



HEARING SOUTHLAND



NEWSLETTER DECEMBER 2019

**OFFICE HOURS
MONDAY TO FRIDAY
9AM—4PM**

If you wish to have a hearing test (appointment required) or require help with hearing aid management or hearing aid repairs *please* ring or email the office to make sure that either Tracy or Bev are available.

We also have an Ultra-Vac machine that is available free of charge to members. The Ultra-Vac removes any moisture the hearing aids may have picked up.

Phone 03 2149154
email: hearingsouthland@xtra.co.nz
or visit us at 126 Leet St, Ingill



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FROM THE PRESIDENT



Golly here it is—THAT time — of year again! When we all go crazy with gift shopping, Christmas parties and food purchasing for the family meals and hopefully lots of barbecues weather permitting.

I have stocked up with batteries and filters for my hearing aids so that should see me through the holiday break. I hope you all have done the same thing, if you find you can't get in to Hearing Southland 126 Leet Street please ring the staff on 03 2149154 and they can post you what you require and pay later.

The cycle tour and the ILT Stadium birthday bash is over but we still have a number of Christmas shows we can go to and enjoy.

Have a happy, cheerful and fun filled time with family and friends. May 2020 be one that sees your hopes and dreams come to fruition - along with better hearing. Merry Christmas to you from me.

Simon Bradley
President





BE HAPPY

Grandma's Christmas Strategy

One Christmas a mother decided she was no longer going to remind her kids to send thank you notes. Consequently, the kids' grandmother never received any thanks for the Christmas cheques she sent to them.

The very next Christmas all the kids stopped by in person to thank their grandmother for their cheques.

When asked by a friend what caused this change in behaviour, the grandmother replied, "Simple. This year I didn't sign the cheques".



Christmas is supposed to be an amazing time of the year, full of family, significance, good people and a re-commitment to service and kindness and good cheer. It's fun and sparkly and festive and celebratory. It's also deep and profound and joyous and holy. There are ways of making this Christmas more so on all accounts.

Be reminded, good ideas are only as good as their implementation. Instead, take action today toward making your Christmas holiday season more enjoyable, happier and meaningful this year by relaxing and keeping it simple.



EASY CHRISTMAS BISCUITS



Christmas food gifts for the busy person.

Make these beautiful treats as Christmas food gifts, for friends and family even one for yourself.

Purchase or make, some biscuits, such as Chocolate wheeten, Tim Tams, or an unfilled sponge cut into circles.

Decorate with lollies, pretzels, cream, strawberries, white and chocolate icing. Your imagination has no limits.

Display on a Christmas plate and offer them to your visitors. Children often like to give a hand when you are baking and it might be a job they can do for you, while you prepare something else.



CHRISTMAS HOUSE KEEPING

Remember to let us know if you have changed your address, phone number or email so we can keep our records up-to-date. Remember to call in and see us if you need batteries or filters etc. before we close, and if you're going away, make sure you have enough batteries to last.



Dates for closing and re-opening the office are:

Closing date is 4 pm **Monday 23rd December 2019**

Re-open date is 9 am **Thursday 9th January 2020**

Hearing Southland would like to take this opportunity to thank all our members, supporters and sponsors in 2019, A special thank you also to our Funders who we could not manage without.

Pot Luck Christmas Lunch for Members (& Partners) & Committee



Friday December 13th at 12 midday.

All members are very welcome to come and share a meal. Ham and roast vegetables will be supplied. Please bring a plate to add to the meal. If you are interested ring us on 03 2149 154 as we require numbers for catering.

Hope to see many of you at our dinner at 126 Leet Street Hearing Southland on the 13th!

CHRISTMAS GIFT IDEAS

Oricom Care 80 Telephone \$155



Battery Charger \$20



Individual batteries \$5.50 card
Boxes of batteries \$55 & 1 card free





TIPS FOR HEARING YOUR BEST

Helpful Holiday Hearing Tips



© Starkey Hearing Technologies

Give yourself a firm foundation

Put together a holiday better-hearing kit and keep it in your bag or purse wherever you go. Include extra batteries, a cleaning set, a dehumidifier, extra domes or tubing.

Around the Table

Meals are a big part of the holidays — we want to help you get your fill of both the food and the festivities with these better-hearing tips for the table.

1. **Speak up** If you feel comfortable doing so, give a gentle reminder to slow down, speak up, and talk directly to you. It will go a long way — for you and for those in the conversation.
2. **Find a friend** Sit near a relative you enjoy talking to and who won't mind repeating things for you if you miss something. Also, pick a seat at the table where there is less noise to drown out your conversation.
3. **Sit strategically** If possible, avoid spots near the kitchen or underneath a speaker. Even better, request a spot away from noise and with enough light to provide you the advantage of reading lips and seeing facial expressions of your co-workers or loved ones.



DURING THE HOLIDAYS 2019

It's Party Time! Parties are a must for holiday fun, whether with your co-workers or loved ones. Put on your boogie shoes and put your best foot forward with these communication ideas.

1. Turn down the background noise The host's job is to help you enjoy yourself, so if you feel comfortable doing so, ask them to turn down the music or television. We're sure everyone will appreciate not having to yell!

2. The fewer, the merrier Situating yourself among fewer people can help you focus more on what's being said — as well as boost your hearing confidence.

3. Position your "best side." In a large group setting **position yourself in a spot where you can see the most people** and make eye contact with them. If you have a "better side," seat yourself so that most people are on that side.

4. Consider lighting. Engage with guests in a well-lit area so that you can read people's lips and visual clues if necessary.

5. Pick a dinner buddy. At dinner, seat yourself next to a person you have the least difficulty hearing or someone who usually clues you in on missed pieces of conversation.

6. Tell the host ahead of time. Don't be afraid to speak to the host about accommodating your needs – whether it's turning down the music or directing you to a quieter area where you're able to catch up with friends and family.

We want to help keep your spirits merry and bright — if you've experienced a lack of clarity at gatherings lately
contact us 03 2149154



CHRISTMAS THOUGHTS

'Christmas gift suggestions'

To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart.

To a customer, service. To all, charity.

To every child, a good example. To yourself, respect."

Tim came home for the Christmas break sitting in the church. He told me, by coming home, he hoped the people saw him in the church, because he was a cripple, and it might be pleasant for them to remember upon Christmas Day, who made lame beggars walk, and blind men see.

Charles Dickens



SOCIAL ACTIVITIES

- 7th Dec **“The Lazy PA’s Christmas Party”**
Bill Richardson Transport World, 491 Tay Street
6.30pm—11pm \$99 pp.
- 10 Dec **“Final Jingo for 2019”**
Waikiwi Tavern, 181 North Road Invercargill
Fund Raiser for “Furever Homes” 7pm—10pm
- 14 Dec **“SMC Christmas Picnic”**
Queens Park Band Rotunda 12.30—3.30
\$5 Secret Santa gift for children
- 14 Dec **“Ascot Park Christmas at the Races”**
Ascot Park Raceway, Invercargill
12pm—7pm \$23 pp, packages from \$33
- 20 Dec **“Christmas Night Food Market”**
South Alive Grace Street, 5.30pm—8pm Free
- 22 Dec **“ILT Christmas Variety Show”**
ILT Stadium Southland, 18 Surrey Park Road
7pm Adults \$17.00 Children \$12 under 5 free



BATTERY MAIL ORDER FORM

Post to: Hearing Southland
PO Box 1213, Invercargill 9840

Name

Address.....

Phone

Battery cost :

Member: \$5.50

Non-Member \$7.50

Postage \$1.30

x size10

x size 13

x size 312

x size 675

Please enter number of batteries required in the
box the & make cheques payable to:
Hearing Southland



MEMBERSHIP 2020

Name.....

Address

.....

Phone

Fax

Email

\$18.00 1 year subscription Jan - Dec 2020

\$28.00 2 year subscription Jan - Dec 2021

Tick subscription required, enclose
Cheque and post to:

Hearing Southland, PO Box 1213,
Invercargill 9840 or
call into our rooms at 126 Leet Street, Infill



THANK YOU TO OUR FUNDERS



We would like to acknowledge and thank our funders for grants received over the last few months.

We are extremely grateful for their support. Through their generosity we are able to continue to provide services to the wider community.





AMAZING FACTS

WHY IS CHRISTMAS DAY ON THE 25th DECEMBER???

Christmas is celebrated to remember the birth of Jesus Christ, who Christians believe is the Son of God.

The name “Christmas” comes from the Mass of Christ (or Jesus). A mass service (which is sometimes called Communion or Eucharist) is where Christians remember that Jesus died for us and then came back to life. The “Christ-Mass service was the only one that was allowed to take place after sunset (and before sunrise the next day), so people had it at Midnight! So we get the name Christ-Mass.

Christmas is now celebrated by people around the world, whether they are Christians or not. It’s a time when family and friends come together and remember the good things they have. People and especially children like Christmas as it’s also a time when you give and receive presents!

No one knows the real birthday of Jesus! No date is given in the Bible, so why do we celebrate it on the 25th December. There are many theories as to why this is. The first recorded date of Christmas being celebrated was in 336 AD during the time of the first Roman Emperor Constantine.

One of the main reasons we have the custom of giving presents at Christmas is to remind us of the presents given to **Jesus by the 3 Wise Men** - Frankincense, Gold and Myrrh.