

NEW PLYMOUTH

GREY POWER

50+ NEWSLETTER

QUARTER ONE 2021 - AUTUMN

www.greypowernp.org.nz



GENERAL MEETING

Thursday 25th March 2021 at 1.30pm

St James' Church, Lawry Street, Moturoa, New Plymouth

GUEST SPEAKER: Regenerative Agriculture & Gardening with Fiona Young

All Subs are due on 31.03.2021

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SECRETARY:
MINUTE TAKER: Mary Perrott
COMMITTEE: Caroline Symmans, Agnes Lehrke, Kathy Sutton, Rob Baigent- Ritchie, Colin Kilpatrick, Loius & Isobel Carter, Jim Sutherland.
TRAVEL TEAM: Wally Garrett, Val Armstrong, Pam Burkett, Agnes Lehrke, Desire Morgan.

A COMMON MISCONCEPTION:
Grey Power is not aligned with any politician or political party. We are an advocacy group and we present our views to Parliament to try to get a better deal for all Superannuitants. As such we will speak to any political group or politician who is likely to make a difference on our behalf. We also seek to keep all our members informed on what Grey Power has been doing on their behalf.


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Presidents Word



At this point in time there has been a fairly quiet start to this new year. On a National basis the Grey Power Federation will be losing the support of Kiwibank later on this year.

Grey Power New Plymouth is working more in tandem with Positive Ageing and Age Concern in certain aspects. We believe that there is a lot of commonality between the three groups and that there will be mutual benefit for all parties. Following a recent meeting all three organisations have agreed to jointly hold a forum in June. The presentation will be undertaken, by Staff from the Taranaki District Health Board, who had given an outline of what is intended to that meeting. At this forum there will be a presentation of the upcoming Bowel Screening Programme here in Taranaki. There will of course be the opportunity for questions and answers.

On the travel front, the trips for this year have been planned out, with the next one a Historic Tour of New Plymouth on the 11th March showing plenty of interest. There are still some seats available on the bus for what should be an interesting day.

Way back in November 2020 at the General Meeting held at the St James Church, Lydia Rae from the TDHB gave the attendees a very interesting talk on the Community Health Integration Centre. This was well received with numerous very good questions and some very good answers by and large.

In the aftermath of the TSB Bank closing the Fitzroy, Vogeltown and Moturoa branches there does not seem to be too much of a clamour from these communities. Let alone the older sector that I thought we may have heard from. So, from that, I can only think that the people affected have found the means to cope with the changed circumstances. Bearing in mind that the TSB Bank appears to be the last Bank still issuing and accepting cheques (for how much longer) the more use of internet or phone banking will be the new normal way of getting our subscriptions paid. We of course quite happily accept cash payments.

I will look forward to seeing you at the next General meeting in March.

Wally Garrett (President)

How does Grey Power See it's future?

Grey Power was formed to meet the needs of concerned superannuats in the mid 80's.

Our history shows what a forceful group it was. Much was achieved with the rejection of the surtax and protection for the Super Scheme. Something that will always require protection.

But have we adjusted to new age of seniors in this country today?

Do we need to look at where we are and refocus to meet the future needs?

Perhaps we could consider just what needs to change and how the new look should become.

Any thoughts ???

Could these thoughts be written down and sent in to the office please and a brief time given to these towards the end of our general meetings.

We will always advocate for our members. Do our best to promote Grey Power and keep communicating the latest and most certain way to move forward.

We need other organisations to work together with for the same goals and to reach all.

What else should go with all this?

On the 1st Monday of each month we will be having a coffee morning at the Aroma Cafe at 10am.

Please join us for this social time together.

Bring friends who may like to join in. Maybe join Grey Power too!

A table is booked for us
So let's get together
Agnes
021 0229 8721



What are the signs and symptoms of depression:

Physical:
Changes in normal sleeping and eating patterns. Headaches and other unexplained aches and pains. Stomach disorders. Feeling tired with little energy.

Behavioural:
Diminished interest in and enjoyment of previously enjoyable activities. Difficulty in concentrating, making decisions and doing things that need doing. Mood swings. Alcohol and drug abuse.

Emotional:
Feeling down, apathetic, irritable, pessimistic, angry, guilty, anxious and empty. Feeling, helpless and worthless. Thoughts of death and ending things.

If some or a lot of the above go on for more than two weeks do seek help!

How to be a good listener:
Be an active listener - attentive, focussed, encouraging and emphathetic. Let the person get their feelings out. Show you have heard and understand by reflecting their feeling back to them. E.g “ You sound very annoyed”. Ask questions to make sure you have understood their concerns. Be non judgemental. Put aside your own problems and listen. Encourage the person to keep to the subject rather than digress. Try not to advise the person rather go over the options for them to choose from.

Hear, every time New Plymouth





Call: 0800 555 676
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Doctor of Audiology, MNZAS



BOOST YOUR CONFIDENCE

Social activities and outings should be fun and a thing to look forward to, but unfortunately for some it can also bring up some uncomfortable feelings. When we think of parties and get together, some people tend to shy away from the activities due to fears around bladder weakness or incontinence. Despite these fears, it is important for us to remember that these symptoms are more common than we think – 1 in 5 people experience some form of continence struggles in their lifetime. With these statistics, we need to ask ourselves why we are feeling shy, embarrassed or uncomfortable, and strive to be more confident in who we are. To help with these struggles, here are a few tips to help manage these discomforts and live a life in full view!

1. Keep Hydrated

Some people believe that by reducing fluid intake, they won't have to go to the toilet as often. Well this is what really happens: your urine becomes concentrated (a dark yellow colour) and this irritates the inside of the bladder. Your bladder then wants to squeeze itself to remove the urine making you have to go to the toilet more often. Even worse, some drinks also have this effect on your bladder – drinks that have caffeine in them such as coffee, tea, soft drinks, energy drinks and alcohol should be reduced to help us maintain a healthy bladder.

So how much fluid should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth your water needs depend on many factors; including your health, how active you are and where you live. Consequently, try to drink when you are thirsty but keep in mind that you should be having around 6- 8 glasses of 250 ml of fluids per day. Just remember that water will always be your best choice of fluid!

2. Try to keep alcohol intake in check

To promote a healthy bladder, it is recommended to have at least 2 alcohol free days a week – however the more the better! Both men and women should consume no more than 2 standard drinks on any day (which may be hard during the festivities) where one standard drink is equivalent to:

- One 375ml can or stubbie of mid-strength beer
- 100ml wine (13.5% alcohol)
- 30ml nip spirits
- One 250ml can of full strength pre-mix spirits (5% alcohol)

3. Eat plenty of unprocessed, fresh foods

It all boils down to this simple rule. Processed foods (biscuits, cakes, takeaways, soft-drinks etc.) are all laden with sugar, salt and bad fats – so fresh is best! Don't think of it as a 'diet', think of it as 'eating well'. Remember, it's also a good idea to eat more fibre, which can be found in vegetables, fruits and whole grains. This helps prevent constipation – a cause of urinary incontinence.

4. Toilet Visits

Teach your bladder good habits! Try not to go to the toilet 'just in case'. This can result in a lazy bladder that gets into the habit of believing it needs to be emptied regularly. Try to go to the toilet only when your bladder is full, and you really need to go. Also, whilst you are out and about, to help you be better prepared find a toilet close by for you in advance.

5. Get moving!

Honestly, we all know that we sit on our butts way too much, but we make lots of excuses as to why we can't exercise. Let's change our mindset and decide that it isn't exercise that we are going to do, but just moving. By 'moving' 30 minutes at least a day, you will be doing your body (and its future) a huge favour. This will help by keeping your bowels regular and assist you in losing any extra weight that may be putting strain on your bladder and its supporting muscles. There are lots of different ways to get moving but the trick is to find something that suits you. Try parking the car further away from your destination and walk the extra distance instead. That will be a great start!

6. Use the right protection

Make sure you are using the correct size and absorbency for your continence products. If you are not using the correct product, you may find that the performance will not provide the results you require and you may feel uncomfortable. If you are unsure if you have the right product for your needs, Lille Healthcare NZ can send you a few samples to try before you buy.

7. Personal Hygiene

Good personal hygiene is very important in managing incontinence. If you wear an absorbent product it is always a good idea to have a pack of wet wipes or wet wash gloves on hand for your personal hygiene and wellbeing so that you can refresh when needed. Please remember, if you have any questions surrounding your bladder discomforts or continence troubles, you can reach out to the Continence NZ Helpline

0800 650 659 or email info@lillehealthcare.co.nz.

Ref: <https://www.ontexhealthcare.com.au/articles/boost-your-confidence-this-festive-season/> December 12, 2018

Managing Stress....

What can we do ?

Stress is a natural state when we are under pressure. It can be caused by circumstances, others and at times by ourselves.

Everyday stress is necessary for growth and development. Most people enjoy being stimulated or challenged. The danger lies in too much or prolonged stress. If it continues and is not dealt with effectively the results can be physical and mental ill health.

Stress is an individual tolerance, in that what is energising to one person, another may find it very stressful. We are all different.

Whilst we may not be able to change our situation to deal with stress, we can manage the body's reaction to stress by learning new ways to cope.

You have choices: You can seek help by:

Talking about your worries - spend time talking with someone you trust. Someone whose opinion you respect and will keep your confidence.

Limit your expectations - Prioritise what needs to be done and use your energy to do the most important and possible tasks. Be realistic, realise and accept your limitations.

Organise your day and working habits - Trying to do everything at once can be overwhelming. Plan and do what you can when you can. Start earlier to avoid rush. Make small tasks.

Make time for recreational exercise - Do something you enjoy and find refreshing no matter how ordinary it is. Walking, simple exercises, Tai Chi, some gardening, visiting.

Take time out; A little holiday - Use your day differently, change routine for the day. Break the routine cycle for once.

Eat well - When stressed or depressed our eating isn't somehow a priority, but doing so keeps up your energy levels. Try to avoid over doing the coffee, alcohol and soft drinks.

Avoid confrontation - Try cooperation rather than have conflict. Confrontation can be exhausting and leave worrying grievances which leaves greater stress.

Sleep Well - Most probably the hardest to achieve but very important. Find out what helps relax you and is the best form of promoting rest and sleep.

Most of all ...feel better about yourself - identify what you do well, recognise your qualities, acknowledge past success and think positively about yourself and your abilities to get through tough times. You are special and unique.

Remember the Serenity Prayer - God give me the serenity to accept the things that I cannot change and the courage to change what I can and wisdom to know the difference. Amen.

(Excerpt from Beth Pottinger -Hockings Counsellor.)

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.



DEDICATED TO CONTINENCE CARE



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at www.lillehealthcare.co.nz

Total Mobility information



What is Total Mobility?

The Total Mobility scheme aims to improve community participation for people with impairments by providing access to appropriate transport. Assistance is in the form of subsidised door-to-door transport services wherever Total Mobility scheme transport providers operate.

There is a provider in Stratford Hawera, and four operators in New Plymouth. The scheme is funded by the Taranaki Regional Council and the NZ Transport Agency.

Eligibility

All applicants must meet the eligibility criteria and have their membership approved by the Taranaki Regional Council. A medical assessment by an assessor (doctor, specialist or AccessAbility) is required.

To be eligible for the Scheme the applicant must have an impairment that is either permanent or temporary (six months or more).

How do you join?

- Anyone, with an impairment, permanently living in the Taranaki region or on a long-term basis i.e. not less than 6 months per annum, can apply for membership to the Scheme.
- Pick up a copy of the Total Mobility application form from your doctor, AccessAbility, the Taranaki Regional Council office or print a copy from the Council's website.
- As your doctor, specialist or AccessAbility assessor to confirm your medical eligibility, and then send the completed form to the Taranaki Regional Council with your photograph and appropriate payments.

Does it cost to join?

- There is a \$5 fee for the processing of your ID card. There are no other ongoing Taranaki Regional Council charges for the Total Mobility Scheme.
- Medical eligibility assessments carried out by your doctor will often be included in a standard appointment charge.
- Medical eligibility assessments carried out by AccessAbility, the Council's approved assessment facilitator, incur a \$12 fee, payable to the Council.

With Total Mobility you can:

- Receive a 50% subsidy per trip, up to a maximum subsidy of \$20.
- Use the Scheme for any purpose, at any time of the day or night, limited only by the operating hours of the transport operator.
- Have friends, relatives or caregivers travel with you if they are going to the same address.
- Receive subsidised travel in many other centres throughout New Zealand.
- **Please note: You cannot use Total Mobility** for employment-related trips, other than getting to and from work. Nor can you use it if in full residential care and the rest home provider is legally obligated to provide the transport. Nor can it be used as a substitute for transport services that are the responsibility of other government agencies such as the Ministry of Education.



In Touch

Paying With Cheques



With fewer people paying by cheque, banks and government organisations are phasing them out. NPDC's main bank will stop taking cheques for payment in June.

This means we can no longer accept cheques for payment of bills such as rates, fees and fines. This is not our choice and we apologise for any inconvenience this causes.

There are other ways you can pay, including automatic payments, direct debit, or in person at the Civic Centre in New Plymouth or our service centres in Waitara, Inglewood and Bell Block. If you're feeling concerned or want advice please give us a call.



Active in Age

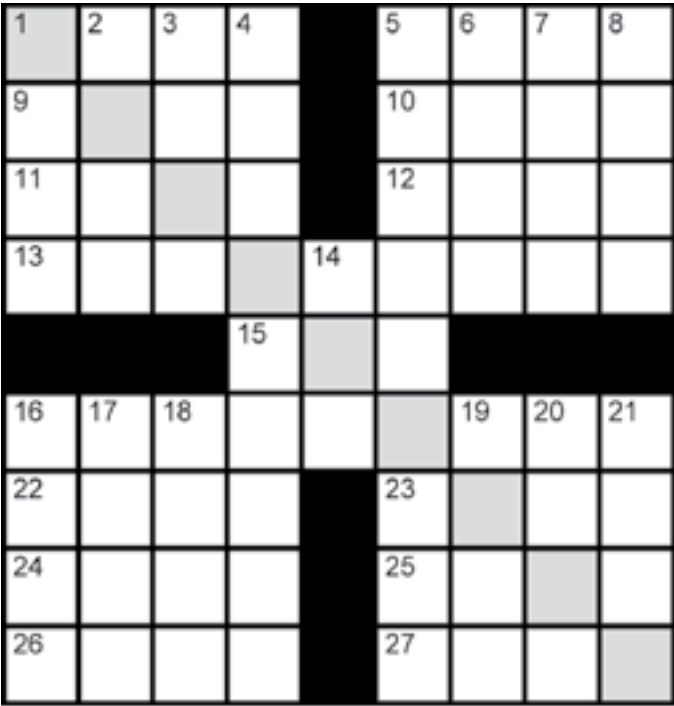
Get involved in the award-winning over-50s Active in Age programme at TSB Stadium. Every Tuesday at 10am they meet for a workout, games, a cuppa and a chat. People of all fitness levels are welcome and you don't need to register in advance. \$4 per person.



Water Restrictions

Household water restrictions are here until 31 March 2021. The use of sprinklers, irrigation systems and unattended hoses is banned. Hand-held hoses may be used on the odds and evens system: at odd-numbered houses on odd-numbered days and at even-numbered houses on even-numbered days.

Maximum hip



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

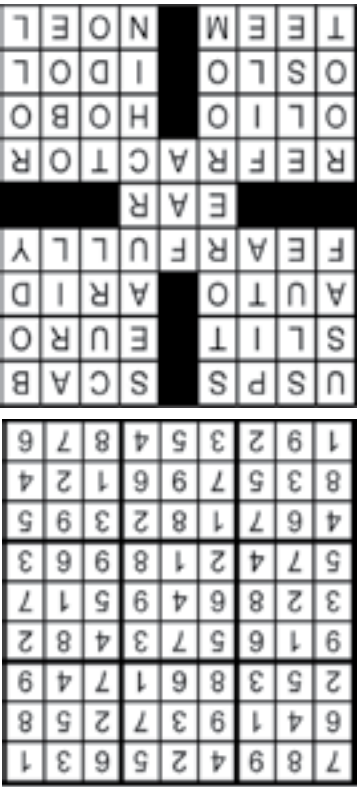
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|--------------|------------|-------------|
| ANIMALS | FLOWERS | NATURE |
| ART | FOOD | OUTER SPACE |
| BEACHES | FRAME | PAINTINGS |
| BIRDS | GLUE | PIECES |
| CATS | HISTORY | ROLL UP |
| CHRISTMAS | HOBBY | SKYLINES |
| CORNER PIECE | LANDMARKS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



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



- 20. Wind instrument
- 21. Throw, as dice

Jigsaw Search



QuinLaw - Barristers & Solicitors

GIFTING

Giftng has always been a bit of a minefield. The first big issue was and is if you are going to be applying for a Rest Home subsidy in the future. WINZ has, of course the right to know what gifting has occurred when you are asking for a government subsidy to cover your Rest Home care costs.

Just when we thought we had the latest word on gifting in terms of IRD and WINZ for estate planning, but wait there is more. There is no longer gift duty, so the IRD does not feature at all as a consideration.

The IRD tax on gifting (was anything over \$27,000.00 per annum) has been removed but that sum has stayed around as appropriate gifting in some circumstances. There is also the sum of \$6,000.00 which

WINZ will permit as gifting per annum. That is gifting in the five years prior to seeking a Rest Home subsidy. For those who will not be seeking a Rest Home subsidy gifting is not relevant.

Here at QuinLaw we have many elderly clients and their families. We enjoy working with them and helping them understand and organise their property and assist them to obtain best outcomes for their property and personal affairs.

QuinLaw's experienced team will be happy to assist you.

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Editorial supplied by QuinLaw

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QuinLaw are dedicated to offering professional and cost effective legal services with a personal touch. At QuinLaw "people matter"

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Editorial supplied by QuinLaw

Travel Plans

The year's plan unfolds as:

11th March - Historic Tour of New Plymouth
with Jill McKillop our historian.

A very interesting day with Jill around the New Plymouth city and surrounds. Meal at Midday. Plenty of exciting and interesting undertakings. So do join us on this local venture.

Leave Raceway park at 9.00a.m. Itinerary available of payment. Must be booked (paid for) by Feb. 26th as final details with bus etc. need to be confirmed by then.

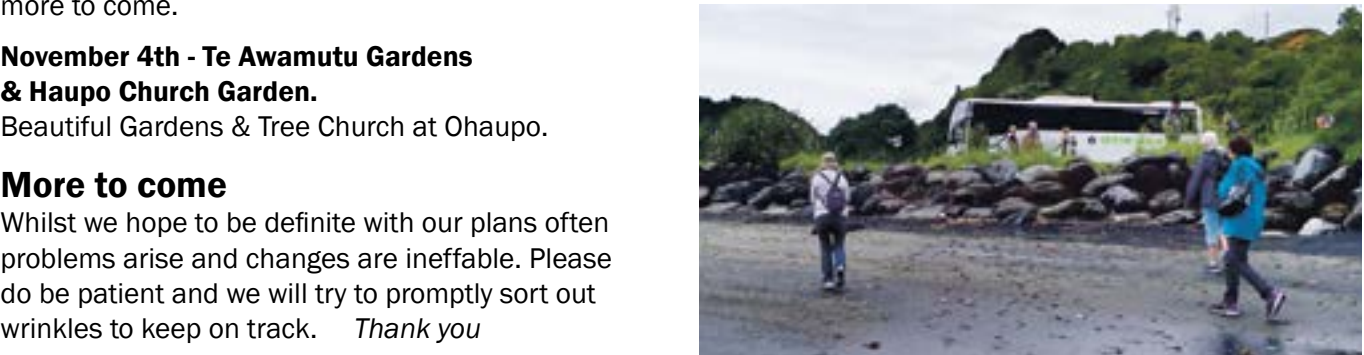
Cost \$17.00 p.p
You pay for lunch which is \$14.00

June 3rd - Pioneer Village and surrounding ventures.
(Further Information in next Newsletter)

August 5th - Whanganui Special.
Virginia Avery, St. Paul's Church Putiki and much more to come.

November 4th - Te Awamutu Gardens & Haupo Church Garden.
Beautiful Gardens & Tree Church at Ohaupo.

More to come
Whilst we hope to be definite with our plans often problems arise and changes are inefable. Please do be patient and we will try to promptly sort out wrinkles to keep on track. *Thank you*



**Payments for Travel Section: By eftpos, cash or cheques ,
D/credit to 15 3948 0007390 01 with surname & name of travel place. (e.g Pioneer Village)**

The Gables New Plymouth

Cover Photo:

The Gables in New Plymouth's Brooklands Park was one of four Colonial hospitals Governor George Grey commissioned in the late 1840's for poor people, Maori & Pakeha alike.

By 1900 all but the New Plymouth one had been demolished, but it had fallen into disuse and its future was uncertain.

In 1903 the local Preservation Society campaigned to retain the building on historical grounds, perhaps the first public campaign to save a building.

It was bought by Mary King and moved to Brooklands from the Girl's High School area, Te Henui to Brooklands, where she transformed it into a family home.

In 1934 the family gifted the building to the city and in 1985 it became an arts centre.



Te Kaunihera-a-Rohe o Ngāmotu
New Plymouth District Council

Your kerb side rubbish collection

FREE PUBLIC FORUM

THURSDAY - 19TH FEBRUARY 2021

An opportunity to learn more about the Council's plans to:

- Becoming more efficient, and environmentally and user friendly**
- Responding to your questions, suggestions and concerns**

Council staff will be on hand to tell us all about it, complete with written material and time to respond to your questions. Kerb side collection involves us all. You are warmly invited to this free public forum, to be held in the Council's Debating Chamber... There is no need to register.

For more information, contact Gordon, 06-753-9815

Proudly sponsored by... Positive Ageing, Grey Power & the NP District Council

Computers and Beyond are a small New Plymouth company who help people look after their computers.

We have been in business since 2007 and currently work from home in Highlands Park. We look after all types of computers, cellphones, tablets, and printers and we can sell new computers as well.

We also help people get the best out of their older computers, either by upgrading them with more RAM or changing their hard disc drives (HDD) to solid state drives (SSD) for a faster, more efficient computer.

Currently I am promoting the use of Linux operating systems which are simple to use, free, and have all the features you've come to expect from computers, so if you want to have a better experience, get in touch.

As many bank branches are closing down, there are now a lot of people who are not sure how to access the online world of internet banking.

We can provide a service whereby we look after your computer remotely, plus we can log on and help you with your online banking through our remote access tool. This can be paid for on a monthly basis and entitles the user to two 15 minute sessions a month, for only \$25.00 month.

This month, as a promotion, I am offering 20% off the monthly fee, or \$20.00 month for a minimum of 6 months.

So, if anything I have talked about above interests you, please call or email me and we can look after you.

editorial supplied by Computers & Beyond



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Dr. Louise Tester, Project Manager

NATIONAL BOWEEL SCREENING PROGRAMME FOR TARANAKI FROM 2021

New Zealand has one of the highest rates of bowel cancer in the developed world and is one of the few OECD countries to not have a national bowel screening programme in place. What this means is New Zealanders with bowel cancer are more likely to be diagnosed with advanced stages of cancer than people in countries like Australia, the UK and USA.

The good news is Taranaki will soon be part of New Zealand's National Bowel Screening Programme, a free programme to help detect bowel cancer, going live from June 2021.

Screening detects cancer at an earlier, treatable stage. New Zealand's screening programme will be offered every two years to men and women aged 60-74 years and everyone in this group will be invited to take part. Once they choose to, a free bowel screening test kit will be sent out

that can be done at home and is simple to do. Once the screening programme is live in Taranaki there will be a range of benefits, including improved health outcomes from early detection and treatment, and social and economic benefits because people can live well for longer. The programme will also improve service delivery as we're driving changes to support a better service experience for our patients. Of particular importance to Taranaki is the positive effect we hope the screening will have on health equity. Māori have lower rates of colorectal cancer, but where it does occur, compounded

Screening detects cancer at an earlier, treatable stage. New Zealand's screening programme will be offered every two years to men and women aged 60 - 74 years and everyone in this group will be invited to take part.

by other health issues the outcome can be worse than for non-Māori. Our screening service will be working hard to secure high rates of participation in the programme by Māori. The preparations for bowel cancer screening are vast and complex. We're working closely with our hospital clinicians to ensure we have solid infrastructure and resources in place, and with primary care (GPs) which will often be the first level of support for patients once screened. As our preparations advance we'll be looking to work closely with out community to promote the programme and ensure services are accessible and equitable.

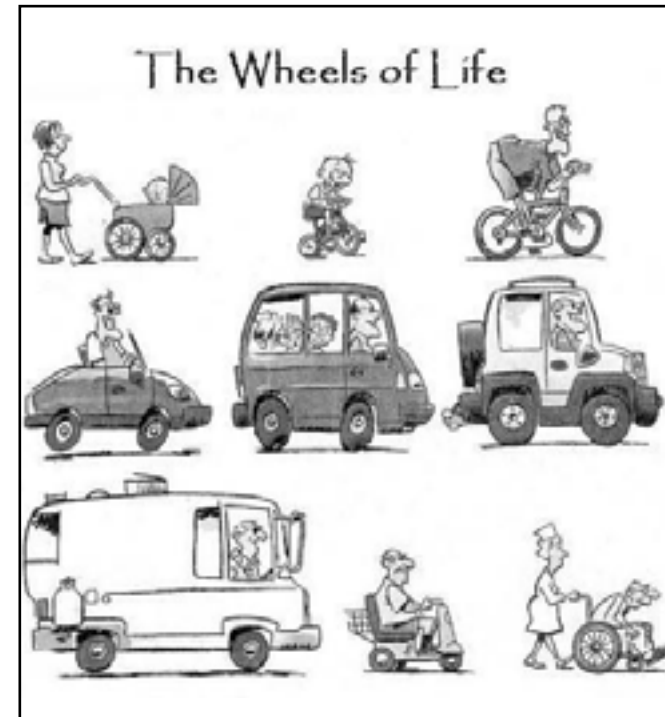
For more information see www.nsu.govt.nz



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.



“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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Enliven creates elder-centred communities that recognise elders as individuals and supports them in a way that's right for them.

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rest home | hospital | dementia
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For more information please visit:
www.enlivencentral.org.nz

NATURAL FERTILIZERS

Feeding your plants shouldn't mean buying a plastic container full of synthetic fertilizer. Often, you can feed your garden with what you have around your home. And with these fertilizers, you're often reusing or recycling some old product to help your garden, making you even greener. Here are five ways to do just that:



- 1. Ammonia**

Give the alkaline-loving flowering plants and vegetables in your garden — such as clematis, lilac, hydrangea, and cucumbers — an occasional special treat with a shower of 1/4 cup ammonia diluted in 4 litres of water. They'll love the boost in nitrogen.
- 2. Baking soda**

Give your flowering, alkaline-loving plants, such as clematis, delphiniums, and dianthus, an occasional shower in a mild solution of 1 tablespoon baking soda in 2 litres water. They'll show their appreciation with fuller, healthier blooms.
- 3. Bananas**

Banana peels, like the fruit itself, are rich in potassium — an important nutrient for both you and your garden. Dry out banana peels on screens during the winter months. In early spring, grind them up in a food processor or blender and use it as a mulch to give new plants and seedlings a healthy start. Many cultivars of roses and other plants, like staghorn ferns, also benefit from the nutrients found in banana peels; simply cut up some peels and use them as plant food around your established plants.
- 4. Coffee grounds**

It isn't the caffeine in coffee grounds that garden plants like azaleas, rosebushes and evergreens love, it's the acidity and aeration the grounds provide — not to

mention nitrogen, phosphorous, and trace minerals. Just be sure to dig the grounds into the soil to keep them from becoming mouldy. Dig about ¼ cup of grounds into the soil near the roots, repeating once a month. And don't overdo it. Fertilizing even acid-loving plants with coffee grounds too frequently could increase soil acidity to undesirable levels.

5. Tea

Sprinkle new or used tea leaves (loose or in tea bags) around your rosebushes and cover with mulch to give them a midsummer boost. When you water the plants, the nutrients from the tea will be released into the soil, spurring growth. Roses love the tannic acid that occurs naturally in tea. Likewise, schedule an occasional teatime for your ferns and other acid-loving houseplants. Substitute brewed tea when watering the plants. Or work wet tea leaves into the soil around the plants to give them a lush, luxuriant look.

Written by Reader's Digest Editors.



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Editorial supplied by Central Audiology Taranaki

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NEXT MEETING

**proposed for
27 May 2021**

Speaker: Stacy Hitchcock
on "Hydrogen Energy"

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GREY POWER NEW PLYMOUTH

