they spent an evening with police. Six students from SADD spent two hours at a roadside operation in South Canterbury focused on drink-driving attitudes.

These kinds of situations allow young people to see the realities of what happens out on our roads and what dangerous driving looks like.

The students saw police stopping and testing drivers on rural roads. Whilst there were some impaired drivers over the drink driving limit, there were also some who had made good decisions and made plans to have sober drivers take them home.

"When I was a student, I went out on a police checkpoint like this and I still have it imprinted on my mind," says Road Safety Coordinator Lucy Mehrtens. "It makes a real impression on young people to see the reality of what the police do out on the roads."

Acting Sergeant Ben Grant of the Aoraki Highway Patrol team who led the operation agrees. The two day operation saw over 3000

motorists breathalysed at different stops across South Canterbury and they were a real cross section of drivers says Grant, of all ages and from all areas.

Grant also points out that there are other distractions to consider when it comes to dangerous driving. Mobile phones he says are a big issue too. It is illegal to operate a mobile device whilst driving and many people don't realise that it can also invalidate their insurance if they have an accident.

"One moment of inattention on the road can have catastrophic and long lasting consequences and there is definitely some work to be done to change attitudes," says Grant.

If you would like further information about Students Against Dangerous Driving, contact Lucy Mehrtens at South Canterbury Road Safety.

Lucy | M: 027 228 2583 | E: lucy.mehrtens@timdc.govt.nz



What is SADD?

Students Against Dangerous Driving is a student-led charity with the goal of preventing loss on New Zealand roads. The SADD team provide guidance and support to influence their peers and wider community to positively promote safe road user behaviours.

SADD offers opportunities for students to work collaboratively and build relationships with road safety partners and community groups to help achieve our collective goals of reducing harm on our roads and improved wellbeing outcomes for our rangatahi.

Alcohol Limits for Under 20s

There's a zero alcohol limit if you're under 20. That means if you drive after consuming even one drink you can be charged with drink-driving.



The House Sitter

WORDS: PATTIE PEGLER | IMAGES: SUPPLIED

The saying goes that a change is as good as a rest and for Cantabrian Dee (Devika) Bigelow, it was yearning for a little time away that initially got her thinking about house-sitting. Her children had left home and had their own holiday arrangements – and she was paying a mortgage on a house that was mostly empty. So she started to think about what she would like to do.

"I researched housesitting companies online and watched for a Christmas house-sit in an area where I wanted to spend my three weeks off," she explains.

And soon she spotted something – a cavoodle called Ralph who needed looking after while his owners headed away for Christmas. The house was at the bottom of the Rapaki Track in Hillsborough and for Dee, who wanted to increase her fitness and get moving – it was perfect. She loved looking after Ralph and getting out walking in the hills.

She hasn't looked back. For a while she did house-sits through an online company, on long weekends and for short spells. Then gradually she started to get house sits through colleagues and friends and word-of-mouth – and for longer periods.

There were some downsides in the early days.

"I didn't sleep well in different beds and heard noises all the time," she says. "And I missed having my personal things around me, photos and things. But that has got easier with time as I learn to live with less. You don't actually need much I have found."

"I didn't sleep well in different beds and heard noises all the time," she says. "And I missed having my personal things around me, photos and things. But that has got easier with time as I learn to live with less. You don't actually need much I have found."

Eighteen months and over 30 house sits later and Dee is loving the lifestyle. So much so, that in Easter this year she decided to become a full-time house sitter. Now, on the rare occasions she's between house sits, she stays and pays at a friend's house. She doesn't charge for house-sitting and she has a 'day' job. But she does save a lot of money on outgoings - from rent to electricity and all those other house expenses.

And there are lots of other benefits says Dee. She gets to try out different homes, different neighbourhoods, different appliances. She meets and cares for lots of different pets. Sometimes she gets to use the swimming pool or the spa or the big screen TV. Sometimes house owners will encourage her to use the food in the freezer or grab some fresh produce from the veggie garden. She's looked after cats and dogs and even hens.

Now with an overseas break in mind, she is looking at international house-sitting through a company. It offers a degree of security when neither party knows each other, plus they also carry liability insurance and can offer guidance and support – all probably good to have if heading overseas.

But for now she's happy to house sit more locally. When I get in touch to ask her a couple of questions she's off to meet three dogs she is going to be looking after for five weeks on her next house sit.

"It is a new and interesting way of life," she says.

dish SWEET

by Sarah Tuck and Claire Aldous



dish SWEET is your one-stop cookbook for the very best of dish baking, desserts, slices, ice creams, cheesecakes and more.

Ideal for taking away on holiday or having on hand at home, it's chock-full with easy to make, delicious recipes all conveniently arranged into sections – there's no doubt you'll find the perfect sweet treat for your next picnic, celebration, or cheeky dessert.

Whether you're craving something chocolatey, the perfect shortbread or scones for afternoon tea, a crowd-pleasing tart, decadent dessert or a scoop of delicious ice cream, dish SWEET is designed to make life that little bit sweeter.

With recipes from well-known cookbook author and editor Sarah Tuck and beloved food editor Claire Aldous and stunning photography from contributors Josh Griggs and Yuki Sato, even the pages look good enough to eat.

More about the chapters:

Baking: There is an enormous amount of pleasure to be found in the act of baking – the measuring, whisking, beating, or folding of ingredients and then the alchemy of cooking that brings delicious results in the form of delights such as the easier-than-they-look Sticky 'Apple Pie' Brioche Pull-aparts, and the playful riff on a classic Chocolate Lamington Cake. From simple to complex, these baked goodies will elevate afternoon tea to a whole new level!

Slices: Slices are so incredibly versatile and run the gamut from the healthy and nutritious like the Super-Seeded Muesli Bars to the wildly indulgent Dark Chocolate, White Chocolate and Ginger Brownies... moist, dark, rich and fudgy, they're a must-try.

Desserts: The grand finale to any dinner, no matter how delectable the nibbles or how impressive the main, is inevitably the last thing to be eaten – dessert. From the deeply decadent Molten Dark Chocolate and Hazelnut Pudding, to the ultimate Late Summer Crumble or the showstopper White Chocolate, Rhubarb and Strawberry Cheesecake, we've got you covered.

Tarts: Tarts are a secret weapon when entertaining. With all the work done in advance they provide you with the easiest 'ta-dah' moments and there are so many variations to play with. The Plum and Citrus Frangipane Tart makes the most of seasonal stone fruit while the Spiced Pumpkin Cheesecake Tart and Macadamia Caramel Tart are spectacular any time of year.

Ice creams: If you think making homemade ice cream requires special equipment and a high level of skill, think again! We have the easiest, creamiest frozen delights that are simple to make and delicious to eat – from the No-churn Decadent Dark Chocolate Whisky and Espresso Ice Cream, to the cheaty-pants Lemon Curd, Pistachio and Meringue Ice Cream. You'll be keeping your cool and loving every mouthful!

Dish SWEET is a compilation of all of the very best baking, desserts, slices, ice creams, cheesecakes and more from dish magazine. The cookbook features 100+ recipes – including 'cheeky little extras' that can elevate your sweet treat into something extra special – bringing dish's sweet recipes together in one handy volume to always have at the ready. Available nationwide in bookstores, the Warehouse and speciality food stores.

RRP \$45.00, On sale 10 October 2023



CAFÉ VERDE

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One of our customers' favourite go-to breakfast meal is our Breakfast Burrito.

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Whether customers have it for breakfast, lunch, or late afternoon snack it stays as an essential, simple, and tasty item! It is made fresh daily hence why people love it and do come back for more.

11 Te Weka Street, Timaru | 03 687 7739



The Essence of Retirement

If you've recently stopped working and have some spare time on your hands then get out there and use it!
There are so many interesting and exciting opportunities in our local communities.



Time to sign up for that new hobby

Always wanted to write your memoirs or paint that landscape? Retirement is the perfect time to really get into that hobby and there are plenty of examples of late starters hitting the big time. The author of Pulitzer prize winning novel, *Angela's Ashes*, Frank McCourt started writing at 65.



Stay connected

Humans are social creatures and we all need a little bit of interaction with others during the day. So catch up with friends for coffee, pick up the grandchildren from school or join a club and make some new mates.

The typical retirement age in New Zealand is 65, yet nearly a quarter of people choose to continue working whether that's a part-time role or running their own business. Still others volunteer or take up new hobbies and some choose to spend more time with family and friends. There really is no one face of 'retirement'. It's absurd to suggest everyone over 65 has a particular interest or lifestyle. As people age they are as diverse as they are in their younger years and the people we spoke to and those we met whilst putting this feature together are proof of that.



Volunteer

So many local initiatives and organisations need help so why not give a little time and help out? From local op shops to meals on wheels, animal charities and community gardens – there are plenty of places where you can make a real difference.



Gardening for Seniors

"We don't stop playing because we grow old. We grow old because we stop playing."

- George Bernard Shaw

And indeed, what better place to "play", than in the garden! Good for the body, mind and soul - gardening is beneficial at all ages, but can be an especially positive hobby for retirees and senior citizens. It keeps the body active and the mind healthy, with many research studies confirming the physical and psychological advantages for the elderly of being in nature, and specifically of tending gardens.

The wonderful thing about gardening for seniors is that it is a completely adaptable hobby and can be modified to suit a large range of abilities! Be a smart senior citizen gardener - stay sun safe, hydrate often, and rest when needed.



Keep fit

Staying physically active is key to quality of life so get moving. You just need to find something that you enjoy – from walking to playing bowls; swimming to tennis – you'll find plenty of options locally.



Get a good night's sleep

To make the most of your days, you need to get a good night's sleep. So develop a healthy night routine to make sure you get those necessary hours of shut eye.

Upon doing some investigating here in the essence office around local community groups, clubs and activities we stumbled across so many options. A visit to the local Citizens Advice Bureau would be a great start if you are seeking information on how to volunteer, stay socially connected and exactly what group or club may be right for you – the ladies were so helpful, we came away with lots of brochures and booklets to peruse!



Timaru District Libraries

In February this year Timaru District Libraries launched its online database aorakiheritage.recollect.co.nz which can be accessed from the library's website.

A key aim of the database is to provide easy online access to non-lendable material in the Aoraki Heritage Collection. This is an ongoing digitalisation project, with items being added regularly.

The Aoraki Heritage Collection covers the entire South Canterbury area and consists of everything from family histories, school, club and church jubilees, school magazines, local guidebooks, and fiction by local authors. The online database increases access for those looking to research South Canterbury history.

Canon Street Optometrists

The team at Canon Street Optometrists aren't just here to give you the best vision possible (although we strive for that!), we're also here to empower you to be the best you that you can be!

Bold, classic, fun, unique, YOU. We think the trick to ageing to perfection is to age honestly and gracefully and make it look so good that everyone looks forward to it. We can help choose the best shape, colour, size, style and lens type to complement and enhance your personality. Because at Canon Street Optometrists, vision never goes out of style.



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Aoraki Heritage Collection Online
The Aoraki Heritage Collection captures the history of the people, places and environment of the South Canterbury region.

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Free service to improve driving skills

Residents of South Canterbury can now take advantage of a free service provided by South Canterbury Road Safety to assess their driving habits and identify areas that require improvement. Many drivers have not had refresher driving sessions in years, and over 90% of car crashes are caused by human error, often due to bad habits developed over time.

The campaign offers a free hour-long assessment with an experienced driving instructor, during which drivers can identify their strengths and weaknesses. Participants will be driving their own cars. The goal is not to pass or fail but to provide advice on how to improve driving skills where necessary. After the session, a report will be provided to help drivers gain feedback on their safe driving ability and build confidence.

The more people who take advantage of this opportunity, the safer our roads will be.

Many experienced drivers may have forgotten important safety practices, and a personal session with a trained instructor can benefit everyone. During the assessment, drivers can ask questions about any rules they are unsure of.

To participate in the campaign, simply call or text your name and phone number to register your interest with either Daniel Naudé at 027 438 6285 or Lucy Mehrtens at 027 288 2583.



Daniel Naude 027 438 6285 | Lucy Mehrtens 027 288 2583

www.scrs.org.nz

[f](https://www.facebook.com/scrsnz) [@scrsnz](https://www.instagram.com/scrsnz)

Croft Retirement Village

The Croft Retirement Village is situated in Timaru between Park Lane, St John's Avenue and June Street in inner city Highfield. Recognised as one of the best addresses in town, for over 40 years the Croft has continued to be Timaru's 'jewel in the crown' for living options for people aged over 65 years.

The Croft Retirement Village has a range of apartments along with one and two bedroom villas. The Village added an additional 9 'supported living' apartments in 2021/22. You can be as independent as you desire or supported with additional services. With wide views, lush gardens, and trees you won't feel hemmed in by other people or properties. There is wonderful friendly group residing in the Village.

We currently have available two modern one bedroom cottages beautifully nestled amongst the trees and scenic walkway. The cottages have plenty of storage space and come with modern whiteware. These cottages are warm and stylish – giving you complete independence and peace of mind.



We also have a one bedroom modern apartment with arguably the best views in Timaru, overlooking the Highview golf course and views to the sea and the mountains.

The Village is walking distance to the Highfield Mall which has a pharmacy, supermarket, and a café. You are invited to attend any of the activities, concerts, craft sessions and Happy Hour at the Croft.

The Village is run by Presbyterian Support South Canterbury and is a member of the NZ Retirement Villages Association.

Villas and apartment priced to sell between \$295,000 and \$330,000.

Why not call to arrange a visit. For more information contact Carolyn Sexton-Phillips on 03 687 1120

VILLAS PRICED TO SELL



The Croft Retirement Village, 12 Park Lane has 2x one bedroom villas available and 1x one bedroom apartment.

Priced between \$295,000 to \$330,000



Become part of a connected, friendly and respectful community in a safe and secure environment while maintaining your independence and freedom.

For more information contact Carolyn Sexton-Phillips 03 687 1120



Eye Care for Seniors

As one gets older, their eyesight may change. Some people may need to wear prescription lenses or glasses as this change occurs, while others may not have to.

Ultimately, good eyesight is key to ensuring your safety or the safety of your loved one, which is why it is important for all adults to maintain clear vision.

Here are some tips to help you or your loved one to care for their eyes:

Have regular eye tests

Eye tests aren't just for checking whether eyeglasses are still functional. This vision care for seniors is also an important check for the eyes' health.

An eye test can discover whether they have eye diseases like cataracts or glaucoma. Also, it's possible to detect general health problems like high blood pressure and diabetes with an eye test.

Optometrists perform eye tests. It's important to know when there are notable vision changes or a progressive eye condition so that treatment can begin in time.

Wear the correct lenses

By conducting an eye test, one can determine whether they need a new prescription for their contact lenses or glasses.

Wearing the correct lenses will always enhance vision and reduce the risk of accidents.

Eat well

Eating healthy foods is one of the best tips for eye care for seniors. Try eating

plenty of fruits and vegetables to enhance overall eye health and protect this delicate body part from conditions like macular degeneration, glaucoma, and cataracts.

In short, vegetables and fruits are the best eye vitamins for seniors and should be part of the daily menu.

Wear sunglasses

Direct sunlight can damage the eyes and increase the possibility of developing cataracts. This is why it is important to wear sunglasses or contact lenses with a built-in UV filter to protect the eyes from harmful sun rays. This contributes to continued and diligent eye care for seniors.

Use good lighting

When up to 60 years old, their eyes may need three times as much light as when they were 20 to see as clearly.

To help with this, increase the amount of light in the home by cleaning the windows and opening the curtains.

Ensure the electric lighting is sufficient, especially at the top and bottom of the staircase (if this structure exists), to see the steps well.

Exercise

Oxygen intake and free flow of blood are necessary for good eye health. However, to ensure these, one must exercise regularly.

Sleep well

Regular sleep will keep the eye muscles relaxed and continuously lubricated to remove irritants like smoke or dust accumulated during the day.



26 Canon Street, Timaru info@canonstreet.co.nz
03 688 9791 www.canonstreetoptometrists.co.nz





Keeping your child safe

Keeping your child safe is one of the most crucial jobs you have as a parent, and one of the most important things you'll buy for your child is a carseat.

Right from the beginning, whether you take your baby home from hospital or the first time leaving your home, you need an appropriate car seat until they grow big enough to fit an adult seatbelt, at approximately 148cm tall. That's why we say "It's safer to wait until 148".

There is no single "best carseat" out there. The best car seat is the one that fits YOUR child's weight, height and age, and is properly fitted into YOUR vehicle, ensuring maximum safety if the unfortunate event of a crash was to happen.

As your child grows, you will need to transition from one car seat stage to another, but with each stage you may lose safety and protection, so it is important not to make the move to the next stage too early.

Five ways to ensure your child's carseat is safe.

1. Make sure that the seat fits the child.

Different carseats have different height, weight and age limits, which can be confusing so make sure you check out the specifications of the seat before you purchase. You could have the "Safest" seat on the market but if your child is not in an age appropriate seat, they may receive life threatening injuries in a crash.

2. Make sure the seat fits the vehicle.

Different makes, models and years of cars have different shaped seats, different material, differing usable space to work with. Some cars don't have an anchor point installed, some vehicles don't have isofix compatibility, some cars have inflatable airbags in the seatbelt. You could have the "safest" seat on the market but if it doesn't fit your vehicle then it will not perform how it should in a crash.

3. Make sure the seat is being used correctly.

This involves having tight, untwisted straps. Chest clip in the correct position (if there is one as some seats do not use them). Straps at the correct height. No aftermarket accessories added. You could have the "Safest" seat on the market but if your child is not properly restrained in the seat, they may be ejected from the seat in a crash.



Charlie (11 months), Lewis (17 months), Everly (2 years), Corban (5 years), Caitlyn (7 years), Beauden (8 years) and Harlan (9 years).



Laura and Nicole

5. Check with your local Child Restraint Technician

At South Canterbury Child Restraint Rentals, we are qualified and trained to give advice and install the appropriate seat for your needs and what will best suit your vehicle. We are an independent charity, supported by the community, therefore, we are unbiased and have no loyalties to any particular seat or brand. We can hire our seats to you, or we can point you in the right direction to purchase your own and we will happily install it for you.

4. Make sure it is installed correctly.

This involves making sure the tether (if the seat has one) is attached to the appropriate anchor point. A tight install on either seatbelt or isofix (but not both!) The seat is reclined to the appropriate angle if rear facing. The carseat is not braced to the vehicle's front seat unless specified in the carseat and vehicle's manual. You could have the "Safest" seat on the market but if the seat is not properly installed, it may be ejected from the vehicle in a crash.

Supported by South Canterbury Road Safety



The South Canterbury Museum

The South Canterbury Museum is a great place for families and kids to explore our heritage. There are hundreds of items from nature and history on display, and activities that kids can do while they are looking around. The free Museum Explorers membership club keeps kids informed and up to date with holiday activities and more. South Canterbury Museum is located in downtown Timaru. It is open six days a week with free admission.

Drummond and Etheridge

The new range of John Deere toys has arrived and the shelves at Drummond and Etheridge are full! We've got everything from sand-pit toys to ride-on tractors! Scooters, games, collectables, big, small - we've got something for kids of all ages - pop into our store on Racecourse Road and have a look!

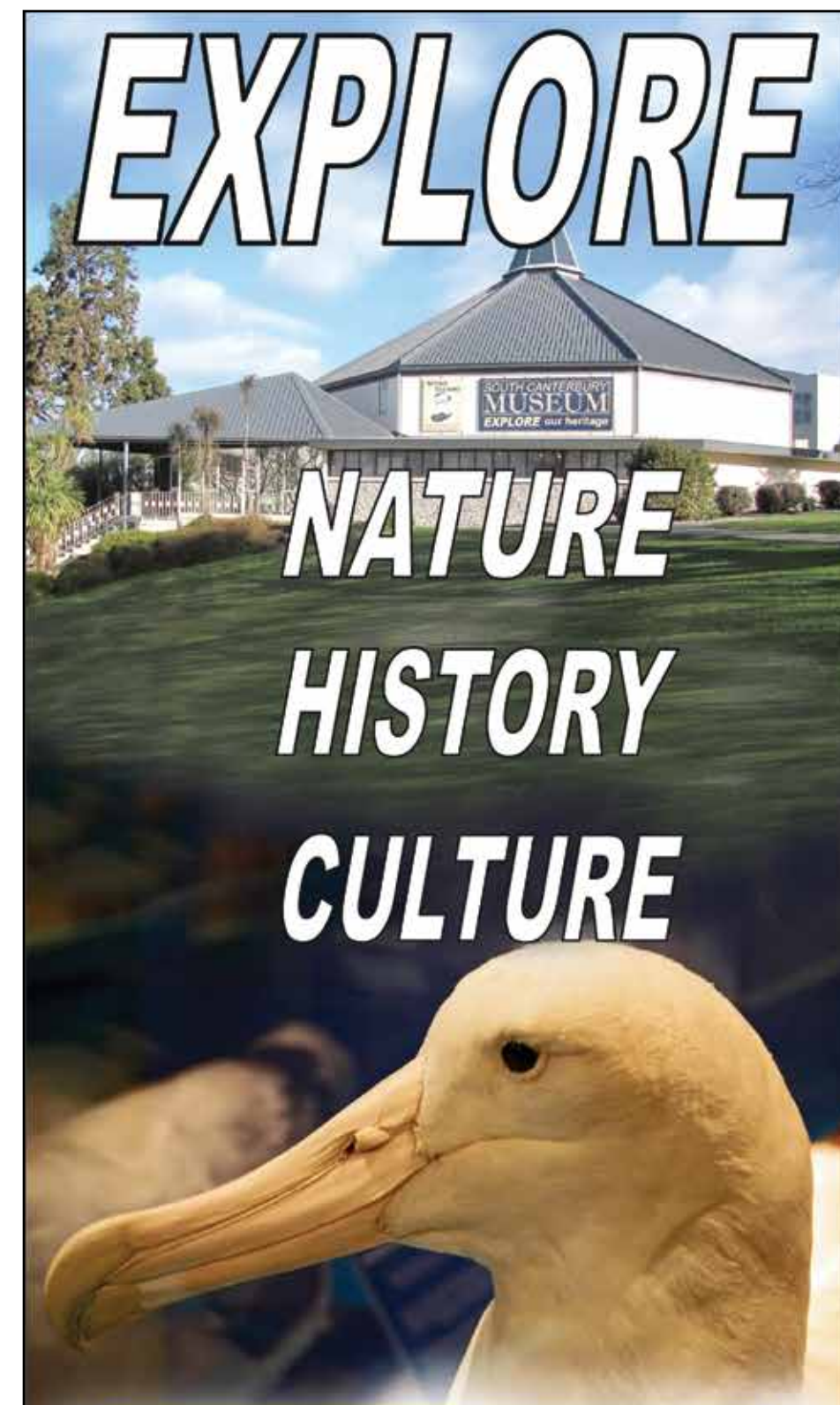


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SAFETY & SECURITY

Individual safety and security are important as they both affect an individual's well-being. Safety is freedom from physical or emotional harm. Security is freedom from the threat or fear of harm or danger. Threats to safety and security come in many forms, ranging from deliberate violence to accidental injury.

When driving in a car, make sure you put the seat belts on as it keeps passengers protected inside the 'protective shell' of the vehicle and the headrests minimise the effect of whiplash.

Remember to drive to the conditions as we can become complacent. Even if we do several trips a day on the same road, we need to be aware that road conditions could have changed. There could be a slippery spot as a result of a truck that spilled diesel, or a piece of timber that fell off a tradies ute. Be attentive all the time and stay safe on our roads.

For extra security fit an anti-theft device such as an alarm or immobiliser. If you are buying a new car it is a good idea to check the level of built-in security features.

Below are some great tips to help you remain safe and secure on the roads.

IMPROVE DRIVING SAFETY

Join our WOF inspection loyalty program and save!

It costs nothing to join, just bring your vehicle in for its WOF inspection, receive your loyalty card and your fifth WOF inspection will be free!

Use it for your WOF inspections on cars, boats, caravans, trailers and motorcycles.

Our WOF inspection is only \$60 incl GST, using our loyalty card, with your fifth inspection FREE, brings your average cost down to just \$48.00. This offer is only available at Hollands Suzuki Cars (Timaru).

A wheel alignment improves driving safety, by keeping the right amount of the tyre in contact with the road and preventing your vehicle from pulling to the left or right. A properly aligned vehicle has a smoother ride, and optimal fuel economy. Keeping the wheels aligned helps to keep you and your passengers safe, it also extends the life of your tyres.

Call today and be safe on the roads.

HOLLANDS SUZUKI CARS

13 - 15 North Street, Timaru
03 688 8297
www.hollandstimaru.co.nz



SPRING SAFETY CHECK

Spring is here, which means it's a great time to check those safety features on your vehicle, to ensure your vehicle is performing at its best, before the warmer weather, and those longer summer trips on the open roads.

At Bridgestone, your safety is at the heart of everything we do. Whether it's tyres,

wheel alignments, balancing or repairs, we take extra care to ensure your vehicle is as safe as possible for both you and your passengers.

Tyres are one of the most critical safety features of any vehicle, so call in to see the team at Bridgestone Tyre Centre and get your vehicle road safe.



BRIDGESTONE TYRE CENTRE 3-5 Heaton Street, Timaru | Ph (03) 687 9270

RESPECT FOR OTHER ROAD USERS

When operating a vehicle, treating fellow drivers with the same level of consideration and kindness you would want to receive is crucial.

At the end of a tiring day, everyone has a place to return to. These locations vary greatly, ranging from quiet neighbourhoods and rural farms to busy highways.

As drivers, it's our responsibility to show mutual respect by obeying the posted speed limit. The speed limit sign indicates the maximum speed to travel when no apparent hazards are present. However, if you notice another driver preparing to slow down or turn onto the road, this creates a potential hazard.

It's vital to demonstrate respect for other road users by adjusting your speed to allow them to safely enter or exit their property, no matter where it may be.

Daniel Naude 027 438 6285
Lucy Mehrtens 027 288 2583 www.scrs.org.nz



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