

CHRISTCHURCH

New Zealand
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GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

SPRING ISSUE 2020



GREY POWER CHRISTCHURCH

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**Grey Power Christchurch donate each year to
two charities this year they are donating to
St John's and the Men's Prostrate Society.**

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Presidents Word

Well it is time to put pen to paper and produce another Report for the Newsletter.



Unfortunately there is not a lot of good to write about the way the Covid 19 seems to move about.

Never mind keep plenty of masks on hand and they keep saying if you have masks you will be OK.

It is with deep regret that we felt it better for our Members to cancel the September Social, as social distancing is still required.

Ann and Maureen are doing a great job and their efforts in keeping you all informed is really appreciated by the Committee as a whole as we realise were it not for their efforts we would not be able to continue as a Grey Power group. Thank you both.

As you will realise I have not been able to act as President on several occasions, I put this down to my ill health.

Cheers *Brian Christian*

KEEP SMILING
BECAUSE LIFE IS
A BEAUTIFUL THING
AND THERE'S SO MUCH
TO SMILE ABOUT

Our Owl is our symbol

The wise old owl sat on the oak
The more he listened the less he spoke
The less he spoke the more he heard
Who of us is like this wise old bird

Grey Power loves our owl it is our official symbol and is used in all correspondence.



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*Some conditions apply



**There are 7 Ryman villages throughout
Canterbury - in Beckenham, Hornby,
Mairehau, Papanui, Riccarton, Halswell
and Rangiora. Under construction is
Ryman's newest village in Riccarton Park
which will be selling soon!**

Each is unique, distinctive and a reflection of the area. To find the village that's right for you, and see the townhouses and apartments that are available, have a look online:

rymanhealthcare.co.nz

A selection of refurbished two and three-bedroom townhouses and apartments are currently available.

- All feature spacious open plan layouts and modern kitchens and bathrooms
- Priced between \$410,000 and \$675,000



Heading to Christchurch Hospital?

From August 24 2020, the free hospital free hospital shuttle runs from the Canterbury DHB car park on Deans Ave every fifteen minutes or so.

Monday – Friday: 7.15am – 8.30pm

Weekends: 11am – 8pm

No shuttle between 2.30pm – 3.15pm Saturday and Sunday.

Hospital shuttle

Canterbury DHB's patient and visitor free hospital shuttle service picks up and drops off from the new Deans Ave Car Park.

The shuttle stops at both the main hospital entrance and the Outpatients building.

The latest information for hospital patients and visitors, including current parking rates, is available on our website: cdhb.health.nz/parking. You can also get recorded information on 0800 555 300.

There is no charge for the shuttle to and from the hospital.

Mobility parking

There are mobility parks outside the front of the hospital for mobility parking permit holders.

Drop off zones

There are drop-off zones outside the main entrance to Christchurch Hospital and outside Outpatients on Oxford Tce if you can have someone drop you off and collect you.

Please remember there is no waiting in the drop-off zones.



----- Dashed line indicates Outpatients shuttle route

Public transport

The Tuam St Superstop is right behind Outpatients, and more than 600 buses go past every day. Details at metroinfo.co.nz or you can find the bus routes on our website.

Volunteers at Hospital

Need help? Ask us. Look out for our volunteers in their blue vests. They are here to help you find your way.

Emergency?

If it's life-threatening you should always call 111. If you're bringing someone to hospital in an emergency, drive up to one of the main entrances and ask a security guard for assistance with parking.



Mature Moves is about helping people

If you are considering moving into a smaller home, perhaps a retirement village or residential care and you feel you could use some help Mature Moves could be your answer. They are a Christchurch based company with local people helping older people to downsize and move, when the need arises. They understand that sometimes your family are not positioned to help as they might like to or have time restraints. True to their motto 'to treat you like they treat their own families', the team at Mature Moves can pack up, declutter and move all of your belongings and furniture to your new home.

Then they unpack and set up your new home to the very last detail, setting up the home just the way you like it.

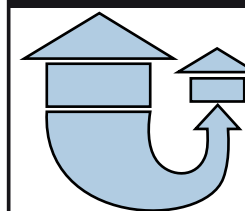
Decluttering can be a bit overwhelming, however, it is made much easier with some understanding help. Step-by-step you can have things sorted and organised with minimal fuss and stress.

Along with this wonderful service, they can also organise selling things you no longer require, or gifting them if you desire to family or charities. They can also clean homes inside and out, and complete the gardening to get houses ready for sale. Mature Moves is about helping people. You let them know what you need help with and they will set about showing you just what they can do to help you.

A visit and consultation is free of charge, with no obligation to use their services. However, if you feel they may be of assistance a quotation can be provided for your consideration.

You can call Mature Moves on 0800 777 214 to talk about your move. We are sure Sharon and Gary can help you to lighten the load and make your move a smooth transition.

Are you thinking of moving? Could you use some help?



MATURE MOVES
With Care

We can help you

- | | |
|-------------|---------------------------------|
| ■ Downsize | ■ Setting up your new home |
| ■ Declutter | ■ Preparing your house for sale |
| ■ Pack Up | ■ Cleaning: inside & out |
| ■ Relocate | ■ Rubbish removal/gardening |
| ■ Unpack | ■ Selling & gifting items |
| ■ Storage | ■ Estate Clearance |

Obligation Free Consultations



Phone Gary or Sharon
0800 777 214
Mobile 021 570 702

Email: info@maturemoves.co.nz
www.maturemoves.co.nz



August weather can give you the feeling spring is not far away, blossom begins to appear, the soil is slowly warming up and its perfect to get your new trees and shrubs planted so their roots establish before spring growth. Even though August is the last month of winter it is often the stormiest. We are likely to have more frosts, so its important to protect new vege seedlings, plenty of pea straw will do the trick.

It's a good time to finish any winter pruning, if you haven't already; fruit and deciduous trees, roses, hydrangeas, hedges and topiaries. Spray with copper, anything that's susceptible to fungal problems, particularly roses and fruit trees. Spray them a couple of times before bud burst.

Several **Camellia** varieties are in flower at the moment, making it a good time to choose for your garden. The dark green glossy foliage of camellias, rhodos, magnolias and michelias make them a fantastic option for creating the bones or structure of your garden particularly the winter garden when other plants are leafless.

The new seasons **Rhododendrons** have come in so there will be a full selection of colours and sizes to suit all sorts of gardens. They are very easy to grow and provide spectacular colour when in flower. Some are wonderfully fragrant, but these are all whites and creams and the

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flowers tend to be a little frost tender. However, most rhodos are frost hardy as they are native to the mountains of China and the Himalayas. They range in size from nice low compact plants of around half a metre, up to 3 or 4 meres of bushy tree with gnarly interesting shaped branches. The feeder roots of rhodos are right at the surface so a good mulch over the soil protects the plant from weed competition and moisture loss. Peastraw and bark chips are a good mulch and pine needles are particularly good as they are acidic which rhodos love.

Right now we have lovely flowering Daphnes, these shrubs are a must in any size garden as the perfume is heavenly, pick a small bunch and your room smells gorgeous. They are happy in a pot as long as they don't get root bound. We have pink and white flowering Daphnes and beautiful pure white Daphnes.

Parsley
Along with chives, parsley must be the most often used garnish. It is well loved and very tasty, and provides us with healthy vitamins A. B1. B2 and C plus chlorophyll (green pigments). Its vitamin C content alone rivals that of oranges. Also high in iron - so it really should be included in a meal every day. It is easy to grow, so to ensure a good crop of tasty parsley leaf for winter and spring it's time to get planting. Parsley likes to grow in an area that has sun for about half the day or dappled light. Keep it moist to avoid it getting too hot and stressed. Remember it is best served fresh and raw and use the stalks as well, they have just as much flavour as the leaves. If you have abundance of green leaves make pesto. Parsley is biennial and a new crop needs to be planted out every year.

Broccoli
Surely must be one of the favourite vege to grow and eat, its great tasting, easy to grow and comes in about 5 varieties to cater for every situation. It can be planted all year round, except in the middle of summer in the hottest parts of the country. It is a hardy crop that prefers cooler temperatures, otherwise it tends to bolt if too hot and run to flower. When planting prepare the soil by blending compost and well-rotted animal manure. The plants need about 30cm to stretch their wings and fully develop. Keep soil moist. A layer of mulch will help greatly. If a plant becomes tall and a bit floppy or top heavy, carefully ease a few bamboo stakes around the plant for extra support. It's a good idea, whichever variety you are growing to pick the heads before they start opening up and becoming loose looking, as the flavour diminishes.

When you are ready for a sit down Portstone Garden Café offers a quiet environment inside or seating outside looking over the outdoor shrub area. There is great coffee as well as menu and cabinet food, prepared and cooked

on site. We have a good gluten free choice. And another great offering of Portstone Garden Centre is 10% discount for Gold Card Holders on most of our products. Our team are experienced and helpful, and look forward to seeing you at Portstone soon.

Portstone, 465 Ferry Road (under the big gum tree)
389 4352



What type of activity is good for my heart?

Walking is a great option. Nearly everyone can do it, and all you need is a pair of shoes. You could go swimming, take

exercise classes or play a sport, but physical activity also includes everyday things like gardening and climbing stairs.

Remember, any increase in physical activity will be good for your health. You'll get added benefits by including activities that help strengthen muscles twice a week, such as exercising with weights, working with resistance bands, heavy gardening or carrying shopping.

You should aim to build up to a total of 150 minutes (2.5 hours) of moderate intensity activity each week. Moderate intensity activity will make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation. The best way to tell if the exercise you are doing is working, is to take the talk test.

Many health problems can be helped by regular physical activity, but if you do have a health problem, or have a condition that you are taking prescribed medication for, you should check the amount and type of activity that is suitable for you with your GP.

How do I get started?

It's never too late to start. Everyone can benefit from moving more – whatever your age, size or physical condition. The good news is that inactive people that start to do moderate physical activity feel the biggest health benefits – your health risks will decrease as soon as you start to move!

Getting started is easier than you think. Changing a few daily habits can soon add up to a more active you. Be active in as many ways as possible every day. Every 10 minutes counts. And if you don't think you can squeeze anything else into your day, see if you can reduce the time you spend sitting still and free up time to be active.

Start in small amounts. Find an activity that you enjoy doing. Ask family or a friend to join you. Set yourself a realistic target to do a little exercise each day. Gradually increase the amount you are doing. Go for a little longer or a little further. Build up to 30 minutes of moderate exercise a day.



Social Afternoons

Superannuitants' and Friends

Meetings will be held at the Cashmere Club starting at 1.30pm

SEPTEMBER 2020

Cancelled

OCTOBER 2020

Talk by Mary Ann from Phillipstown Hub Entertainment to follow.

NOVEMBER 2020

End of year breakup. Entertainment to follow.

“You don't stop laughing when you grow old, you grow old when you stop laughing.”
~George Bernard Shaw





POLITICAL FORUM

Hamish Campbell

National Party

The year 2020 has been an interesting year. It is an election year, we have two referendums plus of course we have just been through a major pandemic.



Covid-19 is going to be a feature of our world for some time to come. Huge efforts are being put in to find a vaccine, but we need to be realistic about the timeframe in which this might happen, if it happens at all. We need to have a transparent plan, because if we fail to plan, we plan to fail.

Kiwis have shown remarkable unity and support for the sacrifices of a lockdown. But we now find ourselves in a position where we need to decide where to from here. We are now facing one of the biggest economic downturns in our recorded history.

The true extent of the financial hardship that is coming is hard to predict, we currently have 200,000 people on unemployment benefits and the Government has paid out over \$13 billion in wage subsidies. But there is a further 436,000 New Zealanders who are currently on a wage subsidy. When that ends in September, we could be looking at half a million Kiwis unemployed.

It can be easy to just think of the numbers when it comes to job losses. But those figures represent Kiwis. Kiwis who are trying to support their families, pay their bills and put food on the table. The chances are we will all know someone that has lost their job, it could be you, it could be your children, it could be your grandchildren.

Following the Global Financial Crisis and Canterbury Earthquakes the National Government worked hard to

get the books back to surplus and then get on top of the debt those events had created. We didn't do it by slashing spending, but by carefully making sure any new spend was high value.

This Government's only plan is to tax more, borrow more and spend more. They think one off actions will address problems and lack the foresight to develop practical plans for the future.

The Government is borrowing billions and billions of dollars, and the problem with debt is that it must be paid back. And it is our children, our grandchildren and our great grandchildren who will be saddled with that debt.

National is going to keep calling out poor quality spending. We cannot afford to let future generations be saddled with unnecessary debt because of reckless decisions.

So who am I?

I am Dr Hamish Campbell, the National Party candidate for the Wigram electorate. I was born and raised here in Christchurch, before heading to Otago University to complete a PhD in oncology and virology. Since then I have worked in Medical Research, recently returning to Christchurch with my wife and two young daughters.

Megan Woods

Minister of Energy and Resources

Helping more families into home ownership



Home ownership is something New Zealanders have long aspired to. We want the security and wellbeing home ownership provides for our families and to invest

in our futures.

Many older New Zealanders may have taken home ownership for granted as they were raising their families. If you worked hard, you could expect to be able to buy your own home. Unfortunately under-investment in housing and infrastructure by the previous government has left the dream of home ownership exactly that for increasing numbers of families – a dream.

The gap that's been created between house prices and what is affordable to many families, no matter how hard they work and save, is something the Government has been focussed on addressing. We understand that home ownership gives people a real stake in their communities, enabling them to put down roots and ensure their children don't have to move schools when they're forced to move rental properties.

Progressive home ownership (PHO) schemes are a practical solution. They help families who are locked out of the housing market because they can't quite save the necessary deposit or meet monthly mortgage payments, by sharing the cost of the mortgage and overcoming the deposit barrier. They partner a family with a provider to enable home ownership through shared ownership, a 'rent to buy' scheme, or leasehold arrangements where the provider sells a home but retains ownership of the land.

PHO schemes have had great success overseas, and some providers are already delivering them to small numbers of New Zealanders. The Government wants a lot more families to be able to enjoy the benefits PHO schemes provide, and that is why we put \$400 million behind one.

I was delighted to announce the first providers of the scheme recently and learn about one of the first families to get this support; the Seiuli family of Flatbush

in Auckland, who will be in a brand new home by November as a result of the scheme, and have the stability of home ownership. The PHO scheme will support up to 4,000 families like the Seiulis who could not otherwise afford home ownership to get into their own homes.

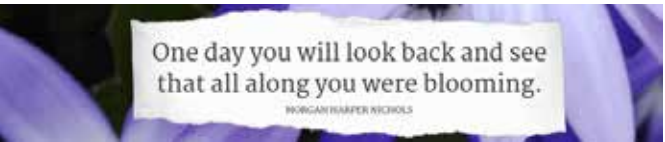
The scheme will support organisations already providing PHO schemes with wraparound support services, like budgeting advice, so they can help more people. It also includes a new initiative through Kāinga Ora for households with an annual income of under \$130,000 to receive shared ownership support directly. In some places, where housing costs aren't so high, families with a combined income of around \$50,000 will be able to benefit from the scheme.

We're focussing first on the parts of the country where housing affordability is most severe. The first two community providers we've signed up are in Queenstown and Auckland. We'll be signing up more providers, around the country, in the coming months. The schemes will have a strong preference for new houses so that we're building the additional housing supply that's needed.

The scheme will give priority to families with children, and to Māori and Pacific people – all groups we know find it tougher to get into their own homes.

Every additional family we can help into home ownership helps us deliver our aspiration for all New Zealanders to have warm, dry, secure homes in which to raise their families.

You can find out more about the Progressive Home Ownership fund here or by visiting www.hud.govt.nz.



Mark Glanville
Manager & Funeral Director

Mike Chandler
Funeral Director

Nick Allwright
Funeral Director

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Proud members of FDANZ

The Lincoln WI Entertainment Group - **Time to close the stage curtains**



After 57 years of entertaining the people of Lincoln, Christchurch, and surrounding areas of Canterbury, and a trip to Wellington it is with sadness that our group of singers has decided to close. We have enjoyed giving pleasure to the many audiences over the years, from Retirement homes, Senior Citizen and other groups and Women's Institute functions. Our main aim was to perform a colourful spectacle with a bright backdrop that offset the beautiful costumes made by a few of our members. Each year the concert consisted of two main brackets of songs with a funny skit or a solo in the middle so we had time to change for the final bracket.

Of the current members two have been in the group for 40 years, another has done 20 years while three more around 10 years and the remaining members, 3 to 6 years.

As we are not getting any younger and some have health problems it seemed the right time to pull the final curtain.

The Importance Of A Funeral

Funerals don't just keep me employed, nor have they evolved as only a commercial enterprise. Funerals have taken place in one way or another since 'Adam was a baby' or 'we climbed down from the trees', whatever your belief. Everyone mourns their dead.

It is important that we take time to reflect on the passing of a loved one, a friend, a colleague or a member of our community. It does not have to be grand or elaborate. During the recent lockdown many people have had only the closest family near, or in one case no family (all overseas) but close knit friends. Technology has advanced where people on the other side of the world can not only view, but speak live and have their input at a funeral.

It is important to say goodbye, to let others reflect on their loss and acknowledge that even if we are from a small family, your family will miss you. The funeral industry has grown to where many think its unsustainable for ordinary people to be able to afford 'a good send off', some of the best funerals that we have held have been where we can make that important day a special one with meaning and love without spending a great deal. We always remind people - the reason grief hurts so much, its the cost of love.

editorial supplied by Just Funerals

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now \$2000

Please call for an appointment to visit with us at 3/243 Blenheim Road, Riccarton.





Insomnia

by Avis Kao (pharmacy manager & pharmacist at Countdown Pharmacy Eastgate)

Being able to get a good night's sleep is very important. It allows your body to rest and repair itself. It improves both your physical and mental wellbeing. Most people will notice that without quality sleep, they are more prone to being in a bad mood and making poor decisions, and unable to concentrate well. That said, most of us experience sleeping problems at some point in our lives. One of the most common sleep problems we can experience is insomnia.

What is insomnia?

Insomnia is a condition where you have difficulty getting to sleep, difficulty staying asleep, have poor quality of sleep, and/or wake up too early. The average adult needs about 7 to 9 hours of sleep per day, but this can vary from person to person. A general rule of thumb is that if you are waking up feeling refreshed, you are getting enough sleep.

What causes insomnia?

A variety of things can cause insomnia. Some of the most common causes are stress, anxiety, depression, alcohol or caffeine use, poor sleeping habits or routine, pain, snoring, and some medications. If you feel that your medications may be causing your sleeping problem, or if you are unsure of the cause, it is time to consult your doctor or pharmacist.

What treatments are available for insomnia?

Often insomnia is short lived – once you identify and resolve or remove the cause, the insomnia goes away. However, for some of us the issue can persist and you may require help from a healthcare professional, so it is important to talk to your doctor or a pharmacist about it if this does happen.

Sleep Hygiene

Your doctor or pharmacist will often start with sleep hygiene advice to help you get to sleep. Sleep hygiene refers to your lifestyle habits surrounding sleep. Humans are creatures of habit, so setting up a good sleep routine will help you achieve better quality of sleep. Here are some examples of things you could try:

- Aim to go to bed at the same time each night. This helps to train your body clock so you will start to feel sleepy at the same time each night.

- Plan the night and allow enough time for your own bedtime ritual. This can be activities that relax you, such as meditation, listening to calming music, having a cup of calming tea or warm milk, reading a book, or taking a bath.
- Avoid anything that is stimulating in the evening and at night such as drinking coffee, other caffeinated drinks and alcohol, and smoking.
- Restrict screen time so you are not watching TV or staring at your tablet/phone/computer screen within one or two hours of your bedtime. The light from the screens stimulates the brain so it is harder to calm the mind for sleep.
- Make sure your bed is comfortable and the room is cool, dark and quiet to minimise disruptions.
- Avoid eating large meals before bedtime and do not have dinner too late at night. It is best to have finished dinner at least two hours before bedtime.
- Exercise during the day and not before bedtime. Exercising during the day will help tire you out and make it easier to sleep, but exercising before bedtime will stimulate your mind and body instead.

There are many more things you could do to tailor your own sleep routine. Do not hesitate to discuss this with your doctor or pharmacist to find the ones that will suit you best.

Cognitive Behavioural Therapy for Insomnia

Some people may require help from a psychologist who specialises in sleep. Your doctor can refer you for counselling if you need help managing your stress, anxiety and worry which are causing your sleep problems.

Medications

Your doctor or pharmacist may suggest use of medications to help with your insomnia if the problem is really bad, or as a last resort. Medications are often not recommended as they do not fix the root of the problem. It is important to note that medications can help in the short term and using them for longer than intended can lead to worsened sleep problems. Most medications can also have a lasting effect, with drowsiness lasting well into the next day, and can affect your ability to function. For older people, the risk of falls and resulting fractures and injuries can increase due to usage of medications to help with sleep. Furthermore, some medications you may be taking can interact with these sleeping agents. So always follow the dosage instructions and do not self medicate; only take these under the advice of your doctor or pharmacist.

- **Antihistamines** - some antihistamines can make you drowsy so they can be used as sleeping

tablets. You will need to talk to the pharmacist to see if they are suitable for you, and you will need to have your information recorded before a pharmacist can sell it to you.

- **Melatonin** - this hormone is produced naturally in a specific part of your brain, and helps put you to sleep. It is also available as a medication via a prescription from a doctor. Trained pharmacists can also provide this medication after a consultation. However, this is not suitable for everyone – your doctor or pharmacist will be able to let you know if it is suitable for you.
- **Other prescription medications** – many different medicines can be prescribed to help. These must be taken on the advice of a doctor, and should only be taken for short periods at a time.
- **Vitamins, supplements and herbal products** - there are quite a few options in this category that can help to support sleep, with differing levels of evidence to support efficacy. Examples of popular ingredients included in these products are: magnesium, vitamin B, 5-hydroxytryptophan (5-HTP), valerian, chamomile, kava, hops, passionflower, lavender, lemon balm, tart cherry and/or its extracts. It is best to always consult with a pharmacist before you try any of these products.

Countdown Pharmacy is New Zealand's first supermarket pharmacy. We have pharmacies within 30 different Countdown stores across the nation and growing! Being inside a supermarket we offer convenience and easy access to our customers. Apart from prescriptions we also offer a range of pharmacy services, medical and general health advice like any other pharmacies. Each pharmacy is also equipped with a private consultation room to suit your needs. We are open seven days a week so come in and see us for your health needs.



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

Specialised Smoke Alarms for People with Hearing Impairment

With winter upon us and heaters and fires blazing, it's an appropriate time to share some information about specialised smoke alarms for people with a hearing impairment.



All conventional smoke alarms in NZ emit a high-pitched sound which can be difficult for people with age or noise related hearing loss to hear, especially when their hearing aids are removed at

night for sleeping. Specialised smoke alarms look like conventional alarms however they transmit, via radio waves, to a receiver by the person's bed. The receiver can vary in function however it always consists of a bright strobe light with an attached shaker which is placed under the pillow giving people early notification of smoke/fire in their home.



If you, or someone you know has a hearing loss it could be worthwhile checking if they can hear their conventional smoke alarm especially during the night. If not please contact Life Unlimited Hearing Therapy for a free assessment. Our hearing therapists are qualified assessors for this specialised equipment. There is some funding available where specific criteria are met. Fire and Emergency New Zealand (FENZ) are also involved in the assessment and installation of these smoke alarms.

**Ph 0800 008 011 or email
hearing@lifeunlimited.net.nz
for further information.**

Anyone remember the poetress Pam Ayres? Well, she's 73 and still going strong.

This is her latest ode to coronavirus.....

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For four weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no flaming flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this awful virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!

"Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older." ~Louise Hay

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It has been a hard year for Grey Power this year but we value the health and well being of our older folk. There has been a lot of phone calls about having meetings and not having meetings and sometimes the decisions have been hard to make. As we get closer to the end of the year maybe we can plan a better time for next year. As you can see from our Presidents report Ann and myself have processed over 150 members since the 1st of April and these are only the new ones with our faithful regular members renewing. Not so good when your computer packs up and your printer runs out of ink in the middle of lock down but we got there, plus the phone calls that were made to see all members or as many as possible were well and healthy and knew exactly what to do to keep themselves safe. Thank you to all for your patience at this time.

Banks closing and loosing cheque accounts. A lot of people have been ringing me to ask how they can pay their subs as they have lost their cheque books and don't do internet banking. We are all volunteers on the committee and work from our own homes. I myself have been doing telephone banking for years now and I find it very satisfactory, you just go to the bank and they set it all up for you. It can be used by land line or mobile phones so simple. These banks are not

helpful to us oldies at times. I hope you keep safe and are looking forward to spring.
Cheers *Maureen*

A.G.M. REPORT

Due to the Covid 19 we have been unable to hold our A.G.M. in June. At a Committee Meeting on the 8th July the Audit and the Treasurer's Report was discussed and checked by the Committee. Annually in June we send a copy of our Audit and Minutes to the Registrar of Incorporated Societies, which is required by Law. Due to the uncertainty of when our next Social will be held I thought it should be addressed. Should you require a copy of the Audit I can either email or mail a copy to you?

At the Committee Meeting it was decided to review Socials in September due to many of our Members being in the vulnerable group, and we want our Members to stay safe.

Ann Ferrari | Treasurer

When a kid says "daddy, I want mommy" that's the kid version of "I'd like to speak to your supervisor"

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Email:.....

I/We enclose my/our subscription for the year 1/4/2020 to 31/3/2021

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or pay by Internet Banking ☐ to Westpac A/C 03-0854-0652512-00

Use Name and Membership Number or post completed Membership Form to the Membership Secretary

I am prepared to:

- Help with phoning members reminding them of meetings ☐

Send subscription to: Membership Secretary, PO Box 31010, Ilam, Christchurch 8444

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The Importance of EPAs

Do you have a spare \$5000 you'd like to give your lawyer? What about six months you'd like to spend in and out of courts?

It's unlikely that's the case, but that's what can happen if you or a loved one does not have an Enduring Power of Attorney (EPA) in place.

Who makes decisions for you if you're not able to make them yourself? What happens if you become mentally impaired, are in a coma, or become unable to communicate? Preparing an EPA while you're healthy is a good way to protect your interests, and save your loved ones a lot of unnecessary stress and cost.

What is an EPA?

We help many of our clients set up Enduring Powers of Attorney to deal with their personal care and welfare. An EPA is a legal document that sets out who can make decisions about your assets or your care and welfare, if you're unable to make or communicate decisions yourself. That person is usually a close friend or family member who you trust to understand and respect your wishes.

But what can be done if the worst happens and you don't have an EPA in place?

Your lawyer will have to go to Family Court and get special orders. They'll have to apply under The Protection of Personal and Property Rights Act 1988 to get a property manager and/or a welfare guardian appointed for you. Of course, the courts have to be sure that the people appointed know what to do and will act in your best interests, which is a difficult

process when you're not able to communicate yourself.

Applying to the Family Court takes time, and can be an expensive process. In contrast, having an Enduring Power of Attorney drawn up is much simpler, much cheaper, and there's no need to go through the Family Court system during an already stressful time.

Advance Care Plans

While you're thinking of your future, you may also want to talk with your family about an Advance Care Plan, which sets out what you want to happen in terms of your future health and end of life care if you're unable to make those decisions yourself.

- What illnesses have members of your family had, that could happen to you?
- Do you have any health conditions you're receiving care or treatment for?
- What might your illness mean for the people who may need to care for you, especially if you're not in a position to tell them yourself?

Your Advance Care Plan will set out answers to all these questions and more so you, your friends, family and medical team can face the future with confidence.

Drawing up an Enduring Power of Attorney and preparing an Advance Care Plan while you are well gives you more control and input into what you're setting in place for the future. If you're worried about your future, or you want to remove the burden of applying for a property manager through the Family Court, it's time to act.

Get Your EPA Sorted Today

Our team at Godfreys Law can walk you through the process of creating your Enduring Power of Attorney, to make sure your rights and wishes will be respected, no matter what happens in life.

To get your Enduring Power of Attorney sorted today, contact Shona Senior and the team at Godfreys Law on 03 366 7469.

editorial supplied by Godfreys Law

Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.