

CHRISTCHURCH

New Zealand
Permit No. 3285



GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816
AUTUMN ISSUE 2021



GREY POWER CHRISTCHURCH

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Presidents Word

I hope everyone had a good christmas and new year after a very hard year. We hope that this year will be a lot better for all of us.



It made our numbers at the social afternoons drop dramatically but hope that they may be able to pick up during the year. At the committee meeting it was decided to take it to the floor of the last social to see if it was feasible to have them every second month and the floor decided yes. Later on in the magazine is a more detailed report.

Due to my health I have decided to step back from my presidents position as of June our AGM meeting. I would like to thank the committee for their work and a big thank you to Neville for his role in running our afternoon meetings.

I hope you all stay safe and well.

Cheers Brian Christian



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

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.

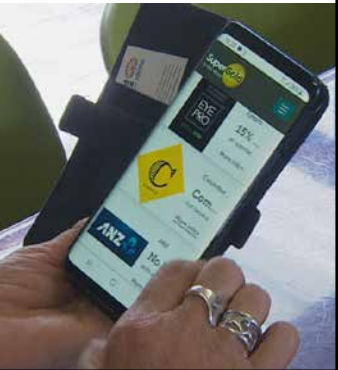


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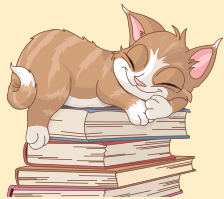
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Superannuatants
Association Inc

Committee 2020 / 2021
Nomination for Office

I Nominate

Print name of person you have chosen here
Must be Financial member

For Position of

Any one of President, Secretary, Treasurer,
Membership Secretary or Committee Member
Only one nomination Per Sheet

Signature of nominator

Membership No _____
Must be Financial Member

Signature of Seconder

Membership No _____
Must be financial Member

I Hereby accept nomination for the above Position

Signature _____

Membership No _____

Please return to The President Grey Power
PO Box 31-010 Ilam
Christchurch 8444

To arrive one Week before Annual
General meeting 17 June 2020

You will have tomatoes ripening left, right and centre, to be gobbled up and savoured, nothing like that first

taste of a brand-new tomato. And this is only the beginning of the harvest. How to devour them; Toast and tomatoes, tomatoes in a salad with feta, basil, cucumber and olive oil. simple and delicious. Then there are relishes, sauces, salsa and just freezing them for winter stews. And the easy way is just to let your grandchildren roam the garden freely to gobble up everything that's ready to eat – bless em.

And then there are the courgettes...they just keep on coming and we are loving them. Use grated up in omlettes, with cheese, tomatoes, salt and pepper – very nice! Also cut them up like little spaghetti/ noodles and place in a heat proof dish, pour boiling water over them and let stand for 20 seconds. Drain and put under cold tap for a dash of water, leave them to drain for a few minutes – then voila a splash of olive oil and salt and pepper and you have a delicious fresh meal.

Here are a few tips to get mouth watering tomatoes

- Avoid overhead watering if possible
- You can spray regularly with copper, to prevent disease
- Remove lower leaves, especially if diseased, it also helps with air circulation
- Tomatoes need constant moisture
- Now is the time to start feeding them with high potassium fertilizer, also use a liquid fertilizer

Hydrangeas are looking spectacular right now, and we have a new delivery of Magical Hydrangeas. Voluminous flowers that change colour three to four times during their blooming period. Hydrangeas flower on new wood so prune old flower heads back to a pair of swollen buds. Also prune any spindly growth, water generously during dry spells.

Need to improve your soils health?

Mulching is the key. What is mulch? It is a protective layer of material on top of your soil to insulate it from dryness, warms the soil up, adds nutrients or suppress weeds. In nature soil is usually covered by a layer of mulch from decaying matter such as leaf litter or ground covers. In most environments, tis unnatural for soil to be left exposed to sun and wind and the same goes for your garden beds. Open, exposed soil always suffers more in

summer than soil that is partly shaded, mulched or even weedy. Why mulch – in spring and summer, when plants are growing rapidly, and conditions are heating up its particularly important to mulch. It prevents soil drying out, allows plants to put down roots deeply. So, you don't need to water as often, and plants are less stressed.

New In Store

Love Carnations – compact habit. Smothered in a mass of flowers. Scented.

Mega Copa White – continuous blooming. Large white flowers. Sun to part shade.

Impatience – Sun Harmony; vibrant continuous large flowers. Sun to part shade.

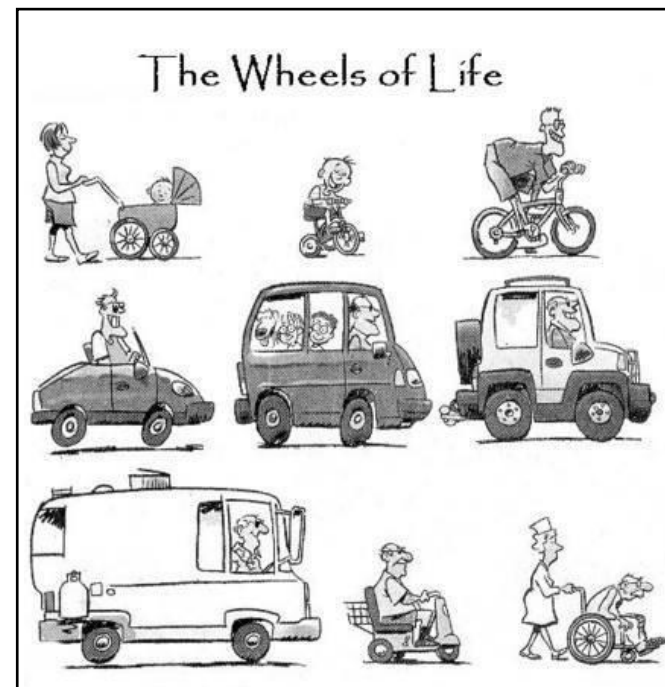
Gaura – Whites and pinks, looks fab in the garden Supertunias – In pink and white. Fabulous in pots and baskets. Grow into massive balls of flowers.

Citrus – just in. Great compact, healthy Meyer Lemons and Tahitian Limes.

Swanplants – Plenty to cater for the most hungry caterpillar!

On Friday 26th February Red Eight at Portstone opened. Steph from red Eight in Kaiapoi has taken over the café and be set to be impressed with tasty food choices, great coffee and the same team that you will know.

Remember our great offering at 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



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ESSIE SUMMERS VILLAGE

222 Colombo Street, Beckenham, 03 337 6500

MARGARET STODDART VILLAGE

23 Bartlett Street, Riccarton, 03 337 6500

NGAIO MARSH VILLAGE

95 Grants Road, Papanui, 03 354 6608

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25 Steadman Road, Riccarton Park, 03 342 4755

WOODCOTE VILLAGE

29 Woodcote Avenue, Hornby, 03 338 7696

Maximum hip

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

- Across
1. Snail mail org.
5. Union foe
9. Skirt feature
10. Continental currency
11. Car
12. Like Death Valley
13. In frightened manner

- ANIMALS
ART
BEACHES
BIRDS
CATS
CHRISTMAS
CORNER PIECE
DOGS
EDGE PIECE
FANTASY
- FLOWERS
FOOD
FRAME
GLUE
HISTORY
HOBBY
LANDMARKS
LANDSCAPES
MARINE
MUSIC
- NATURE
OUTER SPACE
PAINTINGS
PIECES
ROLL UP
SKYLINES
SORT
SPORTS
THEME

7						3	
	4		9				8
	5			6	1		9
			5	7		4	2
3							7
5		4		1	8		
4			1	8			9
8					6		2
	9						6

How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid.
(The difficulty on this puzzle is easy.)

15. Place for a stud
16. Type of optical telescope
22. Mélange
23. Vagabond
24. Norway's capital
25. Matinee hero
26. Be rife (with)
27. Coward of note

- Down
1. Thunderbirds' org.
2. Pivot
3. Hummus holder
4. Place for supplies
5. Sand-dollar relative
6. Ringlet
7. Seed covering
8. Torso
14. J.F.K. regulators
16. Tooth part
17. Choice word
18. Manicurist's tool
19. ___ list

1	E	O	N		M	E	E	T
1	O	D	I		O	T	S	O
O	B	O	H		O	I	T	O
R	O	T	C	A	R	F	E	R
			R	A	E			
Y	L	L	U	F	R	A	E	F
D	I	R	A		O	T	U	A
O	R	O	E		T	I	T	S
B	A	C	S		S	P	S	U

9	7	8	4	5	3	2	6	1
4	2	1	9	6	7	5	3	8
5	6	3	2	8	1	7	9	4
3	9	6	8	1	2	4	7	5
7	1	5	6	4	9	8	2	3
2	8	4	3	7	5	9	1	6
6	4	7	1	9	8	3	5	2
8	5	2	7	3	6	1	4	9
1	3	9	5	2	4	6	8	7

20. Wind instrument
21. Throw, as dice

Jigsaw Search

X	H	O	B	B	Y	H	T	G	D	A	R	T
T	R	R	V	M	P	H	S	T	R	O	P	S
S	N	F	N	U	I	S	D	R	I	B	O	A
E	T	H	S	S	Q	S	R	E	W	O	L	F
N	C	A	T	I	A	B	S	O	R	T	A	S
I	O	O	C	C	G	E	R	U	T	A	N	G
L	R	P	U	L	L	O	R	T	S	C	D	N
Y	N	I	U	S	G	O	D	E	H	S	S	I
K	E	E	R	Z	E	M	A	R	F	K	C	T
S	R	C	Y	Z	Z	Y	I	S	D	R	A	N
E	P	E	Y	X	F	S	S	P	V	A	P	I
H	I	S	W	C	T	R	T	A	X	M	E	A
C	E	X	E	M	M	R	H	C	T	D	S	P
A	C	M	A	R	I	N	E	E	F	N	Q	L
E	E	S	C	S	L	A	M	I	N	A	A	C
B	E	D	G	E	P	I	E	C	E	L	Y	F

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.

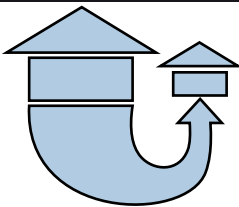
Decluttering can be a bit overwhelming, however, it is made much easier with some understanding help. Step-by-step you can have things sorted and organised with minimal fuss and stress.

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?



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www.maturemoves.co.nz



Megan Woods

Minister of Energy and Resources



As we reflect on the decade since the February quake of 2011, it seems like it was simultaneously a lifetime ago but also like it was yesterday. In many ways, it's hard to remember—less imagine—life before the quakes. As we remember and honour those who lost their lives on that day, and their families, we also know there still people living with the physical scars and trauma of the quakes.

As a region, we've dealt with our fair share of frustrations, we've made lasting friendships and we've also made bonds along the way that, in some cases, are impossible to explain. It's been tough, but countless actions have got us through these last 10 years, and no, we were not always resilient.

So many lives were literally turned upside down, and you would be hard-pressed to find anyone in Canterbury, young or old, whose life has not changed in some way by what we collectively lived through. The initial shock of the events, the ongoing impacts of feeling the ground continuously shake under your feet, living in a damaged house, and then watching the city you love being torn down, should never, ever be underestimated.

We remember all the places we have lost; they were we made our memories. We recognise how unsettling this must be for our senior citizens as well as for the children and the young people whose lives have been shaped by the quake and recovery. There are some young people whose entire lives have been lived in the shadow of the quakes and the aftermath. It's been hard on us all, but we saw remarkable actions and leadership in so many in our communities, as well as small actions that aren't going to be the stuff of the history books. Neighbour helping neighbour,

community helping community.

I also want to acknowledge the continuous struggle that people have had: they've struggled with assessments, repairs, insurance claims, and often re-repairs. Despite all this, this is a time for optimism. Now, as I look around my city, I'm filled with a sense of pride at what is emerging. The landscape is changing and a vibrant 21st century city is emerging that is founded on legacies of innovation and discovery, and I am excited for its future.

Hamish Campbell

National Party

Will COVID-19

vaccines

be our saviour?



As I sit down to write this article, the first COVID-19 vaccines are arriving here in New Zealand, and the country is back on high alert with the detection of community cases of COVID-19 in Auckland. Once again, the finger is being pointed at an unlikely source, the laundry at LSG Sky Chefs. We have been here before, in the August outbreak last year, it was frozen meat, the Northland outbreak the air conditioning. This finger pointing only achieves one thing, diverting our attention from a much more likely explanation that the outbreak resulted from the SARS-CoV-2 virus being transmitted through its main transmission route - respiratory droplets and aerosols in the air.

While contaminated surfaces possibly can transmit the virus, it is likely to be extremely rare. It is more probable to have come from the border. Regardless of the source, it does highlight the need for us to vaccinate the border staff as soon as possible. Therefore, it is welcome news that limited supplies of the vaccine have now arrived in New Zealand. Some people will be quick to point out that we don't know whether the vaccine will prevent transmission of the virus and that is true; we don't have full evidence of that yet (but early results would suggest it does). However, the transmission isn't binary; it is a spectrum the more virus you have in your system (known as viral load), the more likely you are to transmit it. At least in part, the vaccine will aid the immune system and its response against the virus,

reducing the viral load and therefore reducing the likelihood of transmission. Data is emerging that this is the case. A number of countries have already vaccinated large swaths of their populations and it appears to reduce transmission. Over 175 million people worldwide have been immunised against COVID-19 already (there have been 109 million recorded cases of COVID-19 world wide), possibly more before the first New Zealanders get the jab.

Hopefully, once the border staff have been vaccinated New Zealand will have access to more doses (after all, we are meant to be at the front of the queue). But that does raise the question of what will a vaccinated future look like? Is this is the end of COVID-19 and the virus SARS-CoV-2?

It is about here where I should add a preface- this is all speculation. We have not seen a viral pandemic of this nature for 100 years, and when the last real global pandemic hit the world was very different, but drawing on biology and epidemiology, there are hints of what might happen.

One thing, COVID-19 is probably never going to go away entirely. Not that I am pessimistic; after all, we are still living with the Spanish flu's descendants. There are already four endemic coronaviruses circulating in the human population; this one is likely to be the 5th.

There is a slight chance, also most infinitesimal, that we truly eradicate this virus. We have already seen infected people's immune defences wane over time after a natural infection, we have seen the virus mutate, and we have seen people being reinfected, all factors making eradication almost impossible. Additionally, we have witnessed mutant varieties of the virus arise that make the vaccine less effective

(and assumingly infected peoples' defences less effective). Still, once I again am not pessimistic. The important thing is that vaccines are likely to protect against severe disease, rendering this virus nothing worse than a regular cold. I think this is achievable and what is likely to happen.

So in five years time as you pick up your grandchild from childcare only to be informed they have a runny nose and a fever, the virus that killed 1.5million people in 2020 is a likely cause, but with a good sleep and some panadol, they will probably bounce back and carry immunity to a virus which once caused the world to stand still.

This might not be the utopian dream, but like other viruses SARS-CoV-2 is a mighty opponent, and sometimes a stalemate is all we can hope for, but to achieve this we need to vaccinate and soon.

- Dr Hamish Campbell, is a scientist with a PhD in cancer and viruses from the University of Otago. These are his own opinions.

Texting FOR Seniors

BFF	- best friend fell
BTW	- bring the wheelchair
TTYL	- talk to you louder
BYOT	- bring your own teeth
LMDO	- laughing my dentures out
FWIW	- forgot where I was
IMHAO	- is my hearing aid on?
OMMR	- on my massage recliner
ROFLACGU	- rolling on the floor laughing and can't get up



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GARDENING CAN BE DANGEROUS

Safe handling of potting mix and compost is needed. Legionnaires disease, if caught, can be deadly. It is a type of pneumonia caused by bacteria that commonly live in potting mix, compost and soil. It can be breathed in via dust.

People over age 60 or those who are current or former smokers or those with pre existing conditions, are more at risk from death from this disease. Flu-like symptoms can appear two to ten days after exposure.

Symptoms present may be a cough, shortness of breath, fever, muscle pain, stomach aches, headache, diarrhea or nausea and vomiting. If you experience any of these symptoms it is recommended you contact your medical advisor and tell them of your recent gardening activities. Early treatment is usually effective but serious illness can require hospital care.

Care is needed when using potting mix. It is sensible to wear a well-fitting mask and wear gloves. Open bags carefully with scissors, and reduce dust by damping down the potting mix or compost.

Work in a well-ventilated area outside. And wash your hands before you remove your mask.

The disease can also be caught from infected water droplets from air conditioning systems.

Enjoy your gardening but keep safe!



Meet The Family

Oliver Davey

Just Funerals is one of the few family owned and operated funeral homes in Auckland. In recent years many of the New Zealand owned and operated firms have been purchased by large overseas companies and some can be found advertising ‘Family Operated’. At the core of Just Funerals, Steven, Vicky and eldest Son Oliver run and manage day to day operations.

Oliver was the youngest person ever to enrol and successfully complete the New Zealand Diploma in Funeral Directing at age 18.

Oliver has been with Just Funerals since its inception 8 years ago, from helping prepare coffins, to growing with the business and now arranging and directing funerals himself.

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editorial supplied by Just Funerals



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		No Service Cremation \$2000**
		Transfer into our care, Dressing your loved one, Eco Kit-Set Ply Casket, Preferred Crematorium Cremation Fee, 1 Death Certificate



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Vitamins and Minerals - Sifting Fact from Fiction

Written by Jessica Dua
Pharmacist at Countdown Pharmacy Eastgate

You may hear a lot about vitamins and minerals in your day-to-day life - from adverts on TV, to word-of-mouth recommendations from friends and family. With all this information circulating around, how does one know what vitamin and mineral supplements to take, if any at all?

What are Vitamins and Minerals?

Scientifically speaking, vitamins and minerals are substances that, when taken in appropriate, typically small, amounts, can help the body function normally. If a person is lacking in a certain vitamin or mineral, they may develop a range of different symptoms. Their symptoms may be relieved once an appropriate supplement is given. An example of this is scurvy, which is remedied with vitamin C.

Why Take Vitamins and Mineral Supplements? Do I Really Need Them?

Vitamin and mineral supplements are most useful to a person with a deficiency. We normally get all the vitamins and minerals we need from our food, and most of us do not require supplementation. Over the years, however, people have made wild, scientifically unsubstantiated claims about the effects of vitamins and minerals - from reversing hair loss to curing COVID-19. Take these claims with a grain of salt - scientists have not been able to find

evidence to support the vast majority of them. Taking a supplement you don't need will do nothing at best, and at worst, can be harmful to your health.

In general, if you enjoy a balanced diet and are in good health, you may not need to take a supplement at all. On the other hand, if you are getting on in your years, have a restricted diet, or have experienced a change in your health that you think is related to a deficiency, you should talk to your doctor or pharmacist for advice on what supplements you should take, if any.

Common Preparations

Multivitamins contain a range of vitamins and minerals in low doses. If you have a restricted diet, a multivitamin may offer some reassurance that you are getting a wider variety of vitamins and minerals than you would normally get from food alone.

Vitamin C and Iron - supplements containing vitamin C are often claimed to support your immune system. While there is limited scientific evidence to back this claim, vitamin C does make it easier for your body to absorb iron, a deficiency of which can lead to tiredness and lethargy.

Magnesium - people often take magnesium to help reduce the likelihood of leg cramps. However, scientists have not been able to guarantee whether or not it truly works. Regardless, there are many people who find magnesium supplements useful in helping with cramp.

As with all dietary supplements and medicines, vitamin and mineral supplements are useful for people who need them, when taken at an appropriate dose. Always follow the instructions on the label and from your health professional. Seek medical advice if your symptoms persist or worsen.

***Countdown Pharmacy is New Zealand's first supermarket pharmacy. We have pharmacies within 36 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. ***

SCAM

It has been reported that there is a scam going around. People are being rung up and being told that they can get their covid injection earlier if they pay for it. It has been reported that a few of our old folks have done this in Christchurch and it is quite a worry as these scammers know that a lot of people now work from debit cards and visa's. If you get a phone call about this do not action it. It is a group of people trying to get money illegally just hang up on them no matter how nice they are to you on the phone. Take care out there.



Social Afternoons

Superannuitants' and Friends

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

As reported in the presidents report there has been a change in dates for our social afternoons it was decided to have them every 2 months on account in the drop of attendance.

PLEASE TAKE NOTE OF CHANGES

No social in March

April 21 2021 - National President Jan Pentecost to give a talk. Also Graeme Anderson from Senior Services WINZ to give a talk.

No social in May

June 16 - AGM and social

Some tricks for your computer if you have sight impairments

To increase the size of text

Press "ctrl" + mousescroll the little wheel in the mouse or "ctrl" + or -

To make pointer easier to see go to

Settings / control panel / ease of access / make mouse easier to use / set to x large or any size that suits you or inverting

To make cursor easier to see go to

Settings / control panel / ease of access / make computer easier to see / set thickness of blinking cursor / possibly 3

This is just above change size of text + icons



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Avoiding Dehydration

As the hot weather continues, here is a reminder to you to keep your fluid levels up! We all know that hydration is important and that becoming dehydrated can lead to health issues. Older people are more prone to dehydration for several reasons and the health impact can be more significant. Professor Carol Sham, health researcher at Massey University has recently published a pilot study that found that only 15% of older people studied met the recommendations for fluid intake. 16% of participants were clinically dehydrated and a further 27% had impending dehydration – a total of 43%!

Interestingly, as we age our thirst perception becomes impaired – we simply do not feel thirsty as much, even if our bodies are not receiving enough fluids. Does this ring true for you? Our kidneys function also naturally declines as we age, so maintaining adequate fluid intake is so important. As we age, we cannot rely on responding to our thirst alone, we need to build fluid intake into our daily routines.

Consider having a glass of water at set times or when you watch a certain TV programme or listen to the news on the radio. Or if you are tech savvy, perhaps you could set alarms on your device to remind you.



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The Benefits of Pets

Want to start 2021 with a cuddly companion? If you are considering pet ownership, there are lots of great reasons to bring a ‘fur baby’ into your life.

“Extensive research shows that interacting with animals has multiple physical and mental health benefits for seniors,” according to a spokesperson for the SPCA.

These benefits include the unconditional companionship and comfort pets offer, especially to those who are lonely or isolated. A recent study found that people aged 65 and over were 29% more likely to be lonely if they were living alone. By 2034 it is estimated that people in this age bracket living alone will make up 55% of all people living alone.

“Older people tend to make responsible animal guardians and typically have a lot more time to give to an animal, which is mutually beneficial for both animal and the owner,” the SPCA adds.

Do not want to commit? Volunteer! There are several opportunities to work with organisations across the country, including at the SPCA whose 5,000-strong volunteer workforce covers roles such as fostering animals before they are ready for adoption.

Alternatively, you can research your options at Seek Volunteer and Volunteering New Zealand.

If you are fortunate enough to be able to commit to owning a pet, be sure to pick your pet with care, the SPCA advises. For example, dogs generally need a lot of exercise and are ideal if you regularly go out on long walks. However, smaller breeds need less exercise, so are usually easier to look after.

If you are already a pet owner, creating an Enduring Power of Attorney (EPA) can give you peace of mind by choosing someone you trust to make important decisions about your furry friend, in event you are not able to.

Even without an EPA, you can start working with a friend or family member who is happy to care for your pet if you cannot.



This was taken on the bus trip and it also was Tui Browns 90th birthday what an achievement Well done Tui.

This lady has been on the Grey Power committee since the beginning and is one of the foundation members of our Christchurch Group.

Well done Tui and thanks for all your help over the years

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When CAN'T you make a Will?

Life can change in an instant. If it's a cliché, it's because we know the saying is true.

As circumstances change for our clients, the team at Godfreys Law are often asked to update and revise the Wills for those clients.

When did you last look at your Will?

We understand that the idea of sitting down and talking about what you would like to happen after you pass away isn't a pleasant topic. Still, it's vitally important you have a Will in place and that you review it every few years to make sure it still reflects your wishes.

If you made your Will as a 'younger person' either before you got married or bought your first home, that Will will probably look after you for some time. As people get older, they can often place more focus on their Wills, making frequent revisions and changes. Some people will make several Wills during their lifetime – but one event which brings this to a halt, is if the client no longer has "legal capacity" to make a new Will.

When "can't" you make a Will?

There have been questions about legal capacity and whether or not a Will is valid over the centuries, and the leading case in New Zealand is still a decision from an English Judge Cockburn CJ back in 1870. During the case *Banks v Goodfellow* (1870) Judge Cockburn CJ said it was essential that someone making their Last Will and Testament:

"shall understand the nature of the act and its effects; shall understand the extent of the property of which he is disposing; shall be able to comprehend and appreciate the claims to which he ought to give effect; and, with a view to the latter object, that no disorder of the mind shall poison his affections, pervert his sense

of right, or prevent the exercise of his natural faculties— that no insane delusion shall influence his will in disposing of his property and bring about a disposal of it which, if the mind had been sound, would not have been made."

In simple terms, the person should not be mentally ill and they need to fully understand the consequences of the decisions they are making.

As the question around legal capacity and when you can't make a Will comes up so often, there are some clear guidelines, which lawyers check when interviewing a client whose capacity is in question. The experienced lawyers at Godfreys Law are used to doing this, and in appropriate cases will spend a time on checking against the legal factors and making detailed file notes. These are essential for making sure your wishes are still carried out in case your Will is challenged later.

"Being of sound mind and body..."

As well as our lawyers checking the person's legal capacity, in some cases it may be sensible to get a medical report too. In some cases, people clearly have no capacity at all for making long-lasting decisions – but those are the easy cases.

In 1870 when Judge Cockburn CJ wrote his legal decision, there was a lot of talk about "insanity" and "madmen" because society did not have the same understanding around mental health and wellbeing that we do today. The focus of any medical testing today is not to see whether a person is "sane or insane." Rather, a doctor will be looking for signs of dementia, schizophrenia, manic depression or a disorder which could include memory loss or severe emotional changes among the symptoms.

More difficult are the cases where a person might still have the ability to function in many areas of their life, but may lack the insight to give valid instructions to a lawyer. It can be difficult for a doctor to speak to a person's capacity without undertaking a detailed interview, such as our lawyers do, to produce a report that ticks the right boxes. The answer to this is to give a thorough briefing to the doctor and remind them of the legal tests and also of what is proposed for the new Will.

Will your wishes be carried out?

This is an area where the experienced lawyers at Godfreys Law can give guidance on the right steps required. We can make sure that your wishes are followed, and that the Wills you create, are free from challenges later, where questions of capacity might later be raised by disappointed beneficiaries.

If you're looking to update your Will, contact Shona Senior at Godfreys Law on 03 366 7469.